



#### MINO-BIMAADIZIWIN

"A GOOD LIFE"

Newsletter: April through June 2025



### AMERICAN INDIAN Health & Family Services

#### Spring 2025 From The CEO...



I trust this message finds you all in good health and high spirits as we embrace the arrival of the spring season. We are thrilled to announce our upcoming Health Fair Powwow, scheduled for Saturday, May 17, 2025, at Wayne State University. This event promises to be a cultural celebration of health, wellness, and tradition.

In line with our dedication to growth and improvement, we are in the beginning stages of developing a new strategic plan aimed at addressing the evolving needs of our community. This plan will outline our approach to enhancing and expanding service delivery, outreach initiatives, and leveraging technology for better patient care.

I am also pleased to announce that we remain on target for the development of our new state-of-theart health and wellness facility. This facility, designed with our community's needs in mind will provide expanded services and support for health promotion, disease prevention, and community belonging. We are excited about this significant development and look forward to its positive impact on our community.

Your insights are invaluable to us. As we strive to improve our services, we are seeking your feedback through our client satisfaction surveys. Your responses will help us tailor our offerings to meet your expectations and enhance your overall experience at AIHFS. Following your visit, please remember to complete the brief client survey using the survey kiosk, QR code, or website link. Thank you for your ongoing support and involvement in our mission to foster a healthier community. Together, we can make a difference.

Warm Regards,

Chasity Dial, MPA
Chief Executive Officer

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#### Medical Information







THREE SISTERS

New Year, New You

As we move through the new year, let's embrace the mantra "New Year, New You" with a fresh commitment to heart health and overall well-being. The American Heart Association (AHA) offers invaluable guidelines to help you make meaningful changes in your diet and exercise routines. Begin by incorporating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your diet. Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week, as recommended by the AHA. Be sure to work with your primary care physician to discuss your goals and the right approach for you. Consistency is key, so find activities you enjoy—whether it's brisk walking, swimming, drumming, or dancing—to keep you motivated and engaged.











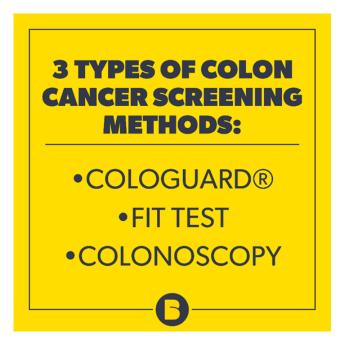


Remember, small, sustainable changes can lead to lasting health benefits. Make it a priority to reduce your intake of added sugars, sodium, and unhealthy fats. Instead, opt for nutrient-dense foods that nourish your body and support your heart. Additionally, incorporating strength training exercises at least twice a week can help build muscle, improve metabolism, and enhance overall fitness. By following these guidelines and embracing a balanced approach to diet and exercise, you'll set the stage for a healthier, happier year ahead. Let's make 2025 the year of a healthier, revitalized you!

Further recommended reading can be found at the Strong Heart Study which focuses on understanding heart health among Native American communities.

#### Medical Information (cont.)

#### Colorectal Cancer Screening Saves Lives!



Colorectal cancer is the second deadliest cancer in the United States, yet it's HIGHLY preventable with screening.

Colon Cancer screening should begin at age 45. Here's why getting checked matters:

- It's the #1 way to prevent colon cancer
- Screening can find the warning signs of colon and rectal cancer, so you can take action to stop the disease
- Screening can also find colorectal cancer early, when treatment is most effective

EVERYONE should know their choices. Get to know YOUR choices! Call our Medical Clinic today to schedule an appt. (313) 846-6030

## Take Control of Your Birth Control

Michigan is giving you the opportunity to take control of your birth control. Free birth control and sexually transmitted infection (STI) prevention supplies are here to help you stress less and live more. Contact our clinic with any questions and/or to schedule an appointment with one of our providers.

Available while supplies last.



#### Behavioral Health Department

#### 2025 George Orley Student Mental Health Advocate Award

by Taylor Maxwell

Earlier this year, I had the privilege of nominating my partner on the Sacred Bundle Project for an advocacy award through the University of Michigan. I'm thrilled to announce that Adon Vazquez has been awarded the 2025 George Orley Student Mental Health Advocate Award. While many may recognize him from his years of service to AIHFS thought his life, I wanted to highlight his work by sharing my full nomination below:

Adon is an integral part of implementing the Sacred Bundle Project; a SAMHSA funded tribal youth and college student suicide prevention grant housed at American Indian Health and Family Services. He has worked tirelessly to bring not only suicide prevention, but substantial community-based tools to underserved communities across Michigan with a focus on giving back to the urban native community he grew up surrounded by. His mental health work primarily focuses on providing culturally competent, evidence-based gatekeeper trainings as well as community-based screenings to youth ages



10-24 and those who provide services to this age demographic. He's brought tangible prevention tools and protective factors, like cultural teachings, to colleges and college groups across the state ensuring those who need both formal and informal supports are connected to culturally competent care. He's helped countless fellow college students get connected to their campuses' counselors or community providers at University of Michigan, Michigan State, Central Michigan, Grand Valley State, and Northern Michigan University to name a few. Outside of his formal role, Adon has been served on various youth healthcare leadership groups including the National Council of Urban Indian Health Youth to help bring voice to suicide prevention and mental health concerns in native youth. Adon has balanced all of his full-time job duties while actively pursuing a degree in Sociology from Wayne State University. He hopes to use his degree to further his prevention work and advocacy for underserved populations; my hope is that he continues to lead not only the Sacred Bundle Project but communities as a whole towards the integration of mental, physical, and spiritual health equity for native populations here in Michigan and beyond.

Thank you Adon, for being the most incredible advocate, student, co-worker, friend, and champion for your community!

#### Children's Mental Health Awareness Day & National Prevention Week

American Indian Health and Family Services





#### May 15th from 5 - 7:00pm 4880 Lawndale St, Detroit, MI

Join our DreamSeekers and Sacred Bundle staff for a community night focused on our youth's mental health!

Raffles, dinner, and activities will be available to all throughout the night!



## AMERICAN INDIAN HEALTH AND FAMILY SERVICES Pore Wore In The



1200 W WARREN AVE, DETROIT, 48201 S GRAND ENTRY NOON GATES OPEN 10 AM GATES CLOSE 4PM
HOST DRUM TBA CO-HOST DRUM TBA
MC SHANNON MARTIN AD TRAVIS SCHUYLER HEAD VET GEORGE MARTIN
RAIN OUT LOCATION WAYNE STATE STUDENT CENTER

COMPLETED REGISTRATION FORMS SHOULD BE EMAILED TO POWWOW@AIHFS.ORG FILLABLE REGISTRATION FORMS CAN BE FOUND ON AIHFS.ORG







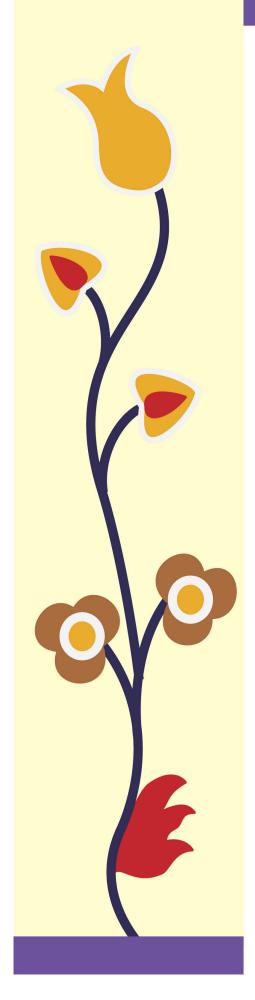


#### Community Wellness Department

#### Healthy Start & Tribal Home Visiting

by Salli Wabsis





## Healthy Start FAMILY PLAYGROUP

An Interactive Program for Parents with Children ages 0-4



- Arts & Crafts
- Games
- Coloring
- Storytelling
- APRIL 9, 2025
  - MAY 14, 2025
  - JUNE 4, 2025

11am-12pm

\*\*In the case of inclement weather, the family play group cancellation will be announced on our social media pages.

CALL 313-900-8262 or healthystart\_thv@AIHFS.ORG TO REGISTER



4880 LAWNDALE, DETROIT, MI, 48210
Thurman Bear Basement



Tentative: April 23, 4-5pm, (mothers and children welcomed) Family Spirit Lesson- Traditions for Protection and Wellbeing

Tentative: May 21, 4-5pm, (mothers and children welcomed) Family Spirit Lesson- Budgeting for My Family



Tentative: June 25, 4-5pm, (mothers and children welcomed) Family Spirit Lesson- Be a Healthy Role Model!



Thurman Bear Basement
4880 LAWNDALE, DETROIT, MI, 48210



In support of Native American Health and Wellness:

# POSTPARTUM SUPPORT GROUP

AIHFS-Healthy Start/Tribal Home Visiting Program

Support Group via Zoom

10am-11am

MARCH 15TH-SATURDAY APRIL 19TH-SATURDAY MAY 24TH-SATURDAY JUNE 14TH-SATURDAY

#### Join Zoom Meeting

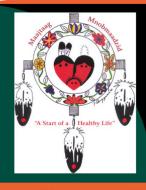
https://aihfs-

org.zoom.us/j/84048864874? pwd=bPsZvAVXWzQ71KFTHZ

cohPV0bHdfs9.1

Meeting ID: 840 4886 4874 Passcode: 719322







American Indian Health and Family Services-Healthy Start/Tribal Home Visiting Program

For more information, email questions to: Healthystart\_thv@aihfs.org

#### Community Wellness Department

#### Youth Programs

by Azhanae Depa

American Indian Health and Family Services Youth Program had a variety of fun activities this past month, including archery, cooking classes, talking circles, and creating cards for Valentine's Day! We are grateful for Rising Phoenix Archery for teaching the kids how to shoot with a bow and arrow and creating a memorable field trip for several of them.

AIHFS staff members, Taylor Maxwell and Adon Vazquez, also helped empower the youth to brainstorm self-affirmations to put on Valentine's Day cards. First Step came and helped guide conversations about creating boundaries and healthy relationships with the youth. Cooking class was also a sweet and salty success! The kids made maple syrup popcorn balls and sunflower cookies.





#### Development

#### Call for Auction Items Donations!

AIHFS is seeking silent auction item donations for our 2025 Annual Charity Gala!

Your contributions will help us make a difference in our community.

For more information, contact Kimberly or Crystal at (313) 846-3718 or email clecoy@aihfs.org



AIHFS is excited to announce our 4th Annual Charity Gala, taking place on October 3rd, 2025, at The Garden Theatre. We are currently seeking donations for our auction to help make a meaningful difference in the lives of those in our community.

We encourage artists, crafters, and supporters to contribute one-of-a-kind items, particularly handcrafted treasures such as jewelry, artwork, pottery, and more. Your generous donations will directly support our efforts to fund the construction of a new health facility that will better serve our community.

Please submit your auction item donations by September 5th, 2025. Your contribution will

play a key role in ensuring the success of this important event and advancing our mission to provide essential services to those in need. For more information on how to donate, or to arrange your contribution, please contact Kimberly or Crystal at (313) 846-3718 or email clecoy@aihfs.org.

Tickets for the Gala will go on sale July 1st and can be purchased on our website at https://aihfs.org/charity-gala/.

Thank you for your continued generosity and support! Together, we can make a lasting impact on our community.

#### Fresh Paint, Fresh Perspective

by John Peterson

#### **Before**



From home to the workplace, repainting the walls of any space freshens up the environment. Over the past month, our Facilities Lead, Don James, has been coming in on the weekends to put a fresh coat of paint on the walls in Medical. While it's easy to say the walls need to be repainted, it's harder to do!

First, everything had to be taken off the walls. Depending on how the item was mounted to the wall, tape residue might need to be cleaned off or a hole needs to get patched before painting! If patching a hole, you need to wait for the patch to dry so you can sand it down to make it even with the wall surface. Once the items are taken down, holes patched/sanded, and tape residue cleaned off, you next need to paint.



Certain parts of painting are straightforward. The paint first needs to be mixed, poured into the pan or bucket, and applied to the wall with a roller or brush. But you also need to keep into consideration paint splatter so it doesn't end up on the floor or other items. Drop cloths need to be laid down before you even start painting! Once you begin, that's when you start to see the results of the work. Patients will be seeing the results of Don's work when they enter Medical now! The only area that still needs to be finished are the exam rooms. Once finished, not only will Medical have a fresh coat of paint, people will have a fresh perspective and experience thanks to the new color.

#### **After**







#### 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

#### **January**



**Arwa Almuraisi**Laboratory and Vaccine Medical Assistant

#### **February**



Jodie Kilbourn Lead Medical Assistant

#### **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**

#### 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