



# Fresno American Indian Health Project



## HOLIDAY GET TOGETHERS



Getting together with family this Holiday??? What a better time than that to discuss your family's health history.

Maybe Grandma had diabetes late in life, and only Aunt Mary knows that, well Aunt Mary needs to tell Grandma's grandkids! It's so important to pass on your health history, for this generation and future generations to come.

This information is very important to your Health Care Provider, and may be invaluable to you someday!



## Fresno American Indian Health Project

Volume 4, Issue 12

December 2011

*Funded by Indian Health Service*

## HEART HEALTH CLASS

Yes, rumor has it right; the next Heart Health Class will be on February 14<sup>th</sup>! Let's celebrate Valentines and love our hearts, that little organ is our car battery; we have to take care of it! If any of you out there would like to have a luncheon instead of dinner, let's do it! Give Nancy a call and let her know your preference. REMEMBER - NEXT CLASS VALENTINE'S DAY; FEBRUARY 14<sup>TH</sup>!!!!!! Have a safe and Heart Healthy Holiday.



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## Eagle Walk for 2012

The annual Eagle Walk at Millerton Lake is being held on **Wednesday, January 11<sup>th</sup> 2012**. This event is sponsored by Central Valley Indian Health (CVIH). Participants are asked to meet on the Fresno side parking lot by the boat ramp at 9:30am. The walk will be guided. Wear warm clothes. Bring binoculars if you wish and something healthy for the pot luck after the walk. For more information, please contact Brenda Riojas at CVIH, (559) 299-2578 ext 180. Our office will be offering LIMITED transportation. Call NOW to reserve your spot.



## Walking Fun at the Veterans Parade

On **Friday, November 11<sup>th</sup>**, we participated in the largest Veterans Day Parade event this side of the Mississippi. Our center had a float in the Parade, as well as dedicated walkers who walk behind the float.

Many of our walkers walked the entire parade route. We had walkers range in span from youth to elder. It was truly a special day for all involved. If you missed it this year, keep your walking shoes around for next year. Also, be watching the newsletter for our latest announcement of walking or fitness endeavor(s).



## Diabetes Class Info


Our last diabetes class of the year was held on Monday, Dec 5<sup>th</sup>. We had a nice noontime holiday celebration. We talked about holiday eating / snacking. We had a carb friendly holiday meal.

Our next class will be on:


**Monday, Jan 5<sup>th</sup> 2011 @ 5:30pm**

Come celebrate good health in the New Year. Call, Erika, to learn more about this event or be added to the attendance list for these exciting classes. Limited transportation is available, so call early to get your spot.





## Nutrition Corner - Holiday Stress & Unhealthy Eating




Holiday madness can lead to unhealthy eating. We yearn to enjoy the holidays and spend time with friends and family. Then, reality sets in and little by little, our stress level increases. That family time becomes filled with anxiety. All that shopping can cause worry over your budget. Many people turn to food as a comfort during this time.


If you find yourself losing the holiday spirit and slipping into mindless eat of sweet treats or comfort foods, following these tips might help you refocus:



- ◆ **Take a time-out.** Even a quick walk around the neighborhood to breathe in the fresh air and admire the holiday displays can boost your mood.
- ◆ **Learn to say, "no".** If you become overwhelmed, it's OK to skip a party or social commitment. Let go of the guilt about sending your regrets to others if you do not attend.
- ◆ **Sweat out the Holiday Stress.** It is easy to let exercise take a back burner during the holidays. However that activity can work wonders on your stress load. There are many emotional benefits of regular exercise.
- ◆ **Grab a friend.** Oftentimes, a good chat with a close friend can really help you get back on track.
- ◆ **Staying Organized can be beneficial.** Keeping up with your calendar can help you fight that 'frazzled feeling'. Organizing your space and planning ahead can really help you find your focus.



By balancing our life's circle, it can oftentimes help us balance our diet as well. If you would like more information on healthy eating and finding your nutrition core, contact our registered dietitian, Erika, to schedule an appointment.





## CLUBHOUSE IN ACTION

Clubhouse staff and youth want to thank our volunteers who assisted with the Veterans Day Parade. Paula, Stephanie and Jackie thank you, for making the red, white, and blue shawls. We would also like to extend a big thank you to Qual-T-Ruck Service and our volunteer driver Ruben for providing the flatbed truck.



**COLLEGE IS POSSIBLE.** . . Additional information listed on the CH website.

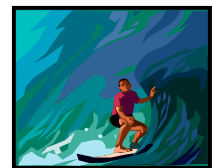
Parents/Guardians/High school seniors see the following link for understanding the process of getting funding for college. It is provided by FUSD but applicable to anyone wanting an overview. It also has great resources for scholarships!!! A must see...

<http://www.fresnounified.org/students/Documents/search-for-scholarships.pdf> be sure to check out [cappex.com](http://cappex.com) (you can create a free account and access thousands of scholarships).



Seniors don't forget to make that appointment with your high school counselor to let them know of your intentions to go to college and find out what scholarship, grant, financial aid workshops and opportunities are available from your school! Your counselor is a great resource and they will be happy to assist you.

CH is featuring the Coastal Art & Poetry Contest. Entries must be post-marked by January 31, 2012. Information is available by calling CH or visiting our website. Still time to enter!!!



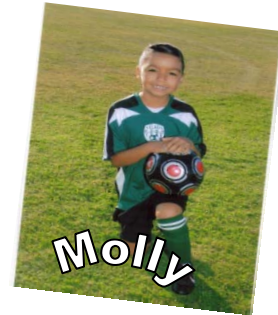
### **Clubhouse Buzz**

Dec 19<sup>th</sup> - Dec 30<sup>th</sup>: Clubhouse will be open by appointment for tutoring youth and meeting with parents and guardians. Please contact CH should you have questions. For information regarding FUSD Indian Ed. Parent Committee Meeting please contact 559-457-3949



**Congratulations to Tasheana Tom. Our Clubhouse Student of the Month!** Tasheana is a straight A star student and is advanced in ELA, Math and Science! Tasheana is a great role model and leads by example. Her positive attitude, kindness and politeness make it a pleasure to be around at Clubhouse!

## Youth in Motion



**Keep up the Great job, making health and fitness a priority!**

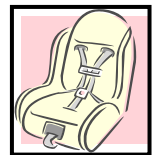
**Molly Montalvo, is our featured Youth in Motion!** This is Molly's first year playing soccer, and she loves it. Molly's position was forward her team made it to the championship game and they took 2nd place over all. She is very excited for next season to begin!!! Great Job for making health and fitness fun.

Youth in Motion highlights and promotes our Clubhouse youth being active and making great choices in health and fitness honoring themselves and their tribes. Please send photos to CH of your YOUTH IN MOTION and we will feature your child(ren) in upcoming newsletters.

## CAR SEAT CLASS INTEREST REQUEST:

REMINDER: Don't forget to check the height and weight limits of your child's car seat. If they exceed either the height or weight it is time to change car seats!

Please contact Marina Contreras at 559-320-0490 if you are interested in our Car Seat Class. She will be taking your information down (name/child's name, weight, height & age) to contact you when the class is made available. Please note calling does not guarantee availability. We will provide the class on a first come, first serve basis as funding for this program is limited.



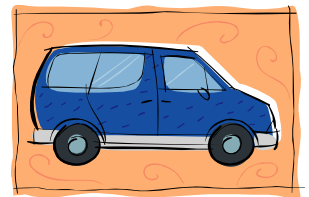
## Coloring Page for KIDS !!!



# Transportation Notice!



We are unable to transport or may have limited availability for the following days. Please schedule your appointments accordingly if you need transportation assistance:

- ◆ 12/26 Closed NO transportation in Observance of Christmas
- ◆ 1/2 Closed NO transportation in Observance of the New Year
- ◆ 1/9 Limited Transportation due to Diabetes class
- ◆ 1/16 Closed No transportation in observance of Martin Lither King Day
- ◆ Please be ready to go at your scheduled pick up time. Our transporters can not wait for you because we have other clients to help.



*\*\*Bus Tokens are available for appointments for which we are unavailable to transport. Scheduling your transport as far in advance as possible will make it easier to guarantee an appointment time.*

# December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
  26	27	28	29	30	31	

12/26 Closed in observance of Christmas

HHC= Heart Health Class

1/2 Closed on observance of the New Year




DMC= Diabetes Class

1/3 Diabetes Class

1/11 Eagle Walk

1/16 Closed for Martin Luther King Day

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1	 2	3	4	5	6	7
8	DM CLASS 9	10	11	12	13	14
15	 16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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**THANK YOU TO OUR MANY DEDICATED VOLUNTEERS!**

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## Fresno American Indian Health Project

The Fresno American Indian Health Project is a non-profit organization funded by the Indian Health Service and is a program of the United American Indian Involvement, Inc. of Los Angeles, California.

### 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 ADVISORY BOARD

Leland Castro, *Yokut*  
Pedro "Pete" Molina, *Pascua Yaqui*  
Enrique Rudino, *Apache/Tarahumara*  
Michelle Lascano, *Chukchansi*

### OUR STAFF

David Rambeau, *Paiute*  
*Executive Director*  
Jennifer Ruiz, M.B.A, *Chukchansi*  
*Program Director*  
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*Public Health Nurse*  
Danielle Biggs, Psy, D.  
*MSPI Evaluator/Therapist*  
Nikki Redmond, *Mono*  
*Transporter*

Somer Shaw, *Creek*  
*Youth Program Coordinator*  
Erika Ireland, RD, MPH  
*Registered Dietitian*  
Jackalyn Badoni, *Mono*  
*MSPI Program Coordinator /  
Substance Abuse Counselor*  
Olivia Tom, *Navajo*  
*Data Entry Coordinator*  
Marina Contreras, *Chukchansi*  
*Receptionist*  
David Najera/Castanoan  
*Clubhouse Transporter*  
William Baker, *Cherokee*  
*Maintenance*