



AMERICAN INDIAN Health & Family Services

Active Health Ancestral Movement

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July through September 2026

MINO-BIMAADIZIWIN

“A GOOD LIFE”



AMERICAN INDIAN Health & Family Services

July 2026

From The CEO...



As we move into the heart of summer, I want to take a moment to reaffirm our shared commitment to health, healing, and community. This season reminds us of the importance of connection—connection to our culture, our environment, and to one another.

At American Indian Health & Family Services, our focus remains clear: to provide accessible, high-quality, and culturally grounded care that supports the whole person—mind, body, and spirit. Every day, we are working to ensure our services reflect the strength, resilience, and traditions of the community we serve.

This summer also marks a meaningful milestone for our organization. Construction of our new facility remains on track for completion in Fall 2026, bringing us closer to a space designed to better serve our community for generations to come. As

we prepare for this transition, we recognize that this will be our final summer in our current building—a place that has held years of care, connection, and community.

While we look ahead with excitement and purpose, there is also a deep sense of gratitude and nostalgia for the memories created within these walls. This space has been more than a building—it has been a place of healing, growth, and belonging.

Our vision is not only to meet the needs of today, but to build a sustainable, healthy future for the next seven generations. That work is ongoing, intentional, and rooted in who we are as a community.

Thank you for your trust, your partnership, and your continued presence in this work.

With Gratitude,

Chasity Dial
CEO, American Indian Health & Family Services

Community Connections: A Special Visit with Bill and Billie Hickey

It was an honor to welcome longtime community supporters Bill and Billie Hickey for a visit and tour of our campus. I really enjoyed spending the morning with them alongside our CEO, Chasity Dial, getting to know them more personally and hearing about their deep appreciation for the people and land that make this community so special.

We began our time together over coffee, sharing stories and reflecting on the important work being done to support the health and wellbeing of those we serve. From there, we toured our current facility and visited the site of our new campus, where exciting progress continues to unfold.

It was especially meaningful to walk Bill and Billie through the future home of our medical and behavioral health clinics and to introduce them to members of our dedicated team. Moments like these are a reminder of the shared commitment that drives our mission forward each day.

I am deeply grateful for the continued support of community members like Bill and Billie, whose generosity and belief in our work help make all of this possible.

If you're interested in learning more about our programs, our growing campus, or ways to get involved, I would love to connect. Please don't hesitate to reach out to schedule a tour and experience firsthand the impact we are creating together.

Warmly,

Crystal LeCoy
clecoy@aihfs.org
Development and Grants Manager



(L-R) Chasity Dial, Bill and Billie Hickey, Crystal LeCoy

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MEDICAL



TECHNOLOGY UPGRADE IN PROGRESS

New EHR System!

In March, our agency began a major transition to a new electronic health record (EHR) system. This type of change is no small task and naturally brings a variety of challenges. We deeply appreciate the understanding and flexibility our patients have shown during this period.

Switching EHR systems is a bit like having a stranger rearrange your entire kitchen—and then being expected to cook dinner that same evening. “Why is the spatula next to the flour?!” That’s exactly how it can feel for our team as we learn a new system while continuing to provide care.

We made this transition with one goal in mind: to improve patient care through better technology. Our previous system created several issues for patients, including the frequent problem of medication refill requests being sent to outdated pharmacies on file. We know how frustrating that could be, and addressing it was one of our highest priorities.

For our patients, this transition aims to reduce appointment wait times, enhance medication refill speed, and improve coordination with your specialists. We’re confident these upgrades will lead to a more seamless and efficient visit.

We are optimistic that our new EHR will resolve many of these challenges and enhance your overall experience with us.

Thank you for your patience, your trust, and for being a valued part of our community as we navigate this change together.

Dr. J



Spring is the time of change, and this year our agency is embracing a season of exciting growth!

AthenaHealth - Electronic Health System

We have adopted a new Electronic Health Record (EHR) system designed to strengthen our medical departments communication and enhance the care we provide to a growing population. With this new system, it is essential for all patients to enroll in the Athena patient portal.

The Athena Patient Portal Will Allow You To:

- **Access your medications**
- **Request refills directly from your provider**
- **Review notes from your recent visits**
- **View your referrals**
- **Receive immediate access to your lab results**
- **Send/receive messages securely with your care team**

We kindly ask all patients to take a moment to sign up for the patient portal so we can maintain seamless communication with your care team. If you have not received a link, please contact our office!

If you need assistance, our staff and front office coordinators are ready to help during your next visit to ensure you are enrolled correctly.

We look forward to this new chapter for AIHFS and are confident these changes will strengthen our connection with the community and enhance your care experience.

- The AIHFS Team

NEW SITE UPDATES!

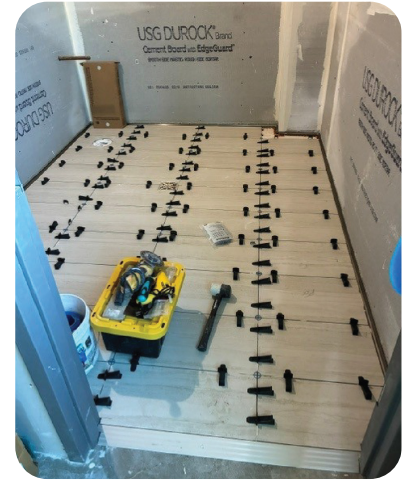
4559 Wesson St. Detroit, Mich.



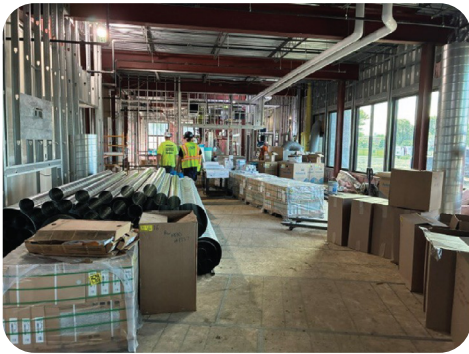
Exterior siding install starting



Drywall



Floor tile being installed upstairs



1st floor lobby materials



Site grading



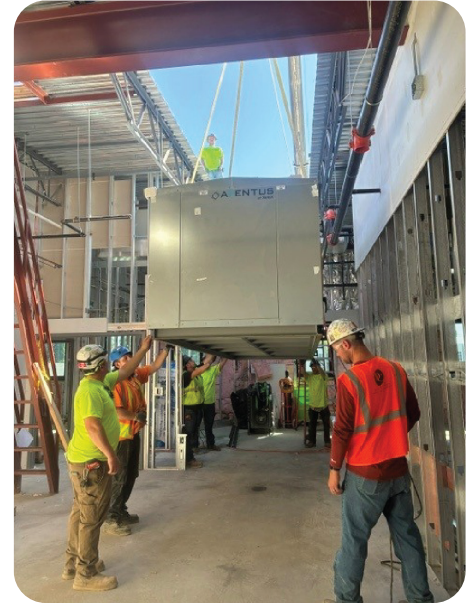
Moving dirt



Booming up 5,000 lb. equipment



A hole was cut through roof for HVAC equipment delivery



Setting it into the mechanical room on 2nd floor

Now Offering
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our delivery to
your door!



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www.aihfs.org

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

Up to 90 day supply
on most medications.



**Offering Extended
Evening Hours on Thursdays**

Beginning July 9, 2026 our clinic will be open until 7:00pm



**Medical and
Behavioral Health**

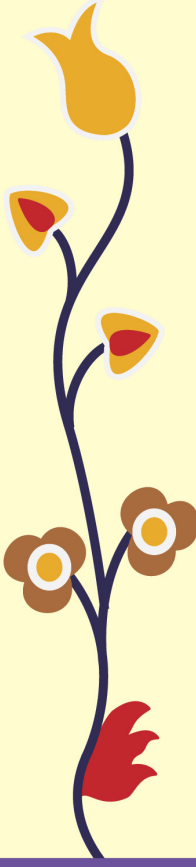


- Convenient for busy schedules
- Avoid missing work or school
- Same trusted providers and quality care

Schedule your appointment today

- Schedule through your patient portal
- Or call us 313-846-6030

Healthy Start/Tribal Home Visiting



Healthy Start FAMILY PLAYGROUP

An Interactive Program for Parents
with Children ages 0-4



- Arts & Crafts Supplies
- Games
- Coloring
- Storytelling

- JUNE 30, 2026
- JULY 29, 2026
- AUG 26, 2026
- SEPT 30, 2026

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**



AMERICAN INDIAN
Health & Family Services

4880 LAWDALE, DETROIT, MI, 48210

Location: TBD



In support of
Native American Health and
Wellness:

POST- PARTUM SUPPORT GROUP

AIHFS-Healthy Start/Tribal Home
Visiting Program

Support Group via Zoom

11am-12pm

- July 22
- August 19
- Sept 23

Join Zoom Meeting

<https://shorturl.at/c9YNN>

Meeting ID: 832 4208 3690
Passcode: 119060

For help signing in, call Salli
313-900-8262





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

For more information, email questions to: Healthystart_thv@aihfs.org



**Traditional Drum Teachings
with Chinodin Atkinson**

Sault Ste. Marie Tribe of Chippewa Indians



Beading with Jasmine Cabarrubia

Little River Band of Ottawa Indians

Cultural Craft Night

Drumming and Beading

July 8, 2026

July 22, 2026

5pm-7pm

Dinner Provided

For more info
contact Shelly
313-846-3718



AMERICAN INDIAN
Health & Family Services

4880 Lawndale
Detroit MI 48210

Chinodin Atkinson Anishinaabe citizen of the Sault Ste. Marie Tribe of Chippewa Indians from Michigan is providing hands-on classes, educational teaching for children's Indigenous Drum circles. He is a Native American grass dancer and drummer. Chinodin will lead fathers' circles & ceremonies.

Hot coffee and dinner provided.
Limited transportation can be arranged.

**For More Contact Shelly
313-846-3718**

Watch for more dates!

Employee of the Month

April



Tina James
Executive Administrator

Tina (Cherokee/Macedonian) is an enrolled member of the Eastern Band of Cherokee Indians from Cherokee, North Carolina. She has been a part of the native community her whole life and was one of the first members of the youth group Dreamseekers here at AIHFS. She is a proud mother of two handsome boy's Adon and Adrian. In her spare time she likes spending time with her family and friends and traveling to pow wows as much as she can.

Employee of the Month

May

Anthony Johnson was born and raised in Detroit, Michigan. He graduated from Detroit and Hamtramck public schools. Anthony likes writing poems, collecting toy cars and building toy cars. He also likes playing video games and collecting various types of video games. Anthony is a car fanatic, an electronics geek, and into all sports, especially teams of Detroit. He is into traveling and meeting new people from all over. Anthony is also into movies, DC & Marvel comics, mostly action packed, sci-fi! Though, he also likes some romance movies. He says he is adventurous, and a people person.



Anthony Johnson
Facilities Associate/Driver

DREAM SEEKERS YOUTH GROUP



In April, our high school aged youth group members participated in Sachse's Construction Academy where they tried out construction trades at the new AIHFS site!

On May 7th we celebrated our annual Children's Mental Health Awareness Day event. Community members joined our youth in supporting their physical wellness, mental health, and coping skills!



Happy Graduation to Nate Dantzler Regg! Nate graduated from Pioneer High School and is hoping to pursue a culinary career next year! Thank you for your years of contribution to Dream Seekers!

YOUTH TEAM UPDATES

We're excited to announce that our youth program team is now complete! Both Adon Vazquez and Taylor Maxwell moved over to our youth program after the closure of the Sacred Bundle program in the fall; Azhanae Depa rejoined us in the spring to round out our full youth team.

Between us three, we hold 15 years of experience working with youth, their families, and support systems to address mental health concerns, substance use prevention, social emotional learning, and cultural needs. Thank you for trusting us with your youth and their education, it is not a responsibility we take lightly. One thing we can't take seriously is formal pictures as we clearly cannot pass up an opportunity for a good go's photo studio pose. Cheers to many more laughs in the summer and beyond!



Active Health Ancestral Movement

Staying Healthy and Active During Powwow Season

The sound of the drum matches our heartbeat, and summer brings the energy of powwow season. Across the region, dancers and families are preparing for major events like the 42nd Annual Saginaw Chippewa Powwow this July. Powwows are deeply spiritual and cultural, but they are also excellent for physical health.

Powwow dancing is a demanding physical workout. Styles like Fancy Dance, Jingle Dress, and Grass Dancing mimic high-intensity interval training (HIIT).

Dancers use explosive power, quick footwork, and deep endurance. Even standard intertribal styles provide a great aerobic workout that burns calories, strengthens muscles, and improves heart health. Singing around the drum also requires great breath control and core strength.

However, dancing in heavy regalia under the hot summer sun can be physically stressful. To stay safe and perform your best, focus on three main areas:

- **Hydrate Constantly:** Drink plenty of water and low-sugar electrolyte drinks before you feel thirsty. Avoid sugary sodas and energy drinks, which cause energy crashes.
- **Fuel Your Body:** Eat traditional, nutrient-dense foods like lean meats, berries, and squash to keep your energy steady.
- **Warm Up and Cool Down:** Stretch your calves, hamstrings, and lower back before stepping into the arena to protect your joints from hard ground surfaces.

By treating our bodies as sacred spaces, we honor our ancestors. Let's celebrate this powwow season with strength, vitality, and health.



42nd Annual Saginaw Chippewa POWWOW

July 24, 25 & 26, 2026

Grand Entry
Friday: 7 p.m. | Saturday: 1 p.m. | Sunday: 12 p.m.

The Hill Campground
7525 E. Tamarac Rd., Mt. Pleasant, MI 48858
For camping reservations, please email powwowcommittee@sagchip.org or contact Scipyan Anous at 989.775.5643.
Please note: Elders, vendors and participants will have priority to the limited water and electric hook-up site during powwow weekend. All others will have access to the remaining sites available.

Hotel Information:
• Soaring Eagle Casino & Resort | 1.888.732.4537
• Soaring Eagle Waterpark and Hotel | 1.877.232.4532
• The Retreat at Soaring Eagle | 1.877.232.4532

Head Veterans: Ken Funmaker
Masters of Ceremonies: Keveon Kingbird & Anthony Monoessy
Arena Directors: Gabe Cleveland & Wayne Silas
Head Male Dance Judge: Michael Roberts
Head Female Dance Judge: Rebecca Roberts
Head Drum Judge: Harvey Dreaver
Host Drum: Under the Pines
Head Dancers: Selected daily

www.sagchip.org/pow-wow
*Free Admission **Drug and Alcohol Free Event

For more information, please contact:
SCIT Powwow Committee at PowwowCommittee@sagchip.org or 989.775.5643



Saginaw Chippewa Indian Tribe of Michigan
"Working Together for Our Future"

7500 Soaring Eagle Blvd.
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org



Scan QR code for the powwow flier

Indigenous Cooking Demo



with Dr. Martin Reinhardt and
Co-presenter, Tina Moses



Near the end of May, we had live cooking demonstrations and delicious food tastings from the Decolonizing Diet Project Cookbook. This was a special 2-day activity held in our basement featuring the Anishinaabe author, Dr. Martin Reinhardt and co-presenter Tina Moses. Each day included food

education and a hands-on opportunity to prepare Indigenous recipes. We were also joined onsite by a fresh fruit and vegetable stand from Eastern Market. At the conclusion of the event they were gifted a blanket as seen in the pictures.



All hands on deck!



Preparing the yams and bison



Eastern Market
Fresh fruits and vegetables



Pumpkin Cornbread



Bison Stew



Dr. Martin Reinhardt
and Tina Moses

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Holiday Closures

July

July 3 - Independence
Day (observed)

August

None

September

Sept 7 - Labor Day
Sept 25 - Michigan Indian
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.

Great Lakes Area Tribal Health Board

Leaders from the Great Lakes Area Tribal Health Board joined Acting IHS Director Ben Smith at the Bemidji Area Pre-Negotiations Conference in Grand Rapids. Among them was Chasity Dial, CEO representing the Board as the Urban representative, in a shared effort to advance tribal health priorities and strengthen care for Native communities across the region.



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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4880 Lawndale
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Cultural Consolation
Youth Programming

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Native Healthy Start
Sweat Lodge
Community Garden
Cooking Classes
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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	9:00 - 5:00pm
Thursday	10:30 - 7:00pm
Friday	9:00 - 5:00pm

Clinic: 313-846-6030