



AMERICAN INDIAN Health & Family Services

Connecting care with a culture of comprehensive wellness



Powwow In The D

- Page 10

MINO-BIMAADIZIWIN

"A GOOD LIFE"

Newsletter: October through December 2024



AMERICAN INDIAN Health & Family Services

From The CEO...

October 2024

As we transition into the vibrant Fall season, I find it imperative to acknowledge the exciting changes that this time of year brings to our professional landscape. Autumn is not just a beautiful backdrop of colored leaves and cooler weather; it is a reminder of the cyclical nature of our work, both in our achievements and our aspirations.

In the season of harvest, we are presented with a valuable opportunity to reflect on what we have sown over the past months. Each project we have undertaken, each challenge we have overcome and every innovation we have pursued has been crucial in propelling us forward. As we prepare to enter a new quarter, let us take a moment to celebrate our collective accomplishments and consider how we can cultivate even greater success in the months to come.



As always, our commitment to excellence remains unwavering. With the onset of the new season, let us remind ourselves of our goals, sharpen our focus, and reaffirm our dedication to the values that define our community and wellness center.

Thank you for the relentless hard work and commitment. Let's make this Fall a season of growth and opportunity.

Chasity Dial, MPA
Chief Executive Officer

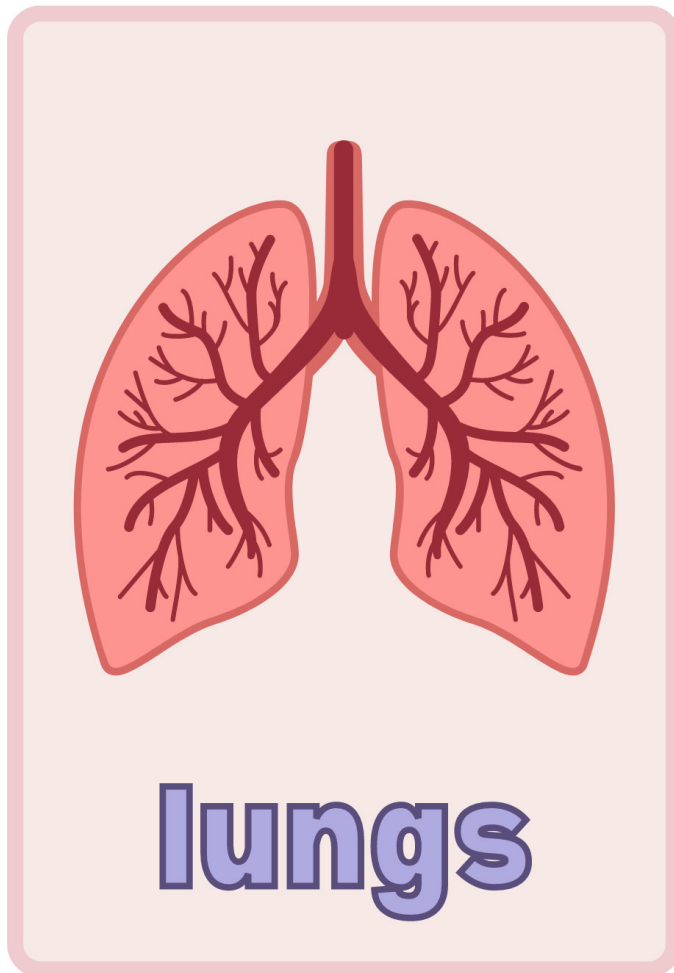
Inside this edition...

Subject	Page	Subject	Page
Meet The BH Providers	4	Suicide Prevention	6
Meet Our Community Wellness Director	7	Youth Program	8
Healthy Start/Tribal Home Visting	9	Powwow Recap	10
Development	11-13	Operations	14

Medical Department

From Dr. Jesse Klebba, Medical Director

Respiratory Illnesses



As we approach the fall and winter months, it's crucial to be aware of the increased risk of respiratory illnesses, including the flu, COVID-19, and Respiratory Syncytial Virus (RSV). These viruses can spread rapidly, especially in community settings, and can cause severe illness, particularly in vulnerable populations such as the elderly, young children, and those with underlying health conditions. Vaccinations are a key tool in reducing the spread of these viruses and preventing serious complications. To protect yourself and your loved ones, we strongly encourage those who are eligible to receive vaccination against the flu, COVID-19, and RSV. The best time of year to receive your flu vaccination is between early September and late October.

In addition to vaccinations, eating a healthy balanced diet including adequate rest, hydration, and handwashing can significantly reduce your risk of viral respiratory infections. Nutrient-rich foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats, provide essential vitamins and minerals that strengthen your

immune system. For instance, vitamins C and D, zinc, and antioxidants play crucial roles in enhancing your body's ability to fight off infections. A strong immune system is better equipped to fend off viruses and by maintaining a nutritious diet, you support your overall health and resilience against respiratory infections. Please schedule an appointment with your family physician today to discuss the best personalized approach to staying healthy and safe this winter season.

By taking these precautions, we can work together to keep our community healthy and safe during this season. Stay informed, stay safe, and take care of each other.

Behavioral Health Department

Meet The Providers



Danielle McIntyre, LMSW

Danielle McIntyre, is a tribal member of Little River Band of Ottawa Indians in Manistee Michigan, originally from Toledo, Ohio. Danielle has been working in community mental health for almost a decade, the last 7 years as a mental health therapist. Her Master's Degree is in social work, and two prior Bachelor degrees, were all done at Eastern Michigan University. Danielle is passionate about working in mental health and substance abuse, with underserved populations. Danielle spends her free time with her young children up at the reservation, in lakes, on trails, with friends and family, always searching for something new to learn. Danielle also enjoys reading, music festivals, photography, philosophizing with like-minded people, and participating in ceremonies.



Iris Luna, LMSW

Iris is a member of the Grand Traverse Band of Ottawa and Chippewa Indians in Peshawbestown, Michigan. She graduated with her Masters in Social Work from the University of Michigan with a specialization in the welfare of children and families. Iris is passionate about serving the Native American population and others in the BIPOC (Black, Indigenous, and other People of Color) community. Having completed an internship with the agency, Iris is honored to join our clinical team and have the opportunity to assist those who seek support from AIHFS. In her leisure time, Iris enjoys visiting her hometown of Traverse City, going to powwows, practicing yoga, hiking, trying new food, and hanging out with friends and family.



Malaika Ward, LMSW

Malaika Ward is a behavioral health therapist here at American Indian Health and Family Services. She attended Michigan State University in East Lansing, Mi where she obtained a BA in Sociology. She joined Delta Sigma Theta Sorority, Inc. and was an elected representative in the Associated Students of Michigan State University (ASMSU). It was at this beautiful campus where she went to her first state wide Pow-Wow and enjoyed fried bread for the very first time. After working for a year as a community organizer, she was admitted to graduate school at the University of Michigan Ann Arbor. While at UM she worked on research projects about black males and suicide. She graduated in 2007 with Honors. As a well-rounded social worker with experiences in the school systems, community mental health and nonprofits, she developed an anti-bullying program, and a substance abuse program. She is currently focused on assisting adults stay clean and sober with the use of Motivational Interviewing and Cognitive Behavioral Therapy. When she is not at work she enjoys visiting yard sales, turning items into art, going to art museums, and attending music concerts.

October is Domestic Violence Awareness Month

by Adon Vazquez

In the United States, a domestic violence event occurs every 15 seconds. Domestic Violence Awareness Month was first introduced in 1981 by the National Coalition Against Domestic Violence to not only bring more awareness, but to also connect and unify individuals affected by it.



What is domestic violence?

Domestic Violence is a pattern of abusive behavior in any relationship that can be used to gain, maintain, or control power. It can include physical, sexual, emotional, spiritual, economical or psychological actions or threats of action that influence another person and their choices.

Who is affected by domestic violence?

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, sex, or gender identity. Domestic violence affects people of all socioeconomic backgrounds and education levels. Domestic violence occurs in both opposite-sex and same-sex relationships and can happen to intimate partners who are married, living together, dating, or share a child.

Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, other witnesses, and the community at large. Children, who grow up witnessing domestic violence, are among those seriously affected by this crime. Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life - therefore, increasing their risk of becoming society's next generation of victims and abusers

What can I do?

If you or someone you know is in need of help, contact the National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224 or Stronghearts Native Helpline at 1-844-762-8483



**HONORING NATIVE
AMERICAN HERITAGE MONTH**

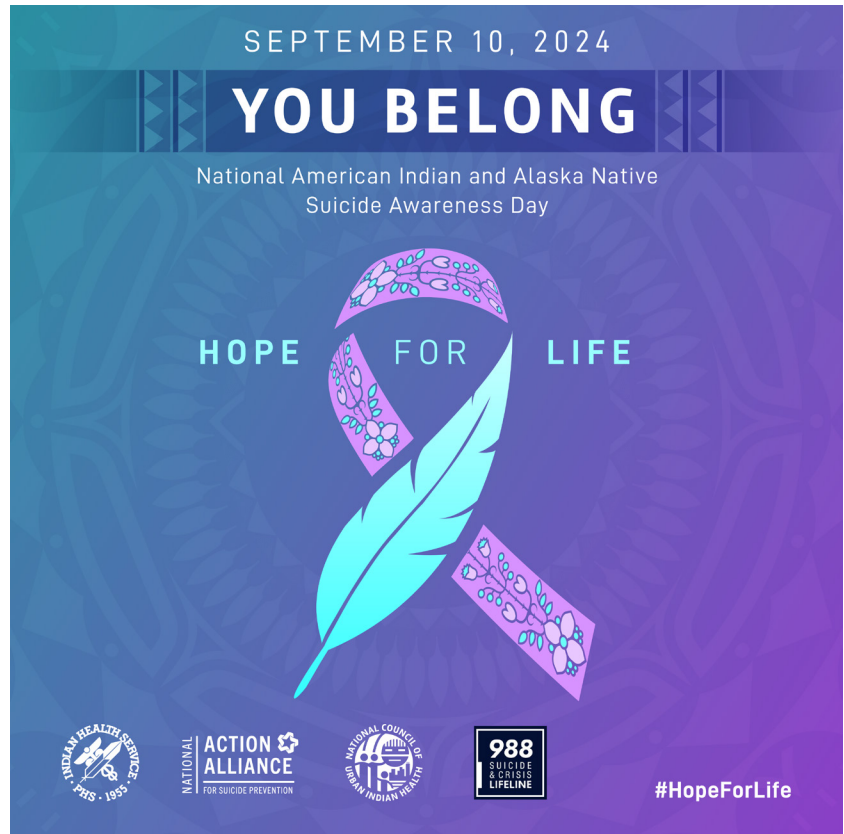
**AIHFS STANDS WITH OUR COMMUNITY
IN HONORING THEIR INDIGENOUS
HERITAGE BY OFFERING TRADITIONAL
MEDICINES AT OUR CLINIC**

**PLEASE STOP BY OUR RECEPTION AREA
TO RECEIVE MEDICINES THIS NOVEMBER,
OR ANYTIME OUR CLINIC IS OPEN**

Hope For Life Day

by Adon Vazquez

On September 10th, we celebrated both Hope for Life Day and World Suicide Prevention Day. Designated by the Action Alliance's American Indian/Alaska Native Task Force, Hope for Life Day was created to help encourage public conversations about suicide in native communities while focusing on the healing, hope, and community resilience within Native American populations. This year, the National Council of Urban Indian Health (NCUIH) introduced a new toolkit for community leaders, health professionals, and grassroots organizers to help promote Hope for Life Day. The toolkit included printable flyers, nine different safe and reaffirming messages, and three graphics to be shared on social media and in publications.



At AIHFS, our Sacred Bundle Project offers free mental health check-ins for all youth 10-24. If you are interested in participating in a check-in, please contact the project at (313) 846-3718. If you or someone you know is in immediate crisis, please call or text 988.

<p>COMMUNITY SUPPORT IS KEY TO SUICIDE PREVENTION</p>  <p><small>SAMHSA #SUICIDEPREVENTIONMONTH #SPM24</small></p>	<p>September is National Suicide Prevention Month! SAMHSA unveiled a multi-week social media campaign focused on: Community Support Urging communities to openly discuss mental health Crisis Lifeline Access 988 provides 24/7 crisis support available to all Understanding Suicide Recognizing warning signs and risk factors of suicide Health Equity In Prevention Each community faces barriers to accessing care</p> <p>For more information, please visit samhsa.gov/mental-health/suicide If you or someone you know is in crisis, call 988</p>	<p>CRISIS SUPPORT & TREATMENT OPTIONS FOR YOU OR SOMEONE YOU KNOW:</p> <p>988 LIFELINE 988 OR 988LIFELINE.ORG FINDTREATMENT.GOV FINDSUPPORT.GOV</p>  <p><small>SAMHSA #SUICIDEPREVENTIONMONTH #SPM24</small></p>
<p>UNDERSTANDING SUICIDE IS AN IMPORTANT WAY TO TAKE PART IN SUICIDE PREVENTION</p>  <p><small>SAMHSA #SUICIDEPREVENTIONMONTH #SPM24</small></p>	<p>SUICIDE IMPACTS US ALL. HELP PREVENT SUICIDE & PROMOTE HEALTH EQUITY</p>  <p><small>SAMHSA #SUICIDEPREVENTIONMONTH #SPM24</small></p>	

Ghost Supper

by Shelly Nimocks-Hinshaw



Come one come all and celebrate your love ones who have walked on. Ghost suppers and Dia de los Muertos have been a time honored tradition among Native & Mexican peoples. We remember our loved one(s) who have passed with music, stories, and dancing.

We have a sacred fire with medicines & candles burning to honor their spirits. First, we feast the dead, then we feast the living. It's hard to live without our loved ones and having feast days make it a little bit easier. Death is a healing journey that leads us thru this maze called life. It is up to the living to remember and represent our love ones.

Please join us on Saturday, November 2, 4-6pm, for a healing meal of love & laughter.

Please bring a dish to pass as well as pictures of your loved one(s), for a table decorated with flowers & candles.

Hope to see you soon!

Community Wellness Department

Meet The Community Wellness Director



Kimara P. Mayberry
MBA, SHRM-CP, PHR, CPF, CHAA

Kimara P. Mayberry is the Community Wellness Director originally from Little Rock, Arkansas. Kimara Mayberry, MBA, SHRM-CP, PHR, CPF, CHAA is an award winning Speaker, Trainer, Leadership Coach and Facilitator. Her areas of expertise include but are not limited to: Health Care Management/ Revenue Cycle Management, Human Resources Management & Talent Development, Employee Relations, Training/Instructional Design, Leadership Coaching, Performance Management, Community Outreach & Justice Diversity, Equity, Inclusion & Belonging. Kimara has over 20 years of extensive leadership experience in the Construction Management, Healthcare, Higher Education, Non-Profit, Supply Chain/Food Distribution, and Manufacturing Industries.

Kimara is a 2007 graduate of Philander Smith University with a B.A. in Organizational Management, Cum Laude and Distinction in Field. She graduated in 2012 with an M.B.A in Ethics and Business Administration from Harding University, in Searcy,

Arkansas. Kimara is nationally certified as an Human Resources Certification Institute (HRCI) PHR (Human Resources Professional), a SHRM-CP (Society for Human Resource Management Certified Professional), a CHAA (Certified Health Access Associate) and an International Association of Facilitators Certified™ Professional Facilitator (CPF).



Youth Program

by Nicole Hankus

The AIHFS Youth Program wrapped up our Summer Programming in August 2024. Youth Program participants and staff this summer had many adventures including camping with parent volunteers, attending the Michigan Indian Family Olympics in Mt. Pleasant, and hosting a Gathering of Native Americans (GONA) with help from Tribal Tech staff members Hunter Genia and Jill Lawson. All events were a huge success! We also had elders and community members come teach youth how to sew ribbon skirts & shirts, carve traditional wild ricing sticks, plant seeds and harvest edible plants, and ride bicycles. We are tremendously grateful for the time spent with parents and community volunteers, as well as the additional help from Summer Program staff.

This fall we are looking forward to our family gatherings at the Detroit Zoo, pumpkin patch, Trunk or Treat and our wintertime holiday party. We look forward to continuing to support our Little Dreamers and Dream Seekers with their development of curiosity, creativity and connection with one another. If you would like to volunteer with the youth program, please contact us at youth@aihfs.org.





Highchairs: a safe and healthy area for child to eat



Safe Sleep



Baby Gates - protect children when mom is cooking



Healthy Start/ Tribal Home Visiting

by Salli Wabsis and Melissa Mytych

July was an exciting month for the Healthy Start team, as Melissa and Salli headed up to the U.P. for a Native American focused Community Doula Training. The training was offered by Raeanne Madison from The Postpartum Healing Lodge on the beautiful shores of Lake Superior. Melissa and Salli returned with the skills to better serve families in our community through the prenatal, birth, and postpartum periods. We strongly believe in the value of community support during these important times, so please reach out if you have any questions and we would love to connect with you.

HS/Tribal Home Visiting has been able to support families with resources like baby gates, high chairs, and sleep areas for newborns.

If you already have children, we are also starting our play group up again! We will have story reading, activities, books and games for the kids. As they play and learn with each other, it is a great opportunity for you to meet other parents. Play groups will be held on Tuesdays from 11 am until 12 pm. We look forward to seeing you and your little ones!

Playdate
Tuesdays from 11am-12pm
Come bring your children,
gather, listen to a story reader,
and sharing parenting stories.

Open House
October 8, 5:30-7pm
Come see what our program offers.
We will have Wild Rice Fritters for
snacks.



MASHIKI

is back with Anishinaabe Elder Char-maine Paulson, Grand Portage You will learn how to make traditional herbal remedies for various ailments

October 17 & 25, 3:30-5pm

November 21, 3:30-5pm

Tribal Home Visiting-Recognize Native American Heritage Month

Potluck

For Healthy Start/Tribal Home Visiting Clients



BRING A DISH TO PASS

Powwow In The D



George Martin
Head Veteran



War Paint
Host Drum



Ashinique Soney-Wesaw
Head Female Dancer



Eric Sowmick
Head Male Dancer

Photos by David Redfield

We want to send out a big thank you to everyone that attended Powwow In The D on Saturday, August 3rd, 2024! We were so glad to see so many that came to honor our culture and traditions. We hope you enjoyed the day!

This year it was a great pleasure to partner with Wayne State University. This setting, and their support providing transportation and water stations, made a beautiful backdrop for our gathering of singing, dancing and community building.



By David Redfield

To see the entire set (53) of pictures of our pow-wow please go to our pow-wow webpage: <https://aihfs.org/pow-wow-2024/>



Client Satisfaction Surveys

At AIHFS, we're always looking to receive feedback on the services we provide. To make it easier to share your thoughts, we've added a new digital kiosk in our lobby! When you enter the building, it will be to your left, next to the two computers. If you've received services from AIHFS, take the time to let us know what you think. Your feedback is valuable to us!

Development



AIHFS WOULD LIKE TO THANK THE FOLLOWING 2024 CHARITY GALA SPONSORS FOR THEIR GENEROSITY



THE KRESGE FOUNDATION



Development



AIHFS WOULD LIKE TO THANK THE FOLLOWING 2024 CHARITY GALA SILENT AUCTION DONORS FOR THEIR GENEROSITY

Aldi
Ann Arbor Art Center
Anonymous
Ashka Salon & Spa
Barkbox
Bavarian Inn
Bell's Brewery
Belle Tire
Benihana
Bob's Discount Furniture
Bordine's
Charles Riverboat Company
Chateau Grand Traverse
Cherry Republic
Chipotle
City Bird
Claudia Alan
CRAFT
Creative Arts Studio
Detroit Athletic Club Foundation
Detroit House of Comedy
Detroit Institute of Arts
Detroit Lions
Detroit Pistons
Detroit Opera
Detroit Red Wings
Detroit Tigers
Detroit Zoo
Douglas J. Salon
Dr. Marilyn Roubidoux
Eureka Springs' Landmark Hotels
Ford House
Gallagher
Grand Rapids Public Museum
John K. King Books
Judy Muhn
Kendra Scott
Kimberly and Jerry Copeland

Lush
Mary Edwards Smith
Meijer Gardens and Sculpture Park
Michelle Cece Photography
Michigan DNR Outdoor Adventure
Center
Mid Michigan Children's Museum
Mister Car Wash
National Museum of the Great Lakes
Nothing Bundt Cakes
Oasis Hot Tub Gardens
Oriental Trading Company
Paramount Coffee
Park West Gallery
Planet Rock Climbing Gym
Plum Tree Yarn Shop
PRP Wine International
Pueblo Rain Embroidery
Purple Rose Theatre
Round Barn Winery & Estate
Royal Oak Golf Center
Stardust Fun
The Cheesecake Factory
The Feminist Press
The NTVs
The Whitney
Thunderdome/Bakersfield Tacos
Tito's Handmade Vodka
Trader Joe's Northville
Urban Indian Health Institute
USPBL
Vito Valdez
Wayne State University Press
Wines for Humanity
Well Done Goods
YORK Food and Drink
Zap Zone
Zingerman's Community of Businesses

Join Us In Celebrating Give Native Day: Empowering Our Communities!

By: Kimberly Copeland and Native Ways Federation

#GiveNative is a community wide movement to spread awareness of giving to Native-led nonprofits and Giving Tuesday is recognized as the largest global generosity movement year-round. By continuing to launch a #GiveNative campaign on Giving Tuesday, Native Ways Federation (NWF) hopes to spread awareness of the importance of Native-led nonprofits on the largest giving day of the year: Tuesday, December 3, 2024.

NWF recognizes that Native-led organizations have the solutions to the issues that Native communities are facing. Native-led nonprofits know Native communities and their strengths and how best to help Native people. The systemic funding inequities Native-led organizations face make it harder to implement Native-led solutions. Investing in Native-led nonprofits is the best way to enhance positive change in Native communities.

As we approach #GiveNative Day on December 3rd, we invite you to join us in celebrating the strength, resilience, and rich cultures of Indigenous peoples. This day is an opportunity to reflect on our shared commitment to support Native communities and promote health and well-being for all.

This #GiveNative Day, let's honor the vibrant cultures and traditions that enrich Native communities. From storytelling to traditional crafts,



every contribution helps preserve Native heritage. Your donations directly impact health programs and services at AIHFS. Together, we can ensure that our families receive the care they deserve, fostering a healthier future for generations to come. This day is about lifting up Native voices and supporting initiatives that matter most to Native communities. Learn how your contributions can empower Native youth, support mental health services, and strengthen family wellness.

Join us in making a difference! Here's how you can participate:

Donate: Your support can help fund vital programs. Scan the QR code, visit aihfs.org/ donate, or simply text AIHFS to 56651 to donate.

Spread the Word: Share this message with your network and encourage others to participate.

Engage with Us: Follow us on social media to see how your contributions are making an impact in real-time.

Thank you for standing with us on this important day. Together, we can create lasting change and uplift Native communities. Let's make #GiveNative Day 2024 a celebration of Native culture, resilience, and hope.

Have questions or want to learn more? Reach out to Kimberly at kkleinhans@aihfs.org or (313) 580-2614. Together, we can make a difference!

Operations Department

We are seeking qualified professionals to Join AIHFS!

AIHFS offers a Comprehensive Employee Benefit Program for regular full time positions




<https://aihfs.bamboohr.com/careers>

Visit our Career Opportunities website today



AMERICAN INDIAN
Health & Family Services
Connecting care with a culture of comprehensive wellness

4880 Lawndale
Detroit, MI 48210
hr@aihfs.org

Holiday Closures: we will be closed on the following days.

Holiday	Closed	Holiday	Closed
Indigenous People's Day	Oct 14	Veteran's Day (Observed)	Nov 11
Thanksgiving Day	Nov 28	Day After Thanksgiving	Nov 29
Christmas Eve (Observed)	Dec 24	Christmas Day	Dec 25
New Year's Eve Day (Observed)	Dec 31	New Year's Day	Jan 1



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

May

July

August



Jessie Lucero
Case Manager



Iris Luna
Behavioral Health Therapist



Melissa Mytych
Healthy Start Home Visitor

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



[@AIHFS_Detroit](https://twitter.com/AIHFS_Detroit)



Instagram.com/aihfs_detroit



user/aihfsmich



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!



Clinic Hours:

Monday	8:30 - 5:00pm
Tuesday	8:30 - 5:00pm
Wednesday	8:30 - 5:00pm
Thursday	8:30 - 5:00pm
Friday	8:30 - 5:00pm

Clinic: 313-846-6030

Visit us at: www.aihfs.org