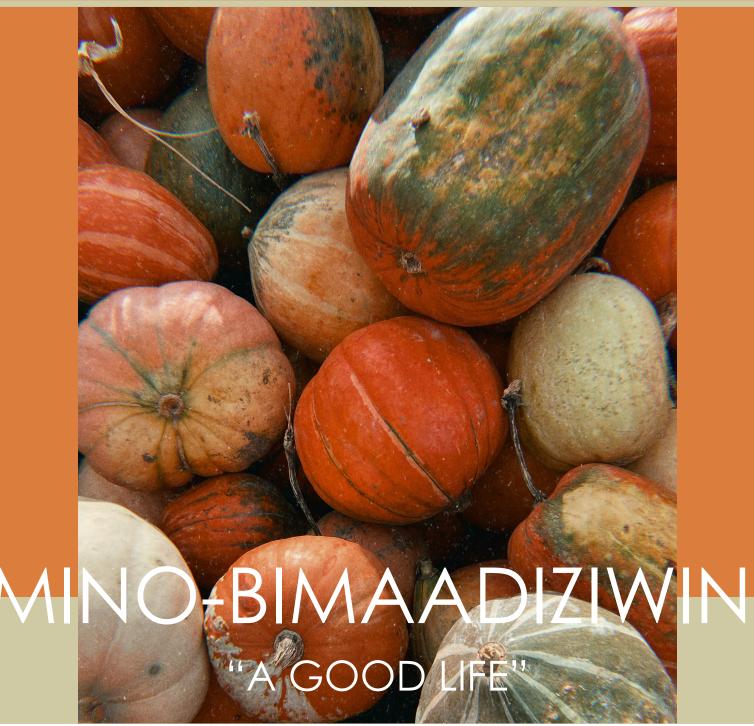


# AMERICAN INDIAN Health & Family Services

Connecting care with a culture of comprehensive wellness



October through December 2023 Newsletter



#### From The CEO...

Fall is here and it feels like we barely got a glimpse of summer!

It's amazing the older you get the shorter the seasons are. As a child, you don't worry about the time or the seasons changing until your parents take you shopping for school supplies. Then it hits you hard that summer is over and time to return to school. Vacations are pushed off till the next holiday, schedules increase, and before you know it everything is in full swing and Fall is here!



So, community members what's your Fall plans?

Fall for AIHFS means the start to a new fiscal year, preparing for our annual charity GALA, gearing up for flu season, vaccines, social activities, holidays and so much more. While this is the busy season and you are keeping active, know that AIHFS is always checking out the newest trends in medicine. It is our constant goal and focus to be healthy and stay healthy. As a reminder, covid-19 is still peeking its ugly head so lets all try to stay safe. Let's "Fall" into line of good health and wellness this year. Enjoy the change that the Creator brings us and have a great season!

Chasity Dial, MPA Chief Executive Officer

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# Syphilis Is On The Rise Nationwide

#### From Indian Health Services

Syphilis is on the rise nationwide, and Indian Country is deeply impacted. While there is easy and effective antibiotic treatment available, the diagnosis is often delayed. This results in unnecessary suffering and the continued spread of disease. However, through training ourselves to screen and treat patients when appropriate, we have the power to effectively address syphilis.

Visit the Indian Country Echo for more info at this url:

https://www.indiancountryecho.org/syphilis-resources/



From Indian Health Services URL: https://www.ihs.gov/newsroom/ announcements/2023-announcements/ihs-and-va-launch-new-mapapplication-for-native-veterans/



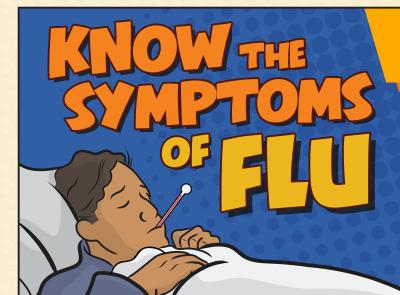
The IHS and the Department of Veterans Affairs have launched a new interagency map application (use QR code above) to increase access to health care, community-based resources, and other essential services for American Indian and Alaska Native veterans. The interactive map application integrates location-based data from 41 urban Indian organizations with 82 locations and 1,500 VA health care facilities, creating an immersive one-stop platform for Native veterans to search and explore health care and other supportive services.

The development of the map application is a part of the Native American Veteran Homelessness Initiative, a multi-agency effort led by the White House Council on Native American Affairs Health Committee, including VA, Department of Health and Human Services, and Department of Housing and Urban Development. This initiative's overall goal is to develop relationships between VA, IHS, and other organizations serving Native Americans to provide education on VA and IHS resources and encourage Native veterans to access these services.

American Indians and Alaska Natives have a long history of exceptional service in our nation's military. Through this new tool, VA and IHS are making health care more accessible for these heroes – which will lead to better health outcomes and better lives.



**Influenza** (or flu) is a contagious respiratory illness caused by flu viruses. Most people with flu have mild illness and do not need medical care or antiviral drugs. If you get flu symptoms, in most cases, you should stay home and avoid contact with others except to get medical care.



Flu viruses can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly.

People who have flu often feel some or all of these symptoms: Fever\* or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness). Some people may have vomiting and diarrhea. This is more common in children.

\* It's important to note that not everyone with flu will have a fever.



Antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu and people who get flu symptoms who are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

## Coffee With A Cop



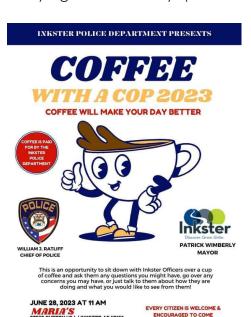
by Shelly Nimocks-Hinshaw

This summer I attended an event called Coffee with A Cop at Maria's restaurant located in Inkster, Michigan.

To help you understand why this was so important to me, I grew up with officers in my family who worked in Michigan, Chicago & LA. My favorite officer was my grandfather who worked 27 years for Detroit. When I was young, we would spend Saturday mornings having breakfast and talking over a cup of milk & sugar (wannabe coffee for me) and Ovaltine. He would tell me things about being an officer in the field and his exploits. I would listen for hours and offer my 9-year-old advice to him. To his credit he listened to me. As an adult, I understood the issues he struggled with mentally, that I didn't fully understand as a child.

On June 28th at 11am, Maria's restaurant hosted Coffee with A Cop. I was 1 out of 3 participants with 8 officers in attendance. After all of the introductions were made, I sat with the Chief of Police, William Ratliff. My questions were based upon my mental

health background concerning officers & the public eye. The Media highlights mistakes made by officers & public reactions to problems constantly, which has an effect on everyone in this media crazy age. Here are my questions:



Question 1. I wanted to know what was being done for the officers going through incidents (personal & work related)?

Question 2. What mental health services are available to them before and after a situation?

Question 3. Are mental health screenings done before hiring process?

Question 4. Are mental health screenings continued periodically as they continued to work?

The answers to my questions showed the positive growth that Inkster is trying to establish with their police force. Since 2019, Inkster has partnered with COPE (Community Outreach Psychiatric Emergency) to stabilize incidents and link up with mental and BH services. Officers are also required & encouraged to talk with a counselor after engaging in situations, good or bad. Chief

Ratliff has pushed for continuous funds for his police department because he is fully aware of what damage can be done sending untrained, unprepared officers in the field. No one wants negative reviews, only positive outcomes.

I encourage folks to attend Coffee with A Cop events in your city, so you have a chance to speak your truth in a informal manner. Big forums are great, but tend to get heated. I truly believe I was heard, and enjoyed my informal conversation about serious concerns. Thank you, Chief Ratliff & Inkster police department, for your time. Be well, Be safe!

# Youth Program Summer Recap

#### by Nechelle Laferriere and Nicole Hankus

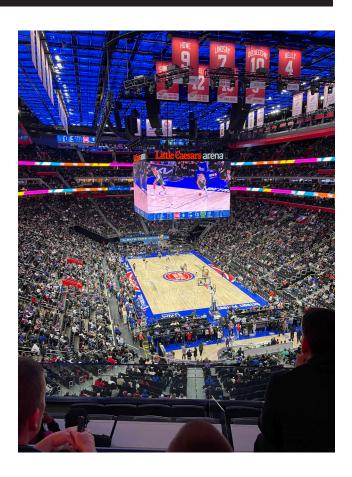
Time flies when you're having fun, especially in youth program! This summer has brought lots of joy, laughter, hardship, connection, but mostly support and strength for our youth, families, and community as a whole. We have grown so much as a collective group in ways that are beyond us as individuals.

The youth were challenged this past season to step out and expect more for themselves and more for those around them. As staff we gave the youth more access to culture, wellness, education, and creativity.

We offered them tobacco ties and they gave us honesty. We offered them the Seven Grandfather Teachings and they gave us gratitude.













We allowed the youth to be fully present in the space as we made room for their voice, and their struggle.

This summer has truly been one for the books. From going to the rec center, to competing at the Michigan Indian Family Olympics, to going to the Henry Ford Museum and Medicine Wheel teachings the youth gained a community to serve and be supported by.

As we embark on a new season we are excited to create a curriculum for urban Native youth that focuses on their physical, emotional, mental, and spiritual wellbeing. We are honored to be able to take our program to another level that connects to our local community, our Native elders and teachers, and the gifts within our youth. Youth and families are welcome to join us for another semester of new adventures and traditional teachings!

For more information please contact Jessica or Nicole at youth@aihfs.org or call 313-846-3718.







# AIHFS WOULD LIKE TO THANK THE FOLLOWING CHARITY GALA SPONSORS FOR THEIR GENEROSITY





















THE KRESGE FOUNDATION





# AIHFS WOULD LIKE TO THANK THE FOLLOWING CHARITY GALA SILENT AUCTION DONORS FOR THEIR GENEROSITY

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Target

Tatanka Means

The Whitney

Thunderdome/Bakersfield

Tacos

Trader Joe's

Urban Air Adventure Park

Vic Lupu

Wines for Humanity

Zingerman's

#### Sick With The Flu, Know What To Do (continued from page 4)



When you are sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

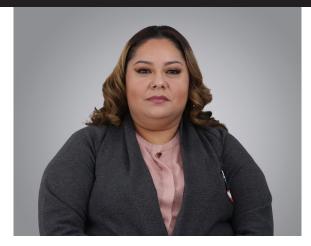
\*Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.

www.cdc.gov/flu/takingcare.htm





# Employee of the Month



July: Marcela Martinez
Medical Assistant



August: Lesley Burnham Accounting Specialist



#### Missed this newsletter in your mailbox or email?





**To receive the newsletters**, please email John Marcus at jmarcus@aihfs.org to be added to the AIHFS email list. If you need a hard copy mailed to you, please call the front desk and give them your information to be added to the mailing list. If you change your address, please let us know. We want to keep you updated on all the events at American Indian Health and Family Services.

### Better Health Begins With Better Food Choices

# Pumpkin Soup Recipe

#### <u>Ingredients</u>

1 tablespoon Olive Oil

1 medium Vidalia Onion chopped

3½ cups Chicken Broth

2 lbs Butternut Squash

15 ounces Pumpkin Puree

3 sprigs Thyme chopped

2 teaspoons Ground Cinnamon

1 teaspoons Chili Powder

1 teaspoon Ground Pepper

#### Instructions

- 1. Melt the butter in a large stockpot over medium heat and saute the chopped onion, stirring occasionally for 10 minutes, until soft and golden.
- 2. Add the chicken broth, butternut squash, and pumpkin to the pot and bring to a soft boil. Reduce the heat to a medium simmer. Stir in the thyme, ground cinnamon, chili powder, and pepper and cook, stirring occasionally for 20 minutes or until the squash softens and can be pierced with a fork.
- Using a handheld immersion blender, blend the soup until smooth or use a stand blender, working in batches ladle the soup into the blender and blend until smooth.

From the website: Aimee Mars Living (Please visit them!) https://www.aimeemars.com/butternut-squash-pumpkin-soup/

#### **How to Support AIHFS!**

Only with your support can AIHFS continue to try to meet the physical, spiritual, emotional and mental wellbeing needs of Native American families and other underserved populations in Southeastern Michigan. Additionally, as a 501 (c)(3), your generous support is tax-deductible.

#### Won't you make a donation today to help us get closer to meeting these needs?

To donate by check or money order please send payable to:

American Indian Health & Family Services P.O. Box 810, Dearborn, MI 48121-0810

To donate online: www.aihfs.org/donate/

Or, use this QR Code >>>













#### **Return Service Requested**



#### **Clinic Hours:**

9:00 - 5:00pm
9:00 - 5:00pm
7:00 - 7:00pm
9:00 - 5:00pm
9:00 - 5:00pm

Clinic: 313-846-6030

## Services Provided at AIHFS

Here at AIHFS we offer great care & services for your health care needs.

If there is anything we can be more helpful with, please let us know!

Medical Services
Women's Care
Maternal Health
Diabetes Health & Education
Substance Abuse Counseling
Behavioral Health Counseling
Dream Seekers Youth Program
Tobacco Cessation
Native Healthy Start
Insurance Enrollments

Health Education & Outreach Immunizations & Flu Shots HIV/AIDS Testing & Referrals Sweat Lodge Community Garden Cooking Classes Annual Events Fitness Classes

Visit us at: www.aihfs.org