



Feb - April 2025

## BAKERSFIELD AMERICAN INDIAN HEALTH PROJECT

# NEWSLETTER

### Spring Gathering

On March 29th, BAIHP welcomed the season of renewal with our annual Spring Gathering, a vibrant celebration of community, tradition, and healing. The day began in a good way with an opening prayer, grounding the event in spirit and intention.

Guests were treated to a rich array of cultural performances that honored both movement and ceremony. Our Tai Chi group shared their graceful practice, followed by the powerful presence of Danza Azteca, whose rhythm and energy brought the crowd to life. The Two Crow Singers lifted hearts with their drumming and songs, reminding us of the strength found in shared voices. For the first time ever, we had the honor of welcoming Bear Dancers, who joined us in offering prayers and blessings, marking a meaningful moment of unity and respect. (continued on page 2)



### Top News

BAIHP board and staff visit Washington D.C. for National Council of Urban Indian Health Conference

### BAIHP Updates

BAIHP resumes Women's Talking Circle and new Special Diabetes Program for Indians (SDPI) starting May 2025

BAIHP CEO Angel Galvez featured in New York Times article about Medicaid



Bakersfield American  
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Indian Health Project

*Our Feathers Soaring Higher*

[www.BakersfieldAIHP.org](http://www.BakersfieldAIHP.org)

## In the New York Times

BAIHP CEO was interviewed for the New York Times to discuss the potential cuts to Medicaid. You can read a snippet of the article below:

“The services we provide are services that they can’t afford otherwise,” Mr. Galvez said in an interview, adding that his clinic had prioritized mental health services for the American Indian community in Bakersfield.

“What you’re doing is you’re saving someone’s life, but simultaneously, you’re reducing the cost to the system,” he said, “because if they’re well, then they don’t need to have emergency services: hospital visits, psychiatric holds, things that cost the managed care plans billions of dollars. So as a leader of this organization, I’m just a little baffled as to why they would target such a health plan to eliminate funding for things that we see as a positive.”



Photo Credit: Jenna Schoenefeld for The New York Times

Article: Medicaid Cuts Pose Budget Conundrum for Valadao and Republicans Nationwide

Full article title: **Medicaid Cuts Pose Budget Conundrum for Valadao and Republicans Nationwide**

## Spring Gathering continued

(continued from page 1) Youth were invited to participate in a tobacco cleanup activity, emphasizing both community responsibility and the importance of honoring sacred medicine. Meanwhile, our garden area bloomed with joy — offering hands-on activities like crafts, face painting, and birdhouse decorating, bringing smiles and creativity to the younger attendees and families.

Throughout the day, several of our community partners were present, sharing resources and services that support health, wellness, and cultural preservation. Their presence deepened the sense of community and offered pathways for continued connection and support.

We are deeply grateful to all who joined us in making this event so meaningful. The Spring Gathering was more than a celebration — it was a reminder of our strength when we come together in culture, prayer, and purpose.



# Bakersfield American Indian Health Project - List of Services



## Medical & Health Services

Public Health Nursing Assessments

Medical Referrals

Intensive Care Management

Diabetes Management

Health Education

Nutrition Education and Classes

Payment Assistance for Healthcare Needs

Transportation Assistance



## Mental & Behavioral Health Services

Individual and Group Family Counseling

Couples Counseling

Depression

Anxiety

Trauma Informed Care

Anger Management

Grief and Loss Counseling

Parenting

Developmentally Delayed



## Cultural & Wellness Activities

Regalia Making Class

Beading Class

Drum & Dance Class

Bingocize

Tai-Chi

Youth Group

Women's Talking Circle

Men's Talking Circle

Veteran's Talking Circle



## Cultural & Wellness Activities

Family Advocacy

Foster Care / Social Services

Homeless Support



## Addiction & Recovery Support

Wellbriety 12-Step Program

Substance Use Counseling

## Newsletter Highlight - Diabetes Education

### What is diabetes?

Diabetes is a disease where your blood sugar is too high. Diabetes happens when your body can no longer make or cannot make enough of a hormone called insulin that helps your body turn blood sugar into energy. Your blood always has some sugar in it because your body needs sugar for energy to keep you going. But too much blood sugar is bad for your health.

### What are the signs of type 2 diabetes?

Signs of type 2 diabetes can be severe, very mild or none, depending on how high blood sugars have become. Look for these signs:

- Increased thirst
- Increased hunger
- Fatigue (feeling very tired most of the time)
- Increased urination
- Unexplained weight loss
- Blurred vision

A blood test to check your blood sugar will show if you have pre-diabetes or diabetes. The name of this test is an A1C, and it measures the average amount of sugar in your blood over the past few months.

### What is type 2 diabetes?

People develop type 2 diabetes because the cells in the muscles, liver, and fat do not use insulin properly. Eventually, the body cannot make enough insulin. This leads to high blood sugar. Over time, high blood sugar can lead to serious problems with your eyes, heart, kidneys, and nerves.

Type 2 diabetes is most common in American Indian and Alaska Native people. This type of diabetes can occur at any age, even in children.

### What factors increase my risk for getting pre-diabetes and type 2 diabetes?

- Being physically inactive
- Having a parent, brother, or sister with diabetes
- Having had the kind of diabetes which can happen during pregnancy (Gestational diabetes)
- Being overweight

### Is type 2 diabetes manageable?

Yes. Taking care of your diabetes, every day will help keep your blood sugar in a healthy range and help prevent health problems that diabetes can cause during your lifetime.

### Where can I get help with pre-diabetes and diabetes?

- Your health care team (doctor, nurse, diabetes educator, dietitian, psychologist, fitness coach, social worker) can help. They can help you create a physical activity and healthy eating plan that will work for you. They can also tell you about medication used to treat diabetes.
- Get help from others. Talk with your family and friends and ask for support.



# Potato Leek Soup

Author: Analida Braeger  
 Prep Time: 15 Minutes  
 Cook Time: 25 Minutes  
 Servings: 6

## Ingredients

- 2 Tbsp butter
- 1 onion medium, chopped
- 2 leeks (whites only and light green parts) finely chopped, well cleaned and rinsed
- 2 potatoes large baking type peeled and cubed
- 32 ounces chicken broth *you can substitute vegetable broth also*
- ¼ tsp black pepper cracked
- 1 Tbsp chive chopped, optional topping
- 1 tsp sour cream for drizzling on top, optional



## Instructions

1. In a large deep skillet melt the butter on medium heat.
2. Add onions and allow to soften. Add the leeks and allow to cook until the leeks are soft, about 10 minutes. Add the potatoes. Turn a few times and sprinkle with cracked pepper.
3. Add the broth and allow it to come to a boil.
4. Turn down the heat to low. Cover and cook until potatoes are soft, about 15 minutes.
5. Using an immersion blender, break down all the solids until the mixture is smooth. Serve with chopped chives. Drizzle with heavy cream if desired.

# Women's Talking Circle

BAIHP is committed to uplifting and empowering women by creating welcoming, culturally grounded spaces where they can come together, share, and support one another.



Through community-centered gatherings and intentional dialogue, BAIHP fosters healing, connection, and strength among Native women. Women's Talking Circle will resume in May. Follow us on Social Media to stay in the loop!



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# Newsletter Highlight

Owens Valley Career Development Center Lake Isabella had their Winter Gathering on Feb 1st, 2025. BAIHP was invited to give out resources and talk to the families about our new office in Mount Mesa. Bakersfield OV CDC Language Dept was also present. There were approximately 10 to 12 families who attended. Our BAIHP Family Advocate did smudging for the families outside as they entered the senior center for the gathering. BAIHP had a table with resources to hand out and the Family Advocate was able to speak for a few moments to let the families know about opening our new office. BAIHP handed out several registration packets and suggested they go to the new office to turn in their packets. The families were very excited to hear about the office and were thankful we were there.



# Advocating For You - BAIHP in D.C.

The NCUH Annual Conference is a significant event that brings together Urban Indian Organizations (UIO), healthcare professionals, policymakers, community leaders, and advocates to discuss critical issues related to urban Indian health. The 2025 conference took place from April 22 to April 25, 2025.

BAIHP was honored to send several staff and leaders to Washington, D.C. to attend and advocate for us and to educate other UIOs on the importance of taking care of our youth within cultural and emotional frameworks.

The conference featured various sessions, including board training for Urban Indian Organization Boards of Directors, federal agency listening sessions, advocacy training, and Capitol Hill visits for Urban Indian Organizations. These sessions aim to provide attendees with the tools and knowledge to advocate effectively for urban Indian health issues.



February Birthday



March Birthday



April Birthday



April Birthday

## Happy Birthday to BAIHP Staff for February, March, and April!

Pictured: Ron (Feb. 9), Gena (Feb. 25), Cheyenne (Mar. 27), Blake (Mar. 25), Jesse (Mar. 30), Loreto (Apr. 9), Laura J. (Apr. 27)  
 Not Pictured: Amit (Feb. 1), Priscilla (March 8), Michelle (March 20), Nicole (Apr. 3), Ruby (Apr. 6), Joe (Apr. 19), Carlos (Apr. 22), Martha (Apr. 29)

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