



Munahoo! (Mono for hello)

The logo for our new behavioral health department, All My Relations Community Wellness Center, represents the following: Often at the end of prayer or ceremony, one will often hear “All my relations”! All my relations represents family, ancestors, all the people of mother earth, and all of the animals, birds, and creatures of mother earth.



our prayers to Grandfather and flies the closest to Creator. The hands are not only the colors of mother earth, but represent different ages, all coming together. The turtle in the middle is for Turtle Island, a belief in many Native tribes that she is mother earth.

The four directions are represented by the four colors of the people, red/brown, yellow, black, and white. These directions also represent the four elements of mother earth, air, water, earth, and fire. The rattler in the North, Tok-ho (Mono) is the protector, the bear claw in the East is for the bear spirit, and a local Mono clan to the area, and it represents our bear dancers who bring healing for the people, the fish in the South is for our Christian brothers and sisters, and the eagle feather in the West is for the Eagle who takes



We created this logo in the spirit of thanks, prayer, care and unity.



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The next Community Advisory Board meeting will be Monday, September 14 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!



This is a great example of community togetherness and FAIHP truly thanks this group for their generous involvement to promote our youth's academic success.

This year at Clubhouse we are maintaining our focus on our youth receiving tutoring and homework assistance. When our youth attend Clubhouse we will focus on healthy snacks and homework help until it is complete.

We encourage our youth's academic success and are focused on assisting them in any way that we can.

Clubhouse is ready for a great new school year!

In preparation for the 2015 school year, Clubhouse hosted a Back to School Event. This consisted of presentations regarding Student Atlas Navigation, Common Core and a back pack giveaway. The Fresno Indian Motorcycle Riders Group generously donated backpacks to the Clubhouse. They were filled with grade appropriate items and were welcomed by



the youth. Thank you to the Fresno Indian Motorcycle Riders Group and the volunteers who helped make this event a success!



Our Director of Behavioral Health having fun!

September is National Cholesterol Education Month

Did you know that more than 102 million American adults have high cholesterol putting them at high risk for heart disease, and many of them don't even know it? This month is a good time to get your cholesterol checked, and begin steps to lower it if it is high.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol in your diet can cause build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through diet and lifestyle changes or if it is not enough, through medications.

Desirable Cholesterol Levels

Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL

Can children and adolescents have high cholesterol?

Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition.

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through diet and lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you already smoke.



You guessed it – FLU SEASON

Here are some answers to many of the questions in the community.

- Flu season typically starts as early as October with Medical Providers and Hospitals receiving patients through their doors. Flu season usually peaks in December through February, but could last as long as May!
- It takes approximately 2 weeks for the Flu Vaccine to starting working at its most effective level in your body.
- Flu vaccines are recommended for everyone ages 6 months and up, this includes pregnant women.
- There are several types of vaccines available and your Medical Provider will help you decide which one is to your best benefit.
- Flu is easily spread from person to person.
- Handwashing, exercise and healthy eating will help your immune system stay healthy, and will help to prevent many illnesses.
- FAIHP will be getting and start giving Flu Vaccines by October 1st.
- Our Public Health Nurse will have 2 different vaccines available this year.
- Flumist which is the Nasal spray for children and adults to age 35 and Afluria which is the standard Flu vaccine given and will be available to ages 4 and up.
- If you would like more information about Flu Vaccines please call FAIHP.

Please think about your health and the health of those around you and get your Flu vaccine this year.....for those you love.

AMERICAN INDIAN BEADWORK CLASS

TUESDAYS & THURSDAYS

5:30PM – 8:00PM

AT FRESNO AMERICAN INDIAN HEALTH PROJECT
1551 E. SHAW AVE., SUITE 139
FRESNO, CA 93710

- SEPT 1–OCTOBER 29TH
- 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



September is national suicide prevention month, here are some tips if you have a friend that you think might harm themselves

Take Action. If you are worried about your friend, ask if they are thinking about killing themselves. Listen without judging them or acting shocked. Having someone to talk to honestly can help them. Many of these suggestions will work whether you are talking to your friend in person, on the phone, texting or interacting online.

Don't keep it a secret! A secret can be dangerous if it hurts your friend. It is important to tell someone who can help you and can help your friend stay safe.

Offer your support. Let your friend know that you want to help them. Just knowing that somebody cares can be reassuring since your friend might feel very alone.

Choose what to say. If you're not sure what to say, you might try saying "I'm worried about you" or "I

don't like seeing you upset," or "I want to help you." Whatever you decide, please be direct and don't act shocked by what they say.

Offer to go with your friend to get help. Go with them to talk to an adult they trust about how they are feeling. Find someone they trust and who will be able to help or get help.

If your friend refuses to get help, you should go to talk to a parent, family member, teacher, counselor, or someone you trust. Or call the Lifeline (1-800-273-8255). It is important to take their words seriously until a mental health professional has had a chance to talk to your friend to see how they are feeling.

If you think your friend is in immediate danger, call 911. If you are with your friend, stay with your friend until help gets there. If you are on the phone with them, stay on the phone and see if you can get word to someone else who can call 911. If you are online with someone that you only know from online interactions, it's still a good idea to alert 911 and the Lifeline (1-800-273-8255).

Source: wernative.org

Health Mental and Emotional Development

(Mental Health America)

Just as you prepare your children for the start of a new school year with the right school supplies and materials, it's also important to think about their emotional health. Remember that children may not only be excited about the new school year, but also apprehensive about all the changes that come with growing up. Their emotional health is tied into their mental health and as their parent; you are the person they look to for support and guidance.

Despite the fact that children may not actively seek out a conversation with you, it is important to engage with them on a regular basis so that you become part of the support system they look to when they are in trouble.

For example, a poll conducted by KidsHealth found that "kids said they were stressed out the most by: grades, school, and homework (36%); family (32%); and friends, peers, gossip, and teasing (21%)." However, only 22% of these kids dealt with their stress by talking to their parents. [1]

So, be prepared for the variety of issues that can "stress out" your children. Below are some pointers that can help you address the needs of children in from various age groups.

What to Expect Ages 5-9

This group will:

- Have increased ability of their emotions, self-control
- By age 8 know how to mask emotions and their use of coping strategies
- Have knowledge of how their actions affect others
- Express preference for structure and routine, but they are learning how to assert their independence
- Form peer groups
- Spend less time with parents and more time with peers

Tips for Caregivers

- Increase the child's self-esteem with warm, positive parenting and reinforcement
- Minimize comparisons among children and help them overcome failures
- Give advice and encouragement when he/she comes across moral questions such as lying, cheating, stealing, etc.
- Talk to the child about school, friends, and feelings regularly

What to Expect Ages 10-12

A pre-teen adolescent (tween):

- Commonly has emotional swings
- Begins to rely more on same-age friends
- Views being accepted by peers means being liked
- Has thoughts of independence are present but bonds with family are still clear
- Questions rules and values, often will say things are "unfair"
- May begin to have body image issues

Tips for Caregivers

- Listen to the preteen and take his/her feelings seriously
- Don't minimize the issues they stress out about
- Schedule time for family connectedness (shared meals, weekend activities)
- Be involved in social media activities
- Reinforce your family's values
- Be mindful of their self-esteem and feelings of self-worth
- Talk openly about teasing, bullying, and similar problems

What to Expect Ages 13-15

An adolescent:

- Struggles with sense of identity; worries about being normal or "fitting in"
- Feels awkward or strange about self & body image
- Maintains high expectations for self
- Still relies on connectedness with parents but not in an open manner (being rude to parents in front of others)
- May start to experiment with sex and drugs
- Commonly experiences moodiness

Tips for Caregivers

- Provide an open line of communication
- Be a friend but don't forget you are the parent
- Set clear expectations and limits.
- Talk about difficult issues early on (bullying, sex, drugs)
- Don't wait until they initiate the conversation
- Get to know your teenager's friends
- Communicate and model your values about issues such as honesty, integrity, and responsibility.
- Provide positive feedback
- If you suspect a problem, ask your teen what is bothering him/her and then listen
- Be honest about your experiences

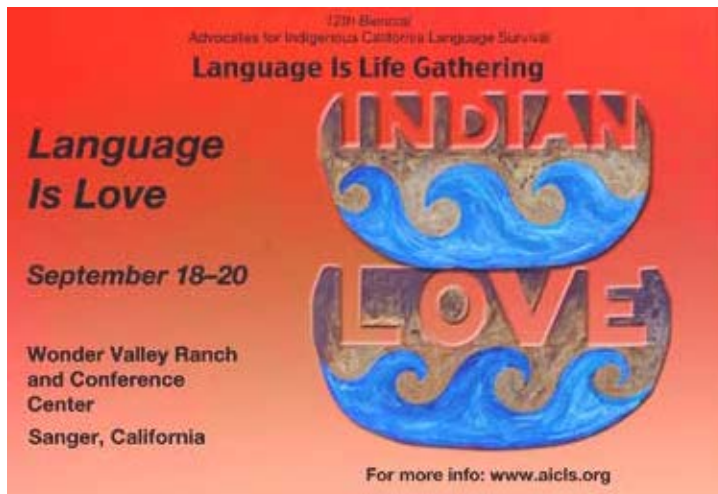
What to Expect Ages 16-18

Common for this group:

- Girls are more likely to be physically mature
- Boys may not have completed physical maturity
- Exhibits an increased interest in the opposite sex
- Tests rules and limits
- Chooses role models
- Experimentation with sex and drugs
- Interests and clothing style are influenced by peer group.
- Peers are still important but moving towards their own identity/ thoughts
- Increased stress and anxiety about future choices (work/school)

Tips for Caregivers

- Provide an open line of communication and supportive environment
- Don't be judgmental and disregard their ideas and plans for the future
- Provide space for exploration of new interests
- Don't overwhelm them with talks of the future
- Talk regularly about difficult issues (sex, drugs, gangs, etc.)
- Continue to reinforce your family's values
- Set expectations and limits with room for independence
- If you suspect a problem, ask your teen what is bothering him/her and then listen



“Language is Love” 12th Biennial Language is Life Gathering Wonder Valley Ranch Resort and Conference Center September 18-20, 2015

Vallejo, CA - Languages are disappearing all over the world; the UN says that 600 languages have disappeared since the start of the 20th century and that 90% of the world’s languages will become extinct in this century at the present rate. But at the same time, languages are being revived all over the world, and nowhere more vigorously than in California, where more and more Native people are using their indigenous languages, not only for traditional and ceremonial occasions, but also for brand new purposes.

The Advocates for Indigenous California Language Survival (www.aicls.org) have been supporting the revival and revitalization of Native California languages for 23 years. The twelfth Language is Life Gathering, with the theme Language is Love, will host Native speakers and learners September 18-20 for three days of workshops and sharing of ways to grow indigenous languages. More than 200 participants from dozens of tribal groups will attend. Natalie Diaz, Mojave and Pima, National Poetry Award winner and author, will be the keynote speaker on Friday, September 18, and will hold a workshop on Friday afternoon on using indigenous language in poetry. In an interview earlier this year, she says: “Mojave language work is empowering, it is like rounding up a bunch of English words at night and tying them together behind a horse and dragging them away (which was done to our Mojave people). Finally, we relearn what our Elders

have meant their whole lives: birds cry instead of sing, kissing is falling into the mouth of another, making love is a hummingbird, the Milky Way is the trail of the Mojave salmon across the night.” On Saturday, participants can choose workshops and panel discussions such as “Our Baskets Speak,” a workshop on teaching language through traditional basket weaving, and on home schooling, or on family language. An animation workshop will support people who want to create their own visuals as teaching tools. A youth track for participants under 17 years will teach archery language and language games, as well as mural making.

There will be numerous report backs and updates from language programs state-wide, providing an opportunity to see what is working for other tribal language programs. San Francisco-based StoryCorps will be at the conference Saturday and Sunday morning to interview participants and record their stories, which will be available on CD and archived at the American Folk Life Center of the Library of Congress. StoryCorps has interviewed more than 100,000 participants and broadcasts on NPR’s Morning Edition. Conference registration and scholarships are still open and available for Native language workers at www.aicls.org.

For more information on the conference or the work of the Advocates, contact Marina Drummer, 707-486-6806, marina@aicls.org.

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 Fresno WISE 12-2pm	11	12
13 Grandparents Day	14 Community Advisory Meeting 10-12 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 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 Office Closed Native American Day	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 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		October 2015 S M T W T F S 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		

OCTOBER 2015

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

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



FAIHP

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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
- 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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