



AMERICAN INDIAN
Health & Family Services

Now Offering

Prescription

Delivery

Feel the speed in
our delivery to
your door!



Details on Page 3

MINO-BIMAADIZIWIN

“A GOOD LIFE”

Newsletter: October through December 2025



AMERICAN INDIAN Health & Family Services

October 2025

From The CEO...



As the leaves begin to change and we embrace the crisp air of October, join me in welcoming Fall 2025! This season serves as a reminder of the importance of health and wellness in our lives and provides us with an opportunity to reflect on our achievements while looking ahead to the future.

The past months have seen progress in our commitment to improving health and well-being of our community. Our dedicated staff continues to work tirelessly, embodying the values of compassion, respect, and excellence in every interaction. We have expanded our reach in services by now offering mailed prescriptions to your door. This option can ensure that every individual has access to the medications they need. Call or inquire at your next visit!

With the change in seasons can come the changes in health. I invite each of you to take proactive steps towards your health. Schedule an appointment, attend one of our workshops, or simply reach out to us with any questions or concerns you may have. I am proud to announce that AIHFS is currently accepting new patients. Together we can foster a healthier community.

Thank you all for being a vital part of our community. Here's to a healthy, happy, fall harvest!

Warm Regards,

Chasity Dial, MPA
Chief Executive Officer



Now Offering Prescription Delivery

Feel the speed in
our delivery to
your door!



For More Info Call Us
313-846-6030
www.aihfs.org

AMERICAN INDIAN
Health & Family Services

Call or Inquire
At Your Next Visit!

AIHFS has partnered
with a pharmacy to
mail prescriptions to
your door!

Up to 90 day supply
on most medications.



Inside this edition...

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MEDICAL



**American
Heart
Association®**

American Indian Health & Family Services (AIHFS) proudly participated in the Target: BP initiative—a national effort led by the American Heart Association (AHA) and the American Medical Association (AMA) to address the widespread issue of uncontrolled blood pressure.

AIHFS's Medical Team demonstrated its commitment to accurate blood pressure measurement, effective hypertension management, and equitable care delivery. Our Practice Manager played a pivotal role in this achievement training staff, monitoring outcomes, & submitting comprehensive data that reflects our agency's dedication to patient care.

Healthcare Organizations participating in the Target: BP program are recognized by The American Heart Association® and the American Medical Association for their unwavering commitment in reducing the number of Americans who have heart attacks and strokes. Awards are determined based on data submission, attestation, and an organization's blood pressure control rate. Recognition levels include:

- **GOLD+ LEVEL: Practices with 70% or more of their adult patient population with high BP controlled, and a demonstrated commitment to measurement accuracy.**
- **GOLD LEVEL: Practices with 70% or more of their adult patient population with high BP controlled.**
- **SILVER LEVEL: Practices committed to improving BP control through accurate measurement.**
- **PARTICIPANT LEVEL: Practices submitting BP control data for the first time and prioritizing BP management in their communities.**

As a first-time participant, AIHFS achieved both the **Gold Level** and **Participant Level** awards.

In recognition of this accomplishment, Medical Director, Dr. Jesse Klebba and Practice Manager, Kayla Cagle, have been invited to attend the second annual *Connecting Hearts* clinical recognition and learning event this November. At this event, they will receive formal recognition for AIHFS's achievements, share their experience and success with other healthcare leaders, and engage with the AHA team to explore future opportunities for support and collaboration.

AIHFS is honored to be part of this national movement to improve blood pressure control and reduce the risk of heart attacks and strokes. We remain committed to advancing health equity and delivering high-quality, culturally responsive care to the communities we serve.



Keep It Traditional, Reclaiming Indigenous Health Through



Fill in your Tribe's word for strawberry.

For many Tribes, the strawberry symbolizes the heart and carries good medicine and teachings. Recall the wisdom of your ancestors, and choose real strawberries over chemically created flavored vapes! Strawberries are sacred but not in vapes. Protect your lungs, honor your health, and keep it traditional.



Healthy lungs are happy lungs

1 Cup of Strawberries

- ★ Fiber – helps you live longer!
- ★ Vitamin C – fights diseases!

Impact on Health

- ★ Strengthens your heart
- ★ Lowers risk of cancers, heart disease and diabetes
- ★ Strengthens brain health

It's never too late to escape the vape



Strawberry Flavored Tobacco Vape

- ★ 40 mg Nicotine - equivalent to two packs of cigarettes
- ★ Chemically created e-liquid

Impact on Health

- ★ Harms brain development
- ★ Birth defects for pregnant individuals
- ★ Harms lung health

**Flavored tobacco impacts Native youth.
Protect our future.**

Get support from coaches

1-877-YES QUIT-Texas Quitline



We acknowledge the Centers for Disease Control and Prevention, for its support of the American Indian Cancer Foundation staff, and the printing and distribution of the monograph under cooperative agreement #NU58DP007169 awarded to the American Indian Cancer Foundation. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Behavioral Health

It is with both immense gratitude and sadness that we share that the Sacred Bundle Project is coming to an end this September. Over the last sixteen years, we have seen it become an integral part of the fabric within our AIHFS community as well as the broader Michigan prevention community. It has been an honor to serve youth and their caretakers, families, and support systems in helping build communities that can respond safely to suicide. We've had the privilege to train thousands of individuals to help identify and intervene when someone shares their thoughts of suicide and other mental health crises; we hope that everyone will use their skills throughout their lives and take additional opportunities to learn when they arise. To the thousands of youth who have sat across from us in a Hope and Wellness screening, thank you for your vulnerability and trust in us to help you in your journey. It takes a tremendous amount of courage to share your story, and we will always be grateful that you had the confidence in our staff to transition you into services that met your needs safely. While there are too many individuals to name here, we want to acknowledge the generations of Sacred Bundle staff who have come before us that paved the way for us to become recognized as leaders in prevention across the state and nationally. Without the extraordinary work of our predecessors and community partners, we would not have had the ability to grow into what we've become. While we do not know what the future of prevention efforts at AIHFS will look like, please know that our behavioral health clinicians are always willing to meet our community needs. Please reach out to our therapists at 313-846-6030 for prevention or clinical needs. From the bottom of our hearts and on behalf of all the Sacred Bundle staff over the last two decades, thank you! Please enjoy some pictures of Sacred Bundle staff and programming over the years on the next page!





Upcoming Events

MMIP



AMERICAN INDIAN
Health & Family Services

Community Focus:

Educational Forum on Murdered & Missing Indigenous People

PRESENTED
BY

M.D.H.H.S.
Office of Tribal
Government
Services
& Policy



SPEAKER

**Chrystina
"Tina"
Lightfoot**

MMIP
Policy Analyst &
Advocate

Tina Lightfoot (Zhaawin Nodin n'dizhnikaaz, Ma'iingan n'dodem, Anishinaabe kwe n'daaw), a descendant of the Saginaw Chippewa Indian Tribe, has dedicated over a decade to serving Native families and communities. With a background in sociology and criminal justice from Central Michigan University, Tina's work has spanned from working in behavioral health centers, tribal and federal courts, and state outreach programs — always with a focus on advocacy, healing, and justice.

In her current role as a Missing and Murdered Indigenous Persons (MMIP) Policy Analyst and Advocate, Tina serves as a liaison and advocate for families, programs, and advocacy groups fighting for the voices of those too often silenced.

Driven by a deep commitment to honor missing relatives and uplift the voices of their story, Tina continues to fight for justice, raise awareness, support families, and advocate for those whose voices need to be lifted.

Wednesday
5pm-7pm
Oct. 15, 2025

For More Info: Shelly at 313-846-3718

Location:

AMERICAN INDIAN
Health & Family Services
4880 Lawndale
Detroit, MI 48210

Thurman Bear Basement

TRUNK OR TREAT

PLEASE JOIN US AT AMERICAN
INDIAN HEALTH AND FAMILY
SERVICES FOR A NIGHT OF FUN!

THURSDAY OCTOBER 23RD

5 TO 7 PM



4880 LAWNSDALE ST

DETROIT MI

INTERESTED IN DECORATING A
TRUNK? CALL OUR YOUTH TEAM
313-846-3718 OR YOUTH@AIHFS.ORG



AMERICAN INDIAN
Health & Family Services



**Anishinaabe Elder: Charmaine Paulson,
Grand Portage**

MASHKIKI

3:30pm-5:00pm

On The Following
Thursdays:

- October 16
- November 20
- December 18

Presented by
Tribal Home Visiting &
Healthy Start Program



For More Info, Email:
healthystart_thv@aihfs.org



Come learn
how to make
Traditional
herbal
remedies
for various
ailments!



AMERICAN INDIAN
Health & Family Services
4880 Lawndale
Detroit, MI 48210

MARK YOUR CALENDARS!



INDIGENOUS PEOPLES' DAY POWWOW

Date: Monday, October 13th 2025

Time: 12:00 pm - 6:00 pm

Location: Hart Plaza, Downtown Detroit

(One Round of Contest Dancing)



GHOST SUPPER & DIA DE LOS MUERTOS

JOIN US FOR A COMMUNITY POTLUCK TO CELEBRATE, REMEMBER,
AND FEAST IN HONOR OF OUR LOVED ONES WHO HAVE PASSED

SATURDAY, NOVEMBER 1ST

4:00 - 6:00 PM

AMERICAN INDIAN HEALTH AND FAMILY SERVICES
4880 LAWNDAL ST, DETROIT, MI 48210

**PLEASE BRING: A PHOTO OF A LOVED ONE WHO HAS
PASSED AND THEIR FAVORITE DISH TO SHARE**

FOR MORE INFORMATION, CONTACT SHELLY
AT (313) 846-3718





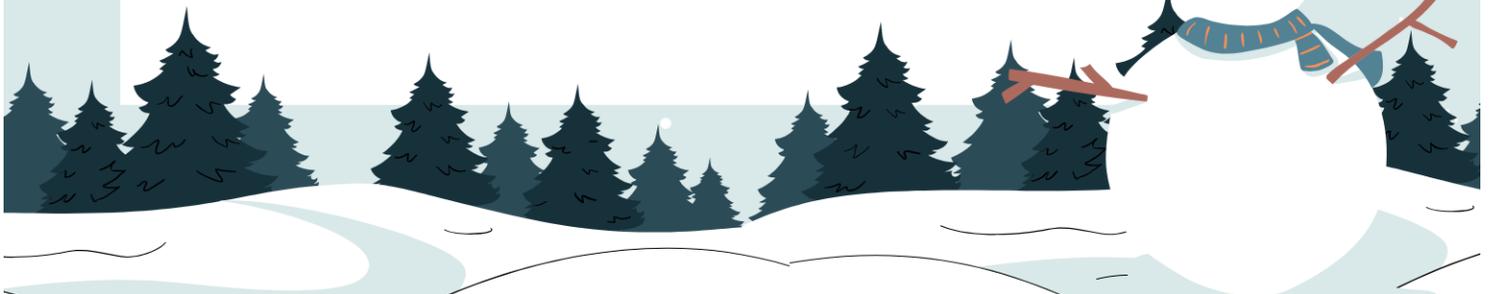
PLEASE
JOIN AIHFS FOR A
**WINTER
SOLSTICE
POTLUCK**

DECEMBER 21, 2025

**4:00PM- 6:00 PM
4880 LAWDALE DETROIT MI 48210
CONTACT SHELLY @(313)846-3718**



**Please bring a dish &
Let's celebrate
together!**



Development

Thank You

Gala Sponsors



Thank You

Auction Item Donors

Anonymous
Bakersfield Tacos
BarkBox
Bavarian Inn Lodge
Belle Tire
Bell's Brewery
Benihana
Bob's Discount Furniture
Bordine's
Chantal Gros-Louis
Charles River Boat Company
Chipotle
City Bird
Creative Arts Studio
Cork & Gabel
C.R.A.F.T.
Deborah Beardsley
Detroit Athletic Club Foundation
Detroit City Football Club
Detroit Institute of Arts Museum
Detroit Princess Riverboat
Diehl's Orchard
Douglas J. Aveda Institute
Emagine Theaters
Eureka Springs' Landmark Hotels
Firekeepers Casino & Hotel
Frederick Meijer Gardens
Frita Batidos Detroit
Grand Rapids Public Museum
Impression 5 Science Center
In memory of Angela Acosta,
of the Lipan Apache Tribe
j~lo the artist
John Ball Zoo

Kimberly and Jerry Copeland
Libertad McLimans
Mary Edwards Smith
Meijer
Mr. Chicken
National Coney Island
National Museum of the Great Lakes
Nothing Bundt Cakes
Noreen Owens Photography
Odawa Casino
Park West Gallery
Planet Rock Climbing Gyms
Mid-Michigan Children's Museum
Royal Oak Golf Center
Seka Hills | Yocha Dehe Wintun Nation
Sirona Wellness Spa
Spectacle Society
Stardust Fun
Target
The Feminist Press
The Laundry
The Urban Indian Health Institute
The Wandering Bull
Tuscarora WoodWorks
Urban Air Adventure Park
Urban Indian Health Institute
USPBL
Vintage Arts Online
Wayne State University Press
Wines for Humanity
YORK Food and Drink
Zingerman's

Skip The Waiting Room!

Everyone Welcome

Hablado Español

Schedule Your Telehealth Visit Today!



313-846-6030

**Accepting New Patients Today
Now Offering Easy & Safe Appointments**



AMERICAN INDIAN
Health & Family Services

www.aihfs.org

Connecting care with a culture of comprehensive wellness

Holiday Closures

October

Oct 13 - Indigenous People's Day

November

Nov 11 - Veterans Day
Nov 27 - Thanksgiving Day
Nov 28 - Day After Thanksgiving

December

Dec 24 - Christmas Eve
Dec 25 - Christmas Day
Dec 26 - Day After
Dec 31 - New Year's Eve
(Jan 1 - New Year's Day)



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

June

July

August



Crystal LeCoy

Development Administrative
Coordinator

Dustin Sample

Systems Administrator

Malaika Ward

Behavioral Health
Therapist

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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Instagram.com/aihfs_detroit



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!



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

Visit us at: www.aihfs.org