



GONA is just around the corner! To get ready for it, Fresno American Indian Health Project hosted a Gathering of Native Americans Training of Facilitators during the month of June. We were honored to have three technical assistants to facilitate the training: Don Lyons, Barbara Aragon, and Meghan Ray.

We were joined by a strong, passionate group of participants who are working toward bettering the



Native community in various ways. Also in the group were a few youth, who made us all very proud. It was an amazing experience having, what felt like, a mini-GONA!

The four-day training provided us with in-depth teachings of the four themes of GONA: Belonging, Mastery,



Interdependence, and Generosity. As well as how we can better implement the teachings when working with other Natives.

Throughout the training we also learned a lot about ourselves, understanding our past, and how to create a better a future for the people around us. Comical icebreakers, personal stories, traditional songs, crafts, and team-building activities brought together old and new friends. Thank you to all those who took part in the GONA Training of Facilitators. It was a fantastic experience and we hope that you will use the knowledge gained in a good way.



It's finally July and GONA is quickly approaching. Fresno American Indian Health Project's third GONA will be at Camp Sierra, a new location that is sure to be a lot of fun. After many months of planning, we are looking forward to all of the new activities that are planned. Staff and volunteers received many new skills that will be used during this year's GONA and we absolutely cannot wait for GONA 2014!

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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!

Congratulations to all the youth that graduated or promoted. Were all very proud and excited to see all of our youth succeed and continue their education here at clubhouse.

We have started off the summer great! The youth got to attend a Fresno Grizzlies game thanks to Picayune Rancheria. The youth really enjoyed themselves at the game. The youth also enjoyed the



educational outreach night and youth participated in many of the education activities that was available.

A group of our Clubhouse teens attended the Tule River youth pow-wow, it was a great opportunity and the first pow-wow for many of our teens. The Tule River youth showed the Clubhouse teens that they do have a voice in the community and can make a difference.



Clubhouse and North Fork teens got to attend a field trip to Scouts Island in collaboration with North



Fork TANF for our summer time activities. They enjoyed some team building exercises before they began to canoe on the river. They also got to enjoy seeing a red tail hawk at the Birds of Prey Show. We would like to thank North Fork Tribal TANF for collaborating with Fresno American Health Project-Clubhouse.

Twenty-four of our younger youth went on a field trip to the Fresno Chaffee Zoo. We



got to learn about all the different animals and their environments. They were able to see the new sea lion cove exhibit and the bird show.

GONA and summer camp are right around the corner. GONA is July 14-18 Staff and volunteers are busy planning and preparing for an awesome week filled with fun activities. Then off to summer camp for are younger youth ages 5 -11 week one is July 21st-26th and the second summer camp is July 28th- August 2nd.

START SMALL!



ARE YOU LOOKING TO START A NEW DIET AND LOSE SOME WEIGHT FOR THE SUMMER?

Starting small helps you to avoid burnout, something many diets can cause. To prove it, here's a statistic for you – 95% of those who go on a diet gain any weight they lost back within a year. Many even gain more weight than before they started.

Changing one small thing, such as eating a fruit and a veggie each day, will take you that much closer to reaching your nutrient goals. Or exercising for just 10 minutes per day can add up to a strong foundation for developing an exercise program. These are just two examples of how you can get the momentum rolling. By starting with just one or a few goals, you can easily ingrain a new habit into your life. Take brushing your teeth for example. Here's an activity that takes 2 min, twice a day. Ever get burned out? Doubtful. Why? Because it was a small thing that caught on with repetition. Making small changes avoids burnout and

creates lifelong habits to keep weight off permanently. So by starting small you get off on the right foot and achieve a small win on your way to many more!

Here are some examples to start with:

- Drinking 6-8 cups of water daily
- Eating at least one fruit and/or vegetable every day
- Not eating in front of the TV
- No soda
- Eat breakfast every morning
- No candy or potato chips
- Walk for 10 min

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

LIQUID NICOTINE IN E-CIGARETTES RISING CAUSE OF POISONINGS



Calls to poison control centers have jumped, ingestion could be deadly for kids.

The number of calls to poison control centers for nicotine poisoning from e-cigarettes has risen dramatically, U.S. health officials report in April of 2014.

Calls related to poisoning from the liquid nicotine used in these devices were running at a rate of one a month in 2010, but jumped to 215 in February of this year, according to the U.S. Centers for Disease Control and Prevention. The scariest part is that more than half (51 percent) of these calls involved children 5 and younger, 42 percent involved people 20 and older.

Many people are not aware that liquid nicotine is toxic. It is important to know the possibility of an unintended death from nicotine poisoning. It would not take a lot of liquid nicotine to poison an innocent child. The concentration of nicotine in these solutions is significant and they need to be made childproof and regulated, especially for kids under the age of 5, this amount of nicotine can be fatal.

One of the largest problems is that the e-cigarettes are attractive to kids because they come in candy and fruit flavors, with marketing to attract the children and youth. The products are not in childproof packaging so that they are easy for any age to open and be ingested or inhaled. Poisoning from the liquid nicotine in e-cigarettes can happen

in one of three ways: by swallowing it; inhaling it; or absorbing it through the skin or membranes in the mouth and lips or eyes. Once it is in a person's system, nicotine can cause nausea, vomiting or seizures.

Like any drug it is important to keep out of the reach of children. E-cigarettes should be treated with the same caution as any drug product or household chemical such as bleach. In some ways, this chemical is actually more toxic than bleach!

If you believe your child or youth has been exposed, call the Poison Control Center immediately, 911 or take the child to the emergency room.

Adults, parents or guardians who use these products need to keep them locked in a secure place. Legislation needs continue to argue for tamperproof caps on liquid nicotine products to prevent kids from getting into them, these can be deadly -- the risks are real.

FAIHP CBANS PROGRAM UPDATES



Gratitude and Inspiration were some of the topics we touched on for the month of June. CBANS would like to express some words of Gratitude and say thank you to each and every one of you that have shown your support to CBANS through your faithful attendance to support groups, prayers for one another, ourselves included, words of encouragement that are given to fellow peers when needed, donations given for fundraisers, and also showing CBANS that there are elders that care through voices and through actions... such as participation, volunteering, leadership, initiative, assertiveness, all done "In a good way" You have taught CBANS that the times we come together are certainly not in vain, and we will certainly continue to learn from one another what the true meaning of "GOOD" really is. CBANS looks forward in continuing to help build that positive support for one another and learn from each other as we enter into another season of change. CBANS would like to say thank you to our dedicated volunteers; Eleanor, Andrea, Elena, and Jim. Thank you to; Debra, Henry, Mary, Melissa, Julia, Frank G, Rosie, Marilyn, Lorraine, Pete, and Angelia, Celia, and Frank M. and AIVA for your time and donations to our very first fundraiser.



CBANS would also like to give a special thank you to Jim Becerra, for taking the lead on our very first sage gathering with the Elders, it took a lot of time and planning for this event to take place, but with passion and volunteering of time given by Jim to help make this happen, we had Elders that were very grateful for this opportunity, not to mention the ceremony and cultural teachings, and even the experience of bundling of the sage, taught to each one, from this hands on experience.

This is what one of our Elders has to share about CBANS...

I came back home to Fresno to be with my family after forty years. My main reason was to reconnect with them and share precious memories...

My sister Mary and niece Irene were attending support groups at FAIHP and invited me to start attending with them. I did, three years later I'm still attending, and I really enjoy participating in all the support groups, different activities and the development of camaraderie. We are a group that bonded through sharing and giving of one another.

Cynthia and Ruben put a lot of effort and time developing an agenda and support groups that provide us Elders with the tools and resources we need as we age. They bring presenters that give us valuable information and resources. They also incorporate a lot of inspiring topics which keep us focused on staying strong and positive which in turn gives us the balance that we need to keep our motivation alive.

On occasion we also meet with the Clubhouse children and youth, sharing with each other inspiration, history, and cultural teachings. We have fundraisers for outings such as our previous Sage Gathering, which was an experience that I will always cherish as a treasured memory. An opportunity like this was never presented to me until I became a part of CBANS and now I have this memory and experience to share with others and with those that come after me. We have healthy picnics in the park, talking circles, and drumming, wellness conferences, all of which are new experiences to me and my family, and we do this by interacting with other Native American tribes.



I thank Cynthia and Ruben, and all the staff for their caring and giving of themselves for our betterment. May the Creator bless them and give them the strength and wisdom to continue on with a positive heart and mind.

-Andrea M.

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 AMERICAN INDIAN AND ALASKA NATIVE YOUTH,

THE NEWS COULD BE BETTER.

- On average, Native teens first use alcohol at the age of 14.
- AI/AN teens use marijuana and prescription drugs at **twice** the rate of the national average.
- Many AI/AN youth believe that their parents do **not** strongly disapprove of them drinking alcohol or smoking pot.

BUT THERE'S A LOT TO CELEBRATE!

RECENT RESEARCH SUGGESTS THAT:

- Just talking with your teen about drug and alcohol use – early and often – can give them greater self-control and the confidence to say “no” when pressured.
- More than 75% of AI/AN youths surveyed had **not** used drugs or alcohol in the past month.
- AI/ANs 12 and older were the **least** likely group of any race/ethnicity to currently use alcohol.

SO WHAT'S THE MESSAGE?

- Talk to your child about alcohol and drugs. If possible, start the conversation before they're in school – but it's **never** too late.
- Make it clear that you **strongly disapprove** of underage smoking, drinking, or using any other drugs. Never let someone drive who has been drinking or using drugs.
- **Set a good example. Live a drug and alcohol-free life.**
- For additional help, go to www.weRnative.org

STRENGTHEN YOUR CHILD.
STRENGTHEN YOUR NATION.
 KEEP YOUR CHILD DRUG AND ALCOHOL-FREE.

**I STRENGTHEN
 MY NATION**



JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Exercise Class 11-12	3	4 Independence Day	5
		July 1,2,3 - Youth Orientation (Youth need to only attend one orientation -Locations TBA)			Office Closed	
		PIP (Positive Indian Parenting)	Wellbriety 7:00-9:30pm			
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	GONA				19
			Wellbriety 7:00-9:30pm			
20	21 JUST WALK 11-12PM at Manchester Mall	UAI Youth Summer Camp			25	26
			Exercise Class 11-12 Wellbriety 7:00-9:30pm	Fresno WISE 12-2pm		
27 Parents' Day	28	UAI Youth Summer Camp				
	JUST WALK 11-12PM at Manchester Mall	Fresno State Native Alumni 6-8pm	Exercise Class 11-12 Wellbriety Celebration Potluck 7:00-9:30pm			
		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		

AUGUST 2014

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

Based on our Community Advisory Board feedback there was a great interest in Native language classes, so FAIHP would like to promote OVCD's Native Language classes that are open to the community. All classes will be held at OVCD 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 Summer Schedule Fresno County

Starts July 1st-Ends Sept 1st

Tuesday

Fresno site -Community -Western Mono B - 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 5-7pm

Thursday

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

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

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

Friday

Fresno site -Community -Western Mono B-5-7pm

Saturday

Bear Mountain Library-Community-Western Mono A-12-3pm (2nd Saturday of the month)

Location

Bear Mountain-30733 East Kings Canyon Road Squaw Valley, CA 93675
(559) 332-2528

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

Cold springs-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/>

EXERCISE CLASS

Join us for a fun hour of fitness.
Wednesdays 11-12pm



All levels of fitness welcome.

JUST WALK

Join us for a great time walking. For
all levels of fitness. We walk indoors
at Manchester Mall.
Mondays at 11-12pm



FAIHP

Fresno American Indian Health Project

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(559) 320-0490 www.faihp.org

For more info please call Mihaela at 320-0490



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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

Pedro "Pete" Molina, Pascua Yaqui
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