



## Circles of Care Grantee Meeting, Denver Colorado 2014



The Circles of Care team and a youth member went to Denver, Colorado in March! We attended the Circles of Care Grantee Meeting along with other grantees from across the country. The meeting was held in a good way and we were in the company of people representing their tribal and urban communities. These individuals, like us, were also trying to improve the communications between systems and improve the quality of provided services in their areas. In attendance were Technical Assistants: Don Lyons, Brenda Freeman, Jami Bartgis, and Seprieono Locario; whom have all been a great help to Fresno American Indian Health Project!

Time was spent meeting new friends, catching up with old ones, and collaborating on how we could better serve our individual Native communities. The meeting provided us with time and information to determine the next steps in implementing services that our community desires. It was also a good refresher for us to consistently hear the voices of our community members, especially the youth, since they are our future leaders.



Overall, the Circles of Care Grantee Meeting was very enjoyable and provided us with a lot to think about as we apply for the Systems of Care Grant. Thank you to all the community members who have provided us with helpful knowledge and assistance!



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



## Youth News & Events!

### CLUBHOUSE STAR STUDENT OF THE MONTH



**Brianna A.** is Clubhouse Star Student of the Month! Brianna is a great leader and role model at Clubhouse. She is always willing help out and show good citizenship to her peers. Brianna is always ready to help out where ever and whenever it is needed. She is doing a great job at participating in the youth council.

We are excited to see her transition into a respectful and positive tween! We are very pleased and honored to have Brianna participate in the Clubhouse program and would like to encourage her and many others to keep up the good work!

### Clubhouse Update

Clubhouse youth have been very busy and active this month. We had the opportunity to take youth and families to the 37th Annual California Conference on American Indian Education in Santa Rosa, CA.



The conference theme was "Education Now – Idle No More!" We had the opportunity to learn traditional and academic teaching. The conference honored the commitment of families and those who contribute to the advancement of Indian Education in California.



GONA youth from Fresno and the Foothills also had the opportunity to attend the 14th Annual UCLA American

Indian Youth Conference and Basketball Tournament as a part of MSPI. The conference included workshops, basketball tournament and the opportunity for students to learn about resources available for them to attend college. For many of them this conference was their first visit to a college campus and to acquaint themselves with the university environment.

Fresno American Indian Health Project GONA youth had a girls team and a boys team. Both Conferences were a great opportunity for Clubhouse youth and their Families to experience. The younger youth are still getting that University exposure every Tuesday and Thursday. They are picking up on their reading and writing skills each week.



### COLLEGE IS POSSIBLE

Whether you are a senior in high school or an adult who wants to get a degree, enrolling in college is the first step toward achieving your goal. With the number of schools available, you may find it daunting to navigate all the ins and outs to find the institution best matching your needs. But if you do some research and meet all the deadlines for enrollment, you will soon be on your way to attending college.

#### Five Step to Enroll in College

1. Research schools to determine what institution meets all your criteria.
2. Fill out an admissions application for the school you select.
3. Review your acceptance package, which provides information such as the beginning of the school term and tuition due dates.
4. Apply for financial assistance (if applicable) by calling the school's aid office. The school can provide you with information on all loans available to you, as well as any grants or scholarships for which you qualify.
5. Register for classes by attending a registration session. Submit any legal or vaccination documents required for official registration. Select your schedule of classes and pay your tuition. Some schools allow you to pay a portion of the tuition at registration and the remainder during your first semester

Read more: [http://www.ehow.com/how\\_5067429\\_enroll-college.html#ixzz2xBmGOhWa](http://www.ehow.com/how_5067429_enroll-college.html#ixzz2xBmGOhWa)

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

#### Reminder

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

# Healthy Kitchen Makeover



Stock up on good foods to make fast, nutritious meals. One of the simplest ways to be healthier is to eat the right foods: lean protein, whole grains, and fruits and vegetables.

Cooking your meals is a great way to eat better, stay healthy, and save money, too. Make it easier by keeping healthy freezer and pantry staples on hand, they're often just as healthy as fresh foods and last longer, so you end up spending less money on wasted food.

Start your kitchen makeover by looking in your cabinets, fridge, and freezer. Read the ingredient lists and anything with "hydrogenated oil" or "trans fats," added sweeteners like high fructose corn syrup, and chemical names that are hard to pronounce, you might want to rethink it and replace it.

To make healthy choices easier, make sure you have healthy items in your home.

**Check out the chart here for ideas:**



**Frozen fruits and vegetables:** When produce are out of season, frozen fruits and veggies are a great substitute. Choose plain varieties without sauces or syrups since those can add sodium, sugar, and calories.



**Whole grain bread, rice, and pasta:** Whole grain foods are higher in fiber and vitamins than "white" foods. Look for "whole grain" in the first ingredient. I

serving of whole grain is 1 slice bread, or 1/2 cup cooked rice or pasta.



**Healthier cereal:** Cereals are often filled with sugar, and some are low in fiber. Choose cereals with less than 6 grams of sugar and more than 3 grams of fiber.



**No-salt-added beans:** Beans are a good source of protein that are easy to add to soups, stews, salads, pastas, and dips. Pick "no-salt-added" beans, and rinse with water to cut sodium even more.



**No-salt-added canned tomatoes:** Make pasta, pizza, and casseroles fast with jarred or canned tomatoes. As with beans, you want to limit sodium.



**Canned salmon or tuna in water:** Salmon and tuna have omega-3 fats, which benefit the heart and brain. Save money by buying canned salmon or chunk light

tuna that's packed in water. Use in salads, sandwiches, and stir-fries.



**Natural nut butters:** These are good sources of healthy fat. The ingredient list should be short, with just nuts and a little salt, and no added sugars or partially hydrogenated oils. A serving is 2 tablespoons.

**Join us for our next Diabetes class on April 24th when we join with WISE and have a picnic at Dry Creek Park in Clovis (Clovis and Alluvial).**

**Bring a healthy dish of veggies or fruit!**

**For more info please contact our dietitian, Mihaela at 320-0940!**



## TRIBAL PREP IS COMING TO CLUBHOUSE! STARTING APRIL 4TH!

**WHAT IS IT?** A Personal Responsibility Education Program (PREP)

**WHO IS INVOLVED?** All Native Youth are invited ages 12 to 17!

**WHEN IS IT?** Classes will be held on Friday afternoons (after school) from 4pm to 5:30 pm approx.

### **WHAT WILL WE LEARN ABOUT?**

This program is in-depth education on HIV, teen pregnancy, teen pregnancy prevention and STI/STD knowledge and prevention. You will also learn some life skills to get you ready for adulthood!

**WILL IT BE FUN?** F-U-N yes.... We play games, we talk about all the things that are too embarrassing to talk about sometimes.

**WHO IS TEACHING THE CLASS?** The class is taught by Nancy Pierce RN, the Public Health Nurse here at FAIHP. In fact NO ONE but Nancy and the youth will be in the room, so the youth are free to ask questions and have discussions.

**WHAT DO I GET OUT OF IT?** All youth will get loads of information and many questions will be answered. Youth need to attend regularly and will receive incentives along the way.

**IS IT EVERY FRIDAY?** The class has 12 segments, and usually takes about 10 weeks to complete. Oh did we mention food? Everyone is hungry after school, and Nancy will feed you good!

### **COME-ON LETS TALK!**

- If you have any questions please call Nancy 559-320-0490.
- All parents must sign a permission slip for their youth to participate.
- Transportation may be available call Clubhouse to inquire.
- Youth DO NOT need to be registered in Clubhouse for this class.



# Faihp CBANS Program Updates

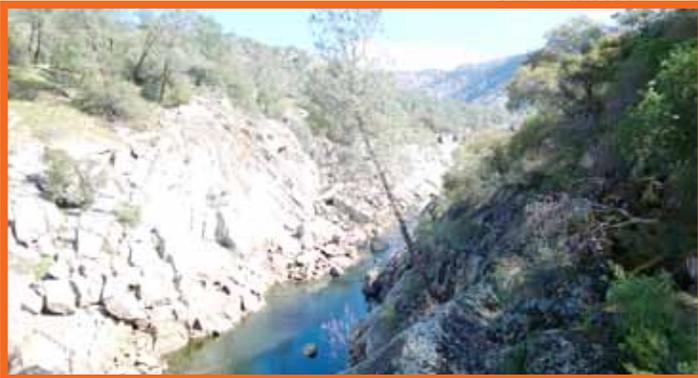
Spring is here! CBANS took advantage of this great weather this past month. We were blessed with a little more rain and mostly beautiful sunny days. Our Monday groups, Stress Management and formerly Tuesday Tea had a great day at the park. The group was accompanied by Jim Becerra who provided the drum and the teachings that go along with it. On behalf of our participants, CBANS would like to thank Jim for the honor. This was a great blessing for the group. For most, it was their first time drumming. There's no better way to "beating" that stress out of your day.



day at the Gorge. Thanks to Brenda for the experience.

Our WISE group met twice this month. We had a presentation by the Lock It up Project. They shared with us the proper ways to dispose of prescription medications. The disclosed locations for drop off for expired or unwanted medications. The lock it presentation provided our Elders with new and refreshing

CBANS was invited to take a hike at the San Joaquin Valley River Gorge with the Big Sandy Elders. CBANS would like thank Aaron W, Lorraine O. and Eleanor C. for joining us at the Gorge. The group met up with our guide Brenda



Harrison. Brenda was very informative and took us out to play a game of Wildflower Bingo. Due to the recent Spring-Like weather, we were able to see an early bloom of most of the wild flowers. The group was excited to see the Pipe vine Butterflies and all the wild flowers in the area. We all made it down to the bridge where we took a break and enjoyed the view of the table top mountains and the San Joaquin River. Brenda shared her knowledge on the area and a little bit of history. After we all made our way back up the hill we did a hands on activity.

We made Pine Nut beads, grinding them on granite and driving a nail through them. The walk was amazing; the flowers were blooming and all the grinding, made for a great

information. The WISE group also received their letters from the youth. The youth at Clubhouse are very excited to hear back from the elders. We received 17 letters from the youth ages ranging from six years to sixteen years old. The letters were written to an elder to receive insight and connect with one another. CBANS is excited to see the gap being bridged between our youth at Clubhouse and our Community elders. WISE is very eager to work with and to get to know the youth. As our year goes on WISE will be staying connected with the Clubhouse pen pals.

CBANS is looking forward to our Mondays for Stress Management and Tea Time. Our first group meeting will be held on the 7th. Come join us on the 21st at our Community Advisory meeting, and right after we will be holding our Stress and Tea groups. Our WISE group will be joining our Diabetes class this month for a picnic in the park. The picnic will be at the Dry Creek Park in Clovis on the 24th of April. For more details or information please call FAIHP, and ask for Ruben or Cynthia. CBANS is looking forward to another great month and will continue to have great moments and memories with our community.



**WISE Support Group: Twice monthly on Thursdays**  
**Stress Management: Twice a Month Mondays at 1:00 pm.**  
**Tea: Twice a Month Mondays at 2:00 pm.**  
**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



## NATIVE AMERICAN YOUTH AGES 12-17 ARE YOU READY FOR GONA 2014?

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.

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

Location: Camp Sierra, Big Creek CA.

### **Gona Volunteers**

If your willing to give back to your community, consider volunteering with FAIHP at this year's GONA. We're looking for dedicated volunteers to camp the entire week. Contact Anthony Gonzales at FAIHP 320-0490

### **GONA Facilitator Training Coming Soon.**

#### **Goals of the training:**

1. To provide a training experience that offers hope, encouragement, and a positive basis for Native community action.
2. To provide Native communities with a framework to examine historical trauma and it's impact on alcohol and substance abuse issues today.
3. To provide a training experience that emphasizes skills transfer and community empowerment.
4. To present a prevention strategy framework that is based on values inherent in traditional native cultures such as belonging, mastery, interdependence, and generosity

#### **Training qualifications:**

1. You are Native American
2. You have experience facilitating healing, wellness and prevention workshops
3. You are a team player
4. You have excellent inter-tribal group facilitation skills
5. You understand the process of addiction, recovery and prevention of alcohol, tobacco and other drug issues.
6. You have experience conducting action planning with inter-tribal groups.
7. You demonstrate your own on-going personal wellness program



#### **Youth Leadership opportunities**

You have a voice in our community! Please join us for our monthly youth council meetings. The next meeting is scheduled for Friday April 4th at the clubhouse and will cover development of Youth services for future generations. Call 320-0490 for transportation.

#### **University California Los Angeles**

20 youth from Tollhouse, Auberry and Fresno grades 7th – 12th traveled with FAIHP to participate in the 15th Annual American Indian Youth Conference and Basketball Tournament hosted by The American Indian Student Association at UCLA. The conference offered several workshops that covered the topics of health and wellness, art, academics and cultural sharing. The basketball tournament was a hit with 8 men's and 8 women's teams from California and Arizona. The FAIHP teams "Young Natives" played some awesome basketball. The men's team went 1-2 while the girls went 2-2 with a fourth place finish. We are proud of our young athletes, keep up the good work! We would like to honor our youth as this conference has encouraged them in teamwork and has inspired a vision for future higher education through experience of the beautiful campus at UCLA.

## APRIL 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 April Fool's Day  <b>SOT/DOT</b>	2 <b>Exercise Class 11-12</b>  Wellbriety 7:00-9:30pm	3 <b>BSR WISE 10-12</b> <b>CSR WISE 1-3</b>  <b>SOT/DOT</b>	4  <b>Tribal PREP 3:30 @ Clubhouse</b>	5
6	7 <b>Stress Mang. 1-2pm</b> <b>Monday Tea 2:00-3:30pm</b>	8  <b>SOT/DOT</b>	9  Wellbriety 7:00-9:30pm	10  <b>FRESNO WISE 12-2</b>  <b>SOT/DOT</b>	11  <b>FSU Youth Conf. All Day</b> <b>Tribal PREP 3:30 @ Clubhouse</b>	12  <b>FSU Pow Wow</b>
13	14  <b>JUST WALK 11-12PM at Manchester Mall</b>	15  <b>SOT/DOT</b>	16  <b>Exercise Class 11-12</b>  Wellbriety 7:00-9:30pm	17  <b>SOT/DOT</b>	18 Good Friday  <b>Tribal PREP 3:30 @ Clubhouse</b>	19
20 Easter	21 <b>JUST WALK 11-12PM at Manchester Mall</b> <b>Community Advisory Committee 10am-12pm</b> <b>Stress Mang. 1-2pm</b> <b>Monday Tea 2:00-3:30pm</b>	22 Earth Day  <b>SOT/DOT</b>	23  <b>Exercise Class 11-12</b>  Wellbriety 7:00-9:30pm	24  <b>FRESNO WISE- Picnic 12-2</b>  <b>SOT/DOT</b>	25  <b>Tribal PREP 3:30 @ Clubhouse</b>	26  <b>Native Women's Wellness Conference 9-5</b>  <b>9th Annual M.A. Lee Memorial Basketball Tournament at SHS</b>
27	28  <b>JUST WALK 11-12PM at Manchester Mall</b>	29  <b>SOT/DOT</b>	30  <b>Exercise Class 11-12</b>  Wellbriety Celebration Potluck 7:00-9:30pm			
<b>JUST WALK 11-12PM at Manchester Mall</b>		March 2014 S M T W Th F Sa 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		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		

## MAY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>BSR WISE 10-12</b> <b>CSR WISE 1-3</b>	2  <b>Tribal PREP 3:30 @ Clubhouse</b>	3
4	5 <b>JUST WALK 11-12PM at Manchester Mall</b> <b>Monday Tea 2:00-3:30pm</b>	6  <b>SOT/DOT</b>	7  <b>Exercise Class 11-12</b>  Wellbriety 7:00-9:30pm	8  <b>FRESNO WISE 12-2</b>  <b>SOT/DOT</b>	9  <b>Tribal PREP 3:30 @ Clubhouse</b>	10
11 Mother's Day	12  <b>JUST WALK 11-12PM at Manchester Mall</b>	13  <b>SOT/DOT</b>	14  <b>Exercise Class 11-12</b>  Wellbriety 7:00-9:30pm	15  <b>Diabetes Class 1-3</b>  <b>SOT/DOT</b>	16  <b>Tribal PREP 3:30 @ Clubhouse</b>	17
18	19  <b>Community Advisory Committee 10am-12pm</b> <b>Monday Tea 2:00-3:30pm</b>	20  <b>SOT/DOT</b>	21  Wellbriety 7:00-9:30pm	22  <b>FRESNO WISE 12-2</b>  <b>SOT/DOT</b>	23  <b>Tribal PREP 3:30 @ Clubhouse</b>	24
25	26 Memorial Day  <b>OFFICE CLOSED</b>	27  <b>SOT/DOT</b>	28  <b>Exercise Class 11-12</b>  Wellbriety Celebration Potluck 7:00-9:30pm	29  <b>SOT/DOT</b>	30  <b>Tribal PREP 3:30 @ Clubhouse</b>	31
<b>JUST WALK 11-12PM at Manchester Mall</b>		April 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		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		



# FAIHP

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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

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