



## **Kick Off 2016 By Getting Involved!**

FAIHP's next Community Advisory Board meeting is January 25th from 10am to 12pm. This Board is open to all Native American community members in the Fresno area and plays a critical role in guiding the services and program implementation at FAIHP. Since 2012, the Board has met monthly and has helped us complete our community needs assessment, community readiness assessment, and service model.

Community Advisory Board meetings are a great way to keep informed about new services or programs at FAIHP and in the community. Per the board's request we're preparing a speaker series for the New Year. While we want the meetings to be partially informational, your input on what is needed in the community is extremely important to inform the development of our programs at FAIHP and help us prioritize the needs.

Together we are stronger and can do the most good for our community, 2016 can be a great year for our Community Advisory Board! Please join us on the 25th from 10AM - 12PM. We value you and want to serve the best we can!

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The next Community Advisory Board meeting will be Monday, January 25, 10-12PM

Please join us, your voice is important! We will be discussing what you would like to see happen in 2016!

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



# CLUBHOUSE NEWS

Clubhouse Dec. 2015

Happy Holidays from Clubhouse! We pray that our community had a blessed time with their families and friends this Holiday season. Here at Clubhouse we have been discussing how important family time is and being thankful for all of the blessings we have received this year. We have also been discussing how important giving is rather than receiving throughout the year.

This month at Clubhouse we have been working on learning new words in our Native Language and focusing on the final teaching from the 7 Sacred Teachings. This month's teaching was how the Turtle teaches us Truth. Amber M. (Outpatient Therapist) came in and discussed



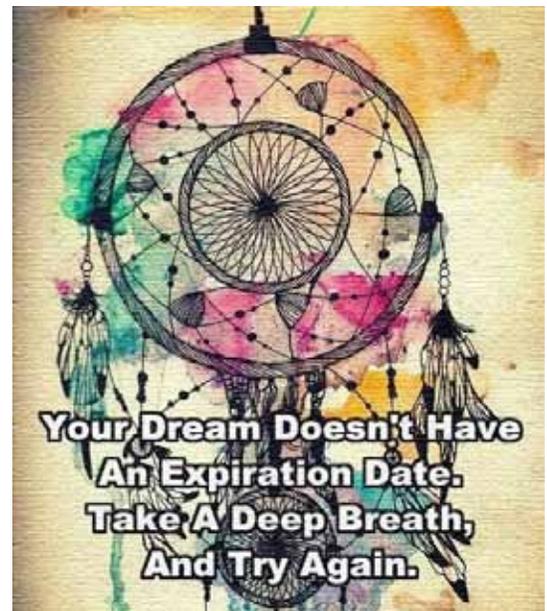
this teaching as well as showing us a fun new activity. Clubhouse youth made truth turtle shells that had messages of truth written on them. While making these turtle shells Clubhouse had great discussions on why we should always tell the truth even when it can be hard sometimes.

Clubhouse also hosted a Holiday Party for our youth. We had holiday games, crafts, and yummy food!



# YOUTH COUNCIL NEWS

At this month's Youth Council meeting Alexis B. and Tony F. presented to the council and FAIHP about what they learned at the 26th Annual National Federation of Families for Children's Mental Health Conference.



# Is Weight Loss Your Goal for 2016?

## Here are some tips to get you started...



Millions of people fall prey to fad diets and bogus weight-loss products every year. Conflicting claims, testimonials and hype by so-called “experts” can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is.

There are no foods or pills that magically burn fat. No super foods will change your genes to make you a fat-burning machine. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supplements and herbal products can be dangerous and even deadly for some people.

**Steer clear of any diet plans, pills and products that make the following claims:**

### Rapid Weight Loss

Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than ½ pound to 1 pound per week. If you lose weight quickly, you’ll be losing muscle, bone and water too, and you’ll will be more likely to regain the pounds quickly afterwards, as fat.

### Quantities and Limitations

Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It’s boring to eat the same thing over and over and hard to stick with these plans. Avoid any diet that eliminates or restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you’ll still miss some critical nutrients.

### Rigid Menus

Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming and annoying task. With any new diet, always ask yourself: “Can I eat this way for the rest of my life?” If the answer is no, the plan is not for you.

### No Need to Exercise

Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week.

If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.

For a personalized plan tailored to your lifestyle and food preferences, consult a registered dietitian. An RD can help you find a realistic, flexible eating style that helps you feel and be your best.

FAIHP has a full time RD available to answer any of your questions and help you on your journey.

**We will also be kicking off our 2016 Weight Loss Challenge towards at the end of the month. If you are interested, please call the office for more details.**



## TIPS for 2016 from Nurse Nancy



FAIHP wishes you and your family a Healthy, Safe, and Happy year in 2016. The following are some tips to improve your health, spiritual well-being and home safety.

- Take a walk daily – a short walk will improve circulation, help clarify your thoughts and even make your memory better! Even a small amount (10 minutes or more) of exercise will help increase our cognitive abilities and help your immune system fight off diseases.
- Drink your water – our bodies are made mostly of water, we can't live long without it, make sure you are getting plenty every day (six 8ounce glasses is the goal).
- Open your windows! – Yep on a warm sunny day even in the winter, breathing the fresh air will strengthen your immune system, give you energy and refresh your mind.
- Quit smoking – of course I had to say that. If you need help there are many programs available, just take it one day at a time and you can do it!

FAIHP would also like to make sure we are doing everything to assist in your care. Please remember the following tips....

- Get your flu shot – there is still time, flu season is highest January through March and continues sometimes into May! Just call ahead and make sure Nurse Nancy is available.
- Take your medications regularly – always take your medications as your health care provider has directed. Dispose of old and unused medications correctly, and secure medications from children and young adults.

- Fall safety – Please be mindful of your footing, keep walkways clear, get rid of or secure loose carpet or area rugs, and never use a rolling object to climb on. There are many factors involved in falls, if you would like a home evaluation please contact Nurse Nancy.

**REFERRALS** – Remember if you would like assistance from FAIHP you must have the service preapproved or you will be responsible for the cost of services. Depending on urgency and funding available some referrals will take longer to process. If you do not hear from FAIHP within 2 weeks after request, please call us!

**PRESCRIPTIONS** – FAIHP uses the Medicine Shoppe on Shaw and Villa. ALL medications must be pre-approved in order for FAIHP to pay for them. Please remember it may take up to 48 hours to approve your medications – do not expect to wait for them! Call your refills into the pharmacy at least one week before your medications run out to help insure timely refills.



# The CBANS staff would like to wish everyone a Happy and stress-free New Year!

2015 was a good year for us. We are excited about the FAIHP growth and the possibilities that come with all the team additions. The WISE group continued to meet throughout the year crafting, creating and strengthening new and old relationships. We finished off with candlelight luminaries for the holidays and a tie-blanket activity to keep warm in the winter months. The beading class has been dedicated since day one, and had a very strong year. The class met consistently twice a week with few breaks, and completed many projects throughout the year. The beading class continues to grow and is open for all levels of experience. Beading class closed off the year with a holiday get-together, raffles and a gift exchange.

CBANS topped off 2015 with a great time and experience at the New Year's Eve Red Road Pow Wow.



It was a sight to see, as the community came together to celebrate and bring in the New Year. It was fun getting to see our local WISE group elders out at their booths making beautiful bead work and delicious food. Outreach was a whole lot fun and games. CBANS provided resources and information to all those who stopped by the FAIHP booth. The FAIHP team did an outstanding



job keeping the people entertained. Having so many fun giveaways along with the "Big Spin Wheel" for a chance to win one of the many FAIHP prizes. The FAIHP is happy to announce the winners

of our raffles. Congratulations to Lorin Kane and Abel Martinez on winning the All My Relations wrist watches. Congratulations to Pauline Casillas on the new All My Relations throw blanket! To you three and everyone else who joined us... Thanks for stopping by!



CBANS looks forward to 2016 and to serving the Native American community of Fresno County!

CBANS Services include mental health awareness, prevention and early intervention. Our team is available to provide peer support, case management, outreach, referrals and to help people connect with appropriate professionals when necessary. We offer support groups for Stress Management (open support group), Wellness In our Senior Years (WISE) for adults 50+ and Wellbriety (Medicine Wheel and 12 step program).

**For more information contact: Ruben Garcia, Community Health Worker at (559) 320-0490.**

# COMMUNITY IS THE HEALER THAT BREAKS THE SILENCE

SUICIDE IS THE  
**2ND LEADING CAUSE OF DEATH**  
FOR AI/AN YOUTH 15-24 YRS OLD

**3X'S MORE WOMEN**  
ATTEMPT SUICIDE THAN MEN

AI/AN MALES 15-24 YRS OLD HAVE THE  
**HIGHEST SUICIDE RATE**  
THEIR WHITE COUNTERPARTS' RATE IS 17.54

**IF SOMEONE YOU KNOW...** Threatens suicide, talks about wanting to die, shows changes in behavior, appearance or mood, abuses drugs or alcohol, deliberately injures themselves, appears depressed, said or withdrawn...

**YOU CAN HELP!** Stay calm and listen, let them talk about their feelings, be accepting and do not judge, ask if they have suicidal thoughts, take threats seriously, and don't swear secrecy—**tell someone!**

**PROTECT  
YOURSELF AND  
LOVED ONES**

- BUILD SPIRITUAL & CULTURAL ROOTS IN NATIVE TRADITIONS
- INCLUDE TEENS IN FAMILY DECISION-MAKING
- EAT BREAKFAST 5-7 TIMES A WEEK
- REACH OUT AND MENTOR SOMEONE YOUNGER
- MAINTAIN GOOD PHYSICAL AND EMOTIONAL HEALTH
- LET OTHERS KNOW YOU CARE ABOUT THEM
- AVOID DRUGS AND ALCOHOL
- TALK ABOUT YOUR HOPES AND DREAMS

To learn more visit:  
[www.wernative.org](http://www.wernative.org) • [us.reachout.com](http://us.reachout.com)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) Or call 1.800.273.TALK (8255)

Provided by THRIVE, a project of the Northwest Portland Area Indian Health Board.





## **Native Men's Group**

When: February 25th, 2016 from

Time: 5-6:30pm

Duration: 8 week group with the option to extend it.

Where: FAIHP

Description: The men's group is a gathering of Native American men in an effort to share wisdom and knowledge and to support one another within a shared and sacred space. The gathering of Native men will involve drawing upon the wisdom of dreams, hopes and visions to promote healing through the expressive arts such as clay sculpting, painting, writing, etc. Through the course of the group, important life and coping skills will be introduced as well. At every group, there will be nourishing snacks/ food.

Please contact Joyce Burel, LMFT or Tony Quintanilla, LMFT at 320-0490 to be added on the list.

# AMERICAN INDIAN BEADWORK CLASS



TUESDAYS & THURSDAYS  
5:30PM - 8:30PM  
AT FRESNO AMERICAN  
INDIAN HEALTH PROJECT  
1551 E. SHAW AVE., STE. 139  
FRESNO, CA 93710

CALL RUBEN GARCIA AT  
FAIHP FOR MATERIALS LIST  
ALL LEVELS OF EXPERIENCE  
WELCOME TO JOIN

\* MUST PROVIDE OWN MATERIALS \*  
CALL FAIHP TO RESERVE YOUR SPOT 559-320-0490

Disclaimer: Any opinions, written or verbally expressed in this class do not necessarily reflect or are shared by FAIHP.  
If you have any questions, feel free contact FAIHP at 559-320-0490

# JANUARY 2016

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



## 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.

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
- Behavioral 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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Gavin Begaye - Treasurer

Pam Coronado - Board Member

David Weikel - Board Member