



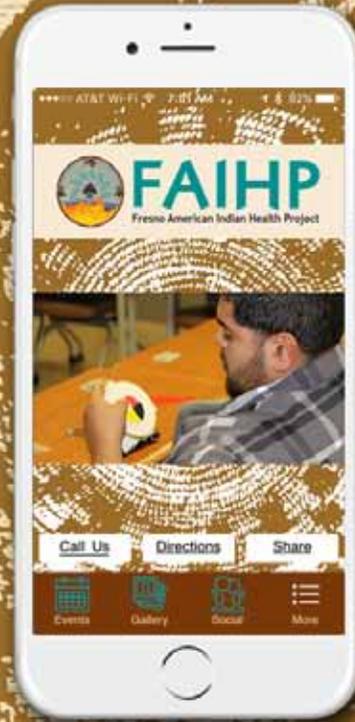
# FAIHP

Fresno American Indian Health Project

## Our new mobile App is now available for download!



Search: FAIHP



### FAIHP has a New Mobile App!

This new app highlights all of the programs and services we have to offer. It is available on IOS and Android platform and is Free to download.

There is an events calendar to keep you up to date, how to get registered for our services and more.

You can also enjoy a Gallery that shows many of the great programs and services we have to offer.

Please download and share this with friends and family!

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 **FAIHP** Scan these QR codes on your mobile device for instant access to the App.









In order to save the environment and save on cost we would like to know if you would like to start receiving our newsletter electronically via your email? The benefits are less paper and the digital version is in full color. Please email [mcolvard@faihp.org](mailto:mcolvard@faihp.org). Thank You

The next Community Advisory Board meeting will be Monday, May 16, 10-12PM Please join us, your voice is important! We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490





# CLUBHOUSE NEWS

Fresno American Indian Health Project Night  
AT CHUKCHANSI PARK



vs.



### INFORMATION

**DATE:** Friday, June 24th 2016  
**GATES OPEN:** 6:05pm  
**GAME TIME:** 7:05pm  
**PROMO:** Parkers 10<sup>th</sup> Birthday Mascot Party  
 Friday Postgame Fireworks Show!



# FAIHP

Fresno American Indian Health Project

Everyone in Your Group  
Will Sit Together!

Postgame Fireworks Show

All Proceeds Benefit  
F.A.I.H.P  
Clubhouse Youth Group

**Tickets Only \$15 Each**

For more information contact Kevin Provost @ 559 - 320 - 0490

## NEWS FOR YOUTH BY YOUTH

### GONA

Gona means Gathering Of Native Americans. It brings a lot of people from everywhere together and teaches about thier culture. It brings them together in a spiritual way.

**Alexis B.**



### FSU Pow Wow

I thought that the Fresno State Pow Wow was a great event to get involved in the community. Meeting people of different tribes and even meet someone from your own tribe. My favorite part of the PowWow was that I got to spend time with old friends and of course the Indian Tacos, you can never go wrong with Indian tacos!

**Elisio F.**

Clubhouse is doing a fundraiser with the Grizzlies, you can help by purchasing tickets from Clubhouse. This fun event will happen in June, so there's time to spread the word and buy some tickets!



# Staying Away from Fad Diets



With all the focus on weight in our society, and particularly this time of year, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss products. 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 alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. But the truth is that some ingredients in supplements and herbal products can actually be truly 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 may be losing some fat but will also be losing muscle, bone and water. You will be more likely to regain the pounds right back afterwards.

## 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 monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

## Specific Food Combinations

There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

## Rigid Menus

Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful 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 with expertise in weight management. An RD can help you find a realistic, flexible eating style that helps you feel and be your best.

\*Article adapted from Eatright.org

## MEDICAL INSURANCE ENROLLMENT

**Open Enrollment and Tax Season are over, but American Indians and Alaska Natives can still enroll!**

Open enrollment and tax season are now over for millions of Americans, but American Indians and Alaska Natives (AI/AN) can still enroll! Members of federally recognized tribes have a special monthly enrollment status that allows them to enroll throughout the year.



It is important for AI/AN individuals and families to learn about their insurance options and get covered. Not only do the individuals benefit from insurance but it also helps Indian Health Service facilities, Tribal 638 and urban clinics as well. Through third party billing, these resources become more available to everyone because those Purchased and Referred Care dollars go right back into the facilities.

So in a nutshell, this statement says...”Yes! you can still enroll, and we want you to!”

Do you know that one of the most popular Diabetes medications cost approximately \$460.00 a month! With insurance that same medication costs about \$6.00 a month – WOW what a difference.

With your help we can spread our grant dollars further and help more natives with medical and dental and vision needs.

You never know when you will need assistance with an emergency. Medical bills are astronomical, a visit to the Emergency room, an Ambulance, a hospital stay..... and Surgeries – it’s a lot more than we would think.

We are a Covered California Enrollment Entity and have Certified Enrollment Counselors on staff to help you. Please call us and make an appointment today to enroll yourself and your family for medical coverage.





## Native Men's Group

When: Thursdays

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.



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Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

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



## Motherhood Is Sacred

14 Week Program

Start Date: May 2, 2016 (every Monday)

5:30-7:30pm at FAIHP Clubhouse

Contact for more information: Amber Molina or Michelle Cabral 559-320-0490

This women's group is a gathering of Native American women whose purpose is to share wisdom and knowledge and to support one another within a sacred space. The Motherhood is Sacred Curriculum helps to uplift, encourage, assist, and teach. When we fill our lives with hope, gratitude, and understanding it has a powerful effect in changing attitudes and behavior; therefore leading to healthy parenting for happy and safe families everywhere!

*Healthy snacks will be provided.*



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# MAY 2016

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

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

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