



BAIHP Board of Directors with UAI Executive Leaders.
Strength in Unity. Power in Diversity.



Bakersfield American
B·A·I·H·P
Indian Health Project

MONTHLY NEWSLETTER

661-327-4030

www.BakersfieldAIHP.org

501 40th Street
Bakersfield, CA 93301

April

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MESSAGE FROM THE CEO

In March, the California Urban Indian Health CEOs and Executive Director of the California Consortium for Urban Indian Health met with IHS Director Tso (pictured in the middle in blue) to speak about California Urban Indian's needs. "*We advocate for all Native Americans living in California,*" said Angel Galvez CEO, and hope that all who receive health care services can achieve the greatest impact of IHS led initiatives to improve quality of life.



Additionally, CEO Angel Galvez and the BAIHP Board of Directors met with United American Indian Involvement (UAI). The meeting was part of us uniting efforts to keep our sacred practices alive across our region. Bringing leadership opportunities to our Native communities at a local level. Lastly, strengthening partnerships between Boards and Executive Leaders (see front page photo).

M. ANGEL GALVEZ, BS, MAOL
BAIHP CEO

OUR FEATHERS SOARING HIGHER

Culture of Connectional Change

Our passion at BAIHP is to bring cultural diversity, artistic expressions, and spiritual insights into the lives of our Native American community. Culture not only enriches knowledge, but also promotes respect, appreciation, and unity among diverse communities.

We pray for opportunities to become more valuable on the job, and for ways to bless and serve fellow workers and patients. The Creator has given us new direction and plenty of work to do. Striving for excellence and looking for ways to outdo the previous day's performance is our new standard of practice. The Creator promises to guide, and we are called to decide.

As the need for quality care continues to grow, BAIHP's goal is to fulfill that need by providing exceptional care and outstanding customer service throughout the entire patient client experience. Establishing strong relationships with our clients is essential to achieving service excellence. BAIHP's small groups play a vital role of building these relationships by offering numerous benefits that contribute to spiritual growth, fellowship, and outreach.

We strive to provide comprehensive service that covers the healthcare needs of every AI/AN who comes to our facility. To remain vigilant in standing firm with the Creator, all BAIHP personnel are committed to the principles of Humility, Empathy, Accountability, Respect, and Transparency. Our organization prides itself on distinctive customer service and instilling a passion for excellence, this is the beat of our H.E.A.R.T. Thank you for your trust and confidence in allowing us to serve your healthcare needs.



Bakersfield College Open House

In a celebration of unity and cultural exchange, the Eagle Heart Drummers from the Bakersfield American Indian Health Project graced the open house at Bakersfield College with their mesmerizing songs, heartfelt prayers, and rich indigenous culture.

Through their powerful performance, the Eagle Heart Drummers not only shared the beauty of their heritage but also fostered a spirit of inclusivity and appreciation for diversity. Their presence served as a reminder of the importance of honoring and preserving indigenous cultures in our collective tapestry of humanity.

As they shared their songs and prayers, the Eagle Heart Drummers ignited a spark of cultural exchange, bridging hearts and minds across communities. Their performance was more than just music; it was a testament to the enduring power of tradition and the unbreakable bonds that unite us all.

In the spirit of unity and mutual respect, the Eagle Heart Drummers left an indelible mark on the open house at Bakersfield College, inspiring all who were fortunate enough to witness their captivating performance.



DEIB Training



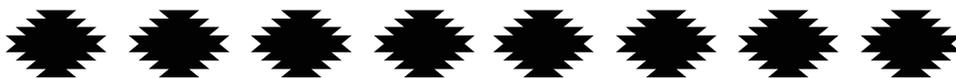
The dedicated staff at the Bakersfield American Indian Health Project recently engaged in a transformative training session on Diversity, Equity, Inclusion, and Belonging (DEIB), led by the esteemed Anastasia Lester from Kern Health Systems. With her expertise and guidance, the team delved into essential topics surrounding cultural sensitivity, systemic biases, and fostering an environment of equity and belonging within their organization. Through insightful discussions, they gained valuable tools and perspectives to further enhance their commitment to serving diverse communities with empathy, understanding, and inclusivity. This training served as a powerful catalyst for growth and reflection, empowering the staff to continue their vital work with renewed purpose and dedication.

DIVERSITY

EQUITY

INCLUSION

BELONGING



Youth Quest 2024

In a powerful display of unity and determination, the Native American youth from the Bakersfield American Indian Health Project (BAIHP) recently took center stage at Youth Quest 2024, a youth-led conference dedicated to combating commercial tobacco use in AIAN (American Indian and Alaska Native) communities. With their voices raised and hearts united, these inspiring young individuals embarked on a journey of advocacy, empowerment, and cultural resurgence. These youth were invited to share a land acknowledgement as well as introducing themselves in language to a room of hundreds of passionate youth. With each word spoken, they reclaimed their ancestral languages, preserving traditions and honoring the resilience of their ancestors. Our youth represented the Cherokee Nation, the Tubatalabal, and the Chalon peoples. They also met with other youth from the Wukchumni tribe and Tachi Yokuts tribe.

A transformative experience unfolded as our embarked on a journey of cultural discovery at the California Indian Museum in Sacramento. Guided by the wisdom of an Elder, Al Striplen (Amah Mutsen), they immersed themselves in the rich tapestry of indigenous history spanning across California.

These remarkable youth marched on the capitol in Sacramento, a beacon of hope and change, as they met with local legislators to share their stories, experiences, and aspirations. Armed with passion and conviction, they spoke truth to power, advocating for policies and initiatives that prioritize the health and well-being of AIAN communities. May their voices continue to be heard, their dreams realized, and their legacy celebrated for years to come.



RETIREMENT OF VENTURA RUIZ



We're privileged to honor and celebrate the incredible career of a true healthcare champion, Ventura Ruiz, as she embarks on the next chapter of her journey into retirement. For years, Ventura has been the heart and soul of the Bakersfield American Indian Health Project, tirelessly dedicating herself to improving the health and well-being of the community she served.

Here's to Ventura Ruiz, a true healthcare hero, whose passion, compassion, and dedication have made our community a better place. May your retirement be filled with joy, relaxation, and all the happiness you deserve!



WEEKLY ACTIVITIES

Art Class | Monday 9:30AM - 10:30AM

Explore your creativity with traditional art

Tai-Chi | Tuesday and Thursday 11AM - 12PM

Balance and Fall Prevention

Youth Group | Every Other Tuesday 5PM - 6:30PM

Ages 12 - 18

Cultural Talking Circles, Activities, Mental Health, Prevention and Building Community

Regalia Making | Tuesday 5PM - 7:30PM

Ages 12+ (12-15 require chaperone)

Sewing & Leather Work | Limited Spots (10) - RSVP to save your seat

Nutrition Classes | Wednesday 10AM - 11AM (Education) | 1PM - 2PM (Cooking)

Nutrition Education, Learn & Practice Healthy Cooking & Diabetes Education Available Upon Request

Veteran's Talking Circle | First Wednesday of the Month 9AM - 11AM

Community & Culture Focus | Safe Space to Share

Women's Talking Circle | Wednesday 1:30PM - 3:30PM

Community & Culture Focus | Safe Space to Share

Wellbriety | Wednesday 3PM - 4:30PM

12 Step Program With Guidance from The Red Road to Wellbriety from White Bison

"To Be Sober and Well"

May Meet Court Mandated Requirements

Beading Class | Wednesday 5PM - 7:30PM

Various Beading Activities. Learn Traditional Beading Styles

Drum & Dance Group | Thursday 6PM - 7:30PM

All Ages | Native Drumming Class, Pow-Wow Style Dancing and Etiquette

MENTAL HEALTH

AWARENESS

JOIN THE CONVERSATION



**BREAK THE
STIGMA**

CELEBRATE RESILIENCY

Friday, May 17th from 4PM - 8PM

501 40th St. Bakersfield, CA 93301

Dinner provided. RSVP to attend (max 50)

RSVP by calling (661) 327-4030 or email BAIHPCommunity@BakersfieldAIHP.org



May marks National Mental Health Awareness Month. BAIHP believes it is important to understand the resources available to American Indian, Alaska Native, and Indigenous people in Kern County. At this event you will hear about access to care, stories of hope, healing, and resiliency, and about the sacredness of defined practices of those who achieved wellness, recovery, and sober living.



Birthdays at BAIHP



Birthday Shoutouts - Happy Birthday to Ruby (6th), Donna (17th), and Laura (27th) - pictured above - as well as Joseph (19th), Milagros (22nd), Carlos (22nd) Martha (29th) - not pictured.



Subscribe to get our newsletters directly!



OUR MISSION

To serve the American Indian and Alaska Natives residing in Kern County by providing services that contribute to the health and vitality of the community in a respectful manner with high regard for cultural values, Tribal affiliation, and spiritual and personal values of individuals.

OUR VISION

BAIHP envisions a vibrant, healthful life for future generations of American Indians & Alaska Natives in Kern County by delivering sustainable, culturally integrated services, and fostering continuous community connections and whole wellness.

www.bakersfieldaihp.org

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