



AMERICAN INDIAN Health & Family Services

Connecting care with a culture of comprehensive wellness



AMERICAN INDIAN
Health & Family Services

IN
PARTNERSHIP
WITH



WAYNE STATE UNIVERSITY



MINO-BIMAADIZIWIN

"A GOOD LIFE"

Newsletter: July through September 2024



AMERICAN INDIAN Health & Family Services

From The CEO...

July 2024

I hope you all are enjoying the summer weather and staying safe, healthy and cool. I want to take this opportunity to update you all on some exciting things happening at our agency.

First and foremost, I want to extend a huge thank you to all of our staff, volunteers and community members for their continued dedication and support. Without each and every one of you, our center wouldn't be able to provide the vital services and care that we do. Your hard work and commitment are truly appreciated.

As we are always looking at better ways to serve the community, please be on the lookout for our Community Needs Assessment Survey coming out this summer. This survey will help us to analyze and understand the strengths, needs, and gaps of healthcare in our community.

In other news, our annual health fair Powwow is just around the corner. This event is a great opportunity to connect to tradition, learn about local resources, and receive free health screens. Mark your calendars for August 3rd-you won't want to miss it!

Lastly, I want to remind everyone to take care of themselves during these hot summer months. Stay hydrated and check on our elders for heat related illnesses. Remember, our agency is here for you if you ever need medical assistance, community involvement or advice.

Take care and stay well,

Chasity Dial, MPA
Chief Executive Officer

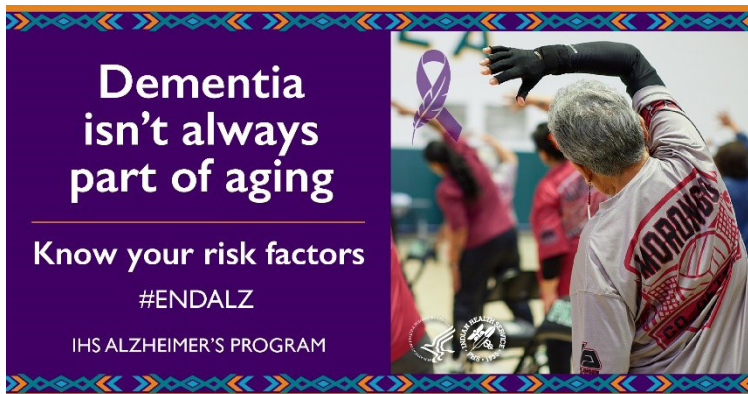


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Medical and Behavioral Health Information

From the Indian Health Service and the CDC



A recent survey revealed that nearly half of adults aged 40 years and older think they will likely develop dementia, such as Alzheimer's disease.

The truth is dementia is not a normal or inevitable part of typical brain aging. It is also important to remember that as we get older, it is common to experience some cognitive decline with typical brain aging, such as subtle changes in memory, thinking, and reasoning. For example, you might not immediately remember where

you left your car keys, but you can find them when retracing your steps, or you can't think of the name of a person you just met; however, you remember meeting them. These subtle changes can be frustrating and should not be bad enough to affect your daily life.

This was the beginning of the article from the CDC, to read the rest enter the following into your browser: **bit.ly/44Whi7c**

From the SAMHSA

DIMENSIONS *of* WELLNESS

The life choices you make can affect your physical health, #MentalHealth & overall well-being.

Incorporate dimensions of wellness into your life—like spiritual wellness—which can help better manage your condition & experience of recovery.

SPIRITUAL

Take time to think about what values, principles, and beliefs are important to you.



SAMHSA

Community Wellness Department

Healthy Start Experiences

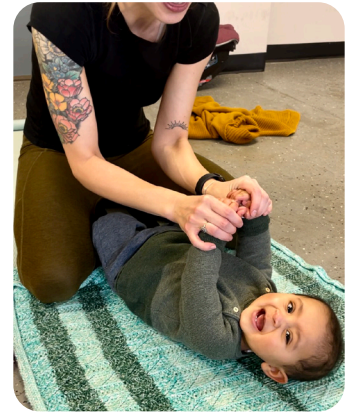
by Melissa Mytych

Hi, everyone! My name is Melissa Mytych and I am excited to join the Healthy Start program and be a part of the updates this year!

After coming onboard, I traveled to Minneapolis to receive training in the Family Spirit curriculum, a Johns Hopkins University program centered around parenting education for Native families. I may now deliver a multitude of hands-on lessons to the families I visit in our community.

In addition to one-on-one experiences, Healthy Start has hosted a variety of group events and classes.

In Mashkiki, or Strength of the Earth, we learned how to make a variety of healing herbal remedies; including elderberry syrup, tinctures, salves, and garlic honey. Mom and Baby Yoga was a blast for parents and babies, and we ended every class with a meditative sound bath with chimes, bells and singing bowls. Another highlight was a class on cradleboards with Dr. Casey Church, a Pokagon Band Potawatomi member who now lives in New Mexico. Every participant received their own cradleboard to take home, custom crafted by Dr. Church.



Youth Programs

by Nicole Hankus



In our spring season of youth program, our oldest youth in the Dream Seekers group had the chance to travel to the UNITY Midyear Conference in Phoenix, AZ. Our youth met with other native youth from across Turtle Island to engage, learn, and share with other teens about how native youth voice and native youth leadership are making an impact today. Back at home, our Dream Seekers have been busy collaborating with Neutral Zone, and planning to hold their own space at the AIHFS annual Powwow. Our older youth continue to welcome new youth to the group, be positive influences on their younger peers, and express their creativity and voices.

(continued on page 5)

Youth Programs

(continued from page 4)



Another part of this positive movement includes our families, who continue to be primary supports of our youth both at home and here at AIHFS. In the beginning of spring, families came out to support youth with making their own ribbon shirts and ribbon skirts. Toward the end of spring, our families gathered again to assist the youth with making their own sacred drums. After our youth graduated from the year-long summer through winter programming, we began a new season of summer programming in June. In our first week of the program, our youth got to visit Comerica Park to enjoy a Tiger's baseball game. As summer youth program continues, we are grateful for the youth, parents, aunties, uncles, elders, and community members who continue to pour love into our Little Dreamers and Dream Seekers!

Looking Into The Future!

by Salli Wabsis

Healthy Start/Tribal Home Visiting Offerings

MASHIKI

is back with Anishinaabe Elder Charmaine Paulson, Grand Portage.

You will learn how to make traditional herbal remedies for various ailments.

July 9th & 23rd
1pm-2:30pm
August 13th & 27th
1pm-2:30pm



Water Safety/ Swim Lessons Patton Rec-Detroit Parks & Recreation

Thursdays 11:15pm to 12:15pm
(Get there early to give yourself enough time to change into swimsuits.)

Community Wellness Department (continued)

Introducing Meditative Sound Bath

with Alice Lucas

Sound healing is an ancient wellness practice that improves mental and physical well-being. During a sound bath, participants are "bathed" in the vibrations of instruments such as singing bowls, chimes, and bells. These healing frequencies can reduce stress by shifting the brain waves into a more peaceful state. Children are welcomed.

August 5th, 12th, & 19th 5-6pm
Thurman Bear Basement



Story Time

Starting in June
Wednesdays 11am-12pm

Come bring your children,
gather, listen to a story
reader, sharing parenting
stories, and enjoy the
summer morning.

Adult and Pediatric First Aid/CPR/AED Certification

10:00am - 3:00pm
Tuesday, July 9
T.Bear Basement
Please register Salli Wabsis
313-900-8262

Cradleboard Class SAFE SLEEP

with Dr. Casey Church (Banai,
Ogitchedaw and Elder)
Pokagon Band of Potawatomi

September 21st
Thurman Bear Basement



Intergenerational



A GONA is a culture-based planning process where community members gather to address community-identified issues. It uses an interactive approach that empowers and supports AI/AN tribes.

It promotes wellness through the four elements of GONA - Belonging, Mastery, Interdependence, and Generosity.

August 1st

8-9am Registration and continental breakfast.
8-9am SWAG/Giveaways
9am Introductions
9:15am Opening Ceremony
4pm End for the day

Facilitators

Hunter Genia
Josh Schuyler
Jacelyn Salabye



This event is free to all

AUGUST
1st, 2nd, 3rd
2024

For more info, call 313-900-8262

To register, scan the
QR code or enter
the following into
your browser:



<https://tinyurl.com/4j24xfxr>

Location:

Hollywood Casino at Greektown
555 East Lafayette Street
Detroit, MI 48226

For a limited number of rooms, we can offer a 50% discount that can be used to stay at the hotel, but you must stay 3 nights while attending all 3 days of the GONA and live more than 45 miles outside of Wayne County. Discount will be applied at checkout.

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**August
3rd
2024**

POW W O W IN THE



Host Drum: War Paint

Co-host Drum: Sharp Feather

Head Veteran: George Martin

MC: Shannon Martin

Location:

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

**Gates Open: 10am
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

For more info 313-846-3718

Annual Powwow and Health Fair



DANCERS

MUST PRE-REGISTER BY JULY 19th

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



VENDORS

**To download the vendor form, use the QR code
below or enter the following into your browser:
<https://tinyurl.com/2n6n37ys>
For any additional questions, call 313-846-3718**



Development

by Kimberly Copeland

We are thrilled to announce AIHFS' 3rd Annual Charity Gala, set to make a significant impact on healthcare access and quality of life in Michigan. Held on October 4, 2024 at The Garden Theater in Detroit, the gala promises to be a transformative experience for attendees, shedding light on the unique challenges faced by Native American communities and underserved populations in our urban areas.

The gala serves as a platform for raising awareness and sharing innovative solutions through a keynote panel focused on the Urban Indian Experience. Attendees will gain valuable cultural insights while finding inspiration to address healthcare disparities creatively.

AIHFS is dedicated to enhancing its impact by expanding services through the construction of a new facility. The funds raised at the Gala will directly support this initiative, facilitating the provision of vital healthcare services, programs, and resources to American Indian/Alaska Native individuals and families, along with other marginalized communities in Metro Detroit.

Additionally, this gathering will stimulate collaboration among stakeholders, healthcare professionals, and community leaders to develop culturally sensitive healthcare services tailored to the diverse needs of Michigan's urban population.

Through networking and creative collaboration, the gala aims to empower attendees to advocate for change and play a significant role in influencing policies that promote healthcare access and reduce disparities. The overarching goal is to promote good health and well-being while prioritizing cultural competence and inclusivity in Michigan's healthcare ecosystem.

A vertical poster for the AIHFS 3rd Annual Charity Gala. The background is dark blue with a bokeh effect of light spots. At the top left is the AIHFS logo, a stylized feather. To its right is the text "AMERICAN INDIAN Health & Family Services". The main title "Join us for AIHFS' 3rd Annual Charity Gala!" is in large, white, sans-serif font. Below the title, the date and time "October 4th, 2024, 6:00-9:30PM" and the location "Garden Theater in Detroit. 3929 Woodward Ave 48201" are listed. A QR code is on the left side, with the text "Get in on the Early-bird rate of \$100 until 9/3!" above it. To the right of the QR code is the ticket link "aihfs.org/charity-gala/" and the instruction "Or scan QR code". Below the QR code and link is the text "Semi-formal Attire". At the bottom, it lists "Silent Auction | Hors d' Oeuvres | Tacos" and "Keynote Panel: The Urban Indian Experience".

AMERICAN INDIAN
Health & Family Services

Join us for AIHFS' 3rd Annual Charity Gala!

October 4th, 2024, 6:00-9:30PM
Garden Theater in Detroit.
3929 Woodward Ave 48201

Get in on the Early-bird rate of \$100 until 9/3!

Ticket link:
aihfs.org/charity-gala/
Or scan QR code

Semi-formal Attire

Silent Auction | Hors d' Oeuvres | Tacos
Keynote Panel: The Urban Indian Experience

As we gear up for this impactful event, we invite sponsors and donors to join us in supporting this noble cause. To donate an auction item or sponsor the gala, please contact Crystal or Kimberly at (313) 846-3718.

Early-bird tickets are available for \$100 from July 1st through September 3rd, after which ticket prices increase to \$125. To secure your tickets and contribute to this meaningful cause, visit our website (<https://aihfs.org/charity-gala/>) or scan the QR code provided above.

In Loving Memory...



William Freddie "Mr. Bill" Dial
March 17, 1946 - June 17, 2024

It is with a heavy heart that I announce the walking-on of my beloved Uncle Freddie, also known as "Mr. Bill" within the AIHFS community.

After dedicating over 43 years to Chrysler, he continued to serve the AIHFS community for more than 11 years. He never missed a day of work, often taking on extra shifts for his colleagues, preparing meals for everyone, and ensuring the facility was ready for staff well before their arrival (especially on snowy mornings). Though he may have come across as authoritative, he was always compassionate, and despite his loud demeanor, he had a soft touch about him with his love language being acts of service towards others. We know Mr. Bill touched many lives here on earth and even after his passing he continues to support the AIHFS family.

In honor of William Freddie Dial (Mr. Bill), the family asks for any contributions to be made to American Indian Health and Family Services, 4880 Lawndale, Detroit MI 48210 US,
<https://aihfs.org/donate>

Chasity Dial, CEO



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.

Employee of the Month

March



Tina James
Executive Administrator

April



Jessie Lucero
Case Manager

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 >>>



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user/aihfsnich



AIHFS
4880 Lawndale
Detroit, 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