



AMERICAN INDIAN

Health & Family Services

Connecting care with a culture of comprehensive wellness

Children's Mental Health Day

MAY 11

Flier on page 8

MINO-BIMAADIZIWIN

“A GOOD LIFE”

April through June
2024 Newsletter



AMERICAN INDIAN Health & Family Services

From The CEO...

Spring 2024 Newsletter

I hope this message finds you all in good health and high spirits as we welcome the spring season. It is time for renewal, growth, and of course POWWOWS!

Looking ahead we are excited to announce that we will be launching several community outreach initiatives in the coming months. These programs will focus on promoting health and wellness within our community; as well as providing educational resources to empower individuals to take control of their own health. We believe that by working together we can create a healthier, more vibrant community for all.



I want to extend my sincere thanks to each and every one of you for your continued support and trust in our Wellness Center. Your wellbeing is at the heart of everything we do, and we are committed to providing you with the highest standard of care.

As we embrace the spirit of renewal that comes with the spring season, I am filled with optimism for the future of AIHFS. Together, we can continue to make a meaningful difference in the lives of those we serve.

Chasity Dial, MPA
Chief Executive Officer

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Estate Planning and AIHFS

By: Natalie Cote, Development Administrative Coordinator

Have you considered estate planning and including AIHFS as a beneficiary in your will? American Indian Health and Family Services leverages funds obtained through estate planning in multifaceted ways to advance our mission and better serve your community. These funds will be directed towards the expansion and enhancement of services, improving infrastructure, and boosting organizational capacity. Investments in community outreach, health education, and research initiatives can contribute to a deeper understanding of health issues within the community. Engagement in community wellness initiatives, and incorporating traditional healing practices into healthcare services are further avenues for impactful utilization of your donated funds. Three people in your community have already committed to including AIHFS in their estate plans.

Here are some great reasons to consider AIHFS in your estate plans:

1. Charitable giving helps you minimize your tax burden while supporting a meaningful cause
2. Leaving your assets to a charity like AIHFS can increase the impact of your bequest
3. AIHFS has a measurable impact on your community, from providing necessary and vital healthcare to the most undeserved members of your community, to providing community wellness services such as Sweat Lodges and the annual Pow Wow, to offering suicide prevention trainings to over 2,500 youth and adults annually!



For more information, contact Kimberly Copeland or Natalie Cote at (313) 846-3718.





Tikinaaganke Cradleboard-Making

March 11 we invited community to be part of a cradleboard-making workshop. It was sponsored by Healthy Start and the Tribal Home Visiting programs. Participants were given a cradleboard and a blanket as part of their participation in the workshop.

A Teaching was shared by Casey Church via Zoom. Casey Church is a tribal member of the Pokagon Band of Potawatomi Indians. One of the things he shared is there are currently 323 women in Michigan utilizing cradleboards. Special thank you to our Women's Society for helping with the blankets given out that day.



Mashkiki (Strength of the Earth)

On March 20, Anishinaabe Elder, Charmaine Paulson of the Grand Portage Band of Lake Superior Chippewa, came to AIHFS for the 2nd time and shared some teachings on healing herbs. Charmaine showed the group how to make a tincture used for skin abrasions. Also, this time she gave instructions that can be used with Mother's Apple Cider Vinegar to make tinctures to steep the herbs which will pull out a lot more of the medicine from the plants. All attendees were given brochures about medicinal herbs and a packet with medicinal herbs and their uses.



Domestic Abuse... No More Silence

by Shelly Nimocks-Hinshaw

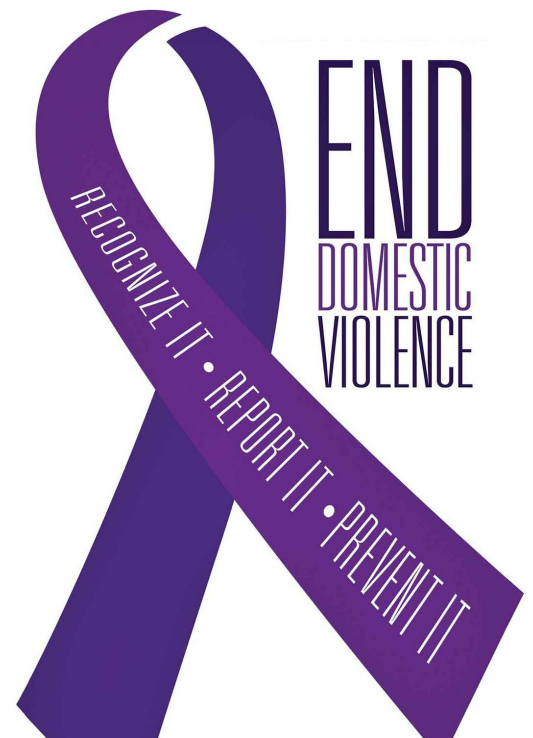
Domestic Violence is a subject not discussed in our communities. Many of us have grown up with it, witnessed it, dated it, married it, and lived in fear of violence on a daily basis. We work, go to church, eat, pray, sleep in fear and live a lie. People around you are going through this and you would never have a clue. It is not limited to gender, color, religion, finances, or stature. The shame of being in a DV situation keeps you with that person, powerless and in that space of pain and fear. Making the first steps is hard and no one's situation is the same. If you are hearing, "it wouldn't happen to me!" or "how could you live that way?" ... sometimes these are statements of individuals who are hiding in plain sight.

1. In 2023, 1 in 3 women (35.6%) and 1 in 4 men (28.5%) in the US, have experienced rape, physical violence, and/or stalking by an intimate partner.
2. 1 in 15 children have experienced Domestic Violence in and out of the home.
3. DV is affecting more than 10 million people annually.
4. Every 20 minutes, someone experiences some type of Domestic Violence.

It's time we change these statistics and move towards a better way for people to feel safe. We can't afford to be silent anymore. The loss of your life is more important than you may know.

In October 2023, AIHFS conducted a Domestic Violence Awareness event during our bi-monthly Community Focus group in hopes of bringing awareness, resources and possible assistance. Since then, I have assisted 5 persons experiencing Domestic Violence with resources and supports. The side-effects of assisting someone with a Domestic violence situation is that it can trigger old memories and scars. These events brought to light old "truths", things that I had hidden and chose to except as normal. As a child, my peers and I thought using expressions such as "I love you to death" and "till death do us part" was normal in a domestic violence relationship. As I grew older, I realized that these were phrases used to justify unhealthy relationships of violence. We saw violence in our homes almost daily and being raised in it made you think it was normal. Domestic Violence is NOT normal, and is NOT something to accept as a term of endearment or a way to say I love you.

I wish you safety, peace & joy. I hope to continue educating my community, family and friends and bring to light tools and resources to open people's eyes and voices. Stop being silent, because silence isn't saving a life.



Youth Program

2024 APRIL

All youth must be registered to participate in AIHFS youth programming.
Email youth@aihfs.org to register!

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Cooking Class: Seeds Dream Seekers 5pm-7pm	3 Cooking Class: Seeds Little Dreamers 5pm-7pm	4 Drum Making Workshop All Dreamers 5pm-7pm	5	
7	8	9 Drum Painting Dream Seekers 5pm-7pm	10 Drum Painting Little Dreamers 5pm-7pm	11 Rec Day All Dreamers 5pm-7pm	12	
14	15	16 Youth Advisory Council Dream Seekers 5pm-7pm	17 Beading Prep Little Dreamers 5pm-7pm	18 Intergenerational Song Circle All Dreamers 5pm-7pm	19	20
21	22	23 Beading Workshop Dream Seekers 5pm-7pm	24 Beading Workshop Little Dreamers 5pm-7pm	25 Rec Class: Kite Flying All Dreamers 5pm-7pm	26	27 Community Sweat Lodge 3pm-8pm
28	29	30 Youth Advisory Council: Talking Circle Dream Seekers 5pm-7pm				



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>May 2024</p> <p>All youth must be registered to participate in AIHFS youth programming. Email youth@aihfs.org to register!</p>			1 Talking Circle Little Dreamers 5pm-7pm	2 Rec Day All Dreamers 5pm-7pm	3	4
5	6	7 Cooking Class: Fish Dream Seekers 5pm-7pm	8 Cooking Class: Fish Little Dreamers 5pm-7pm	9 Youth Mental Health Awareness Day All Dreamers 5pm-7pm	10	11
12	13	14 Youth Advisory Council Dream Seekers 5pm-7pm	15 Play Day at the Park Little Dreamers 5pm-7pm	16 Rattle Making Workshop All Dreamers 5pm-7pm	17	18
19	20	21 Garden Cleanup Dream Seekers 5pm-7pm	22 Garden Cleanup Little Dreamers 5pm-7pm	23 Rattle Making Workshop All Dreamers 5pm-7pm	24	25
26	27	28 Youth Advisory Council: Seed Planting Dream Seekers 5pm-7pm	29 Seed Planting Little Dreamers 5pm-7pm	30 End of School Year Celebration All Dreamers 5pm-7pm	31	





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Youth Break - No Group	4 Youth Break - No Group	5 Youth Break - No Group	6 Youth Break - No Group	7	8
9	10 Youth Break - No Group	11 Youth Break - No Group	12 Youth Break - No Group	13 Youth Break - No Group	14	15
16	17 Little Dreamers Welcome Orientation	18 Dream Seekers Welcome Orientation	19 No Group - Juneteenth	20 Respect & Medicine Wheel Teachings Parent Orientation 5:30pm-6:30pm	21	22
23	24 Honesty Teachings	25 Lacrosse	26 Tigers Game 12pm-5pm	27 Cooking Class: Nuts	28	29
30						

Behavioral Health

March
is
Social Worker
Month



American Indian Health & Family Services was honored to be nominated by the NASW-Michigan Board of Directors to be recognized during Social Worker Month! As part of honoring and celebrating the work being done here, they provided our behavioral health department with food and drinks. In the picture, from left to right, are Adon Vazquez, Shalynn Rangel, Iris Luna, Dave Garcia, Jessie Lucero, Taylor Maxwell, Emily Numbers, Kimberly Taylor. Not pictured, but still a valuable part of the team is Steve Ware. We appreciate our behavioral health team!



CHILDRENS MENTAL
HEALTH DAY

JOIN US AT AMERICAN INDIAN HEALTH AND FAMILY SERVICES

MAY 11TH FROM 10AM – 2PM

4880 LAW/NDAL ST, DETROIT, MI

COME PARTICIPATE IN OUR VENDOR FAIR, SCAVENGER HUNT,
AND CRAFTS FOR YOUR CHANCE TO WIN RAFFLE PRIZES!

LUNCH WILL BE SERVED FROM 11AM – 12 PM

MENTAL HEALTH CHECK INS WILL BE OFFERED THROUGHOUT
THE DAY WHERE PARTICIPANTS RECEIVE A \$20 GIFT CARD

REGISTRATION ENCOURAGED
BUT NOT REQUIRED

CALL 313-580-8076, CLICK HERE [HTTPS://TINYURL.COM/CMHD2024](https://tinyurl.com/cmhd2024)



OR SCAN THIS CODE!



American Indian Health & Family Services



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Save The Date

**August
3rd
2024**

For more info
313-846-3718

Location:

Wayne State Soccer Field
5101 John C Lodge
Detroit, MI 48202

Gates Open: 11am
Grand Entry: 12pm
Gates Close: 4pm

All Dancers Welcome | No Drugs or Alcohol Allowed

No Pets Allowed, Except Service Animals

Organization Website: www.aihfs.org



Annual Powwow and Health Fair

DANCERS

MUST PRE-REGISTER BY AUGUST 1ST!

Use this QR code to pre-register online.
Each dancer will need their own
registration for honorarium.



VENDORS

Use this QR code to download the vendor
form. Contact Natalie for any additional
questions at 313-846-3718



Employee of the Month

December



Patrick Mayfield
Facilities Associate/Driver

January



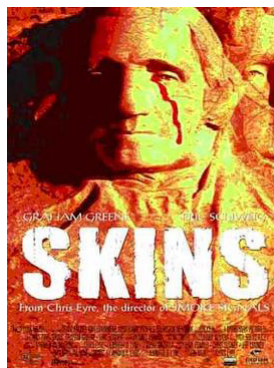
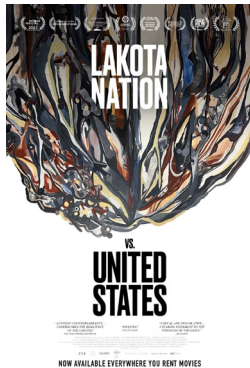
Erin Owens
Office Coordinator

February



Natalie Coté
Development Administrative
Coordinator

Blog



Native American Movies and Snacks

Check out our latest blog posting called Native American Movies and Snacks. It was a combined staff member effort with several staff members giving movie reviews and a choice of snack to go along with it!

Use the QR code to go to the blog posting. Or, enter this URL in your browser:
<https://tinyurl.com/4us62dev>



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.

Goodbye to the Old, Hello to the New!



As part of our commitment to better serve the community, AIHFS is saying goodbye to our old vehicles. Midnight, Luna, Jaws, and Vader helped us fulfill the mission of AIHFS and provide services throughout the region! We'd like to say thank you for the many miles you journeyed. Coming soon to pick you up are Olaf, Frosty, Salt, and Pepper! We look forward to the many miles and stories we will have with you!

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 >>>



facebook.com/aihfs



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Instagram.com/aihfs_detroit



user/aihfsnich



AIHFS
4880 Lawndale
Dearborn, MI 48210

Return Service Requested

Services Provided at AIHFS

Medical Services
Women's Care
Maternal Health
Diabetes Health & Education
Health Education & Outreach
Immunizations & Flu Shots
HIV/AIDS Testing & Referrals

Insurance Enrollments
Substance Abuse Counseling
Behavioral Health Counseling
Psychiatric Services
Case Management
Cultural Consolation
Youth Programming

Tobacco Cessation
Native Healthy Start
Sweat Lodge
Community Garden
Cooking Classes
Annual Events
Fitness Classes

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!



Visit us at: www.aihfs.org

Clinic Hours:

Monday	9:00 - 5:00pm
Tuesday	9:00 - 5:00pm
Wednesday	7:30 - 6:30pm
Thursday	9:00 - 5:00pm
Friday	9:00 - 5:00pm

Clinic: 313-846-6030