



Photo from Anthem Welcome Center Ribbon Cutting



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

MONTHLY NEWSLETTER

661-327-4030

www.BakersfieldAIHP.org

501 40th Street
Bakersfield, CA 93301

June

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MESSAGE FROM THE CEO

As we gather at the National Council for Urban Indian Health (NCUIH) annual conference, I am honored to represent the Bakersfield American Indian Health Project (BAIHP) and share our collective progress in serving urban Native American communities. This event serves as an invaluable platform to reflect on our achievements, identify areas for improvement, and chart a course towards a healthier future for our people.



As the new NCUIH Vice Chairman of the Board of Directors I hope to continue the great work championed by the previous-elect Chairwoman Ms. Sonya Tetnowski, UIO of Santa Clara Valley CEO. As Vice Chairman, I look forward working with the rest of the Board on elevating the importance of Veteran Services, Traditional Healing Services, and increasing reimbursement for all services provided in Urban Indian Organizations.

M. ANGEL GALVEZ, BS, MAOL
BAIHP CEO

OUR FEATHERS SOARING HIGHER

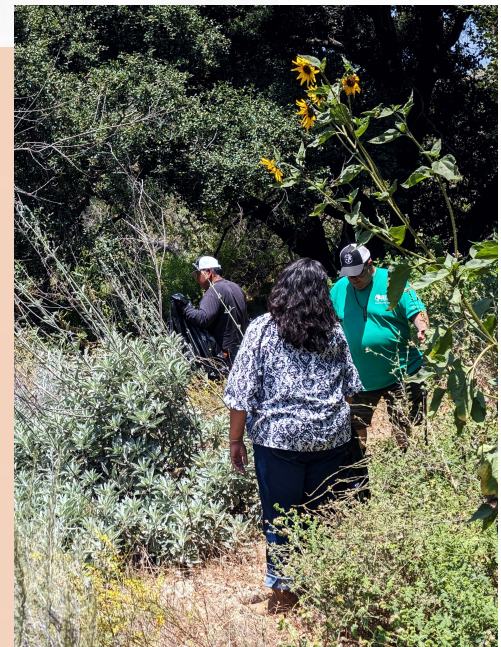
MEDICINE GATHERING

Recently, we embarked on a meaningful journey of Native medicine gathering to source safe and culturally appropriate remedies for our clinic.

Led by our dedicated team, including BAIHP Board members Johnny Nieto and Sal Hernandez, this underscores our commitment to integrating traditional healing practices into our modern healthcare approach. Our board, staff, and community member's invaluable participation ensured that we honored protocols and gathered medicines respectfully, following traditional knowledge and environmental stewardship principles with insights from our Cultural Coordinator, Jackson Copeland.

At BAIHP, we recognize the profound importance of collecting medicines sustainably and ethically from Native lands. This approach not only respects the sacredness of these resources but also aligns with our mission to provide culturally competent care. It is essential to emphasize that we gather only what is needed, ensuring that these natural remedies remain available for future generations and can continue to grow.

This initiative marks a significant milestone in our journey toward offering comprehensive healthcare that respects and integrates Indigenous traditions. By incorporating Native medicines into our practice, we aim to provide our community with a holistic healthcare experience that addresses both physical and spiritual needs.



SEXUALITY AND GENDER IDENTITY HEALTH SYMPOSIUM

We are thrilled to announce the success the first-ever Sexuality and Gender Identity Healthcare Symposium, held on June 14th with 136 attendees. This groundbreaking event was dedicated to fostering inclusivity and enhancing understanding among mental health providers for the 2SLGBTQIA+ community and was hosted with assistance from the Center for Sexuality and Gender Diversity, Bakersfield College Lavender Initiatives & Native American Student Support & Success Program (NASSSP).

The symposium featured esteemed keynote speakers Mita Beach and Dr. Erik James Escareño, whose expertise illuminated critical issues at the intersection of healthcare and diverse gender identities and sexual orientations. Their insights provided attendees with invaluable perspectives on improving healthcare delivery and support for marginalized communities.

The symposium opened with remarks from Jesus Martell Gonzalez, CEO of the Center for Sexuality and Gender Diversity, Johnny Nieto, BAIHP Board member and director of NASSSP, and a video from BAIHP CEO Angel Galvez. Their opening remarks set the tone for a day filled with learning, dialogue, and actionable strategies aimed at creating more inclusive healthcare environments.

Attendees gained crucial insights into the healthcare challenges faced by the 2SLGBTQIA+ community and received practical guidance on enhancing cultural competency and sensitivity in their practice. The event underscored the importance of compassionate, informed care for all individuals, irrespective of their sexual orientation or gender identity.

We extend our heartfelt thanks to all participants, speakers, and organizers whose commitment to advancing healthcare equity made this symposium a resounding success. BAIHP remains dedicated to continuing this vital conversation and looks forward to further initiatives that promote inclusivity and support within our healthcare community.



INDIAN CITIZENSHIP ACT OF 1924

This year marks the 100th anniversary of the Native American Citizenship Act of 1924, a pivotal moment in American history. Signed into law by President Calvin Coolidge on June 2nd, 1924, this legislation granted citizenship to Native Americans born within the United States, marking a significant step towards recognizing their rights and contributions.

Before this act, Native Americans faced systemic marginalization and were often denied basic citizenship rights. The Act not only rectified this injustice but also affirmed tribal sovereignty, recognizing the distinct political status of Native nations.

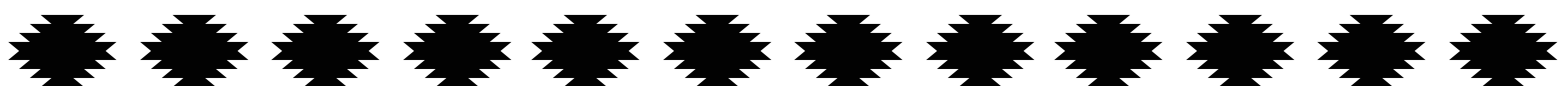
Beyond its legal implications, the Act symbolizes a commitment to justice and equality for Native peoples. It highlights their resilience and contributions to American society, from cultural preservation to military service.

As we commemorate this milestone, let us reflect on the progress made and acknowledge the ongoing challenges. By honoring the spirit of the Native American Citizenship Act, we reaffirm our commitment to inclusivity, cultural diversity, and justice for all.



Looking ahead, it is crucial to honor the spirit of the Native American Citizenship Act by advocating for policies that respect and empower Native communities. This includes promoting initiatives that preserve cultural heritage, expand economic opportunities, and ensure equitable access to resources.

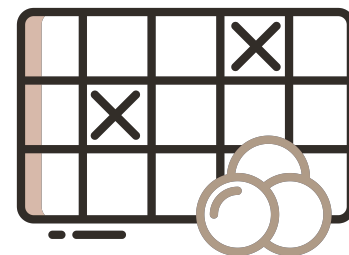
In celebrating the 100th anniversary of this historic legislation, let us reaffirm our commitment to fostering a society where every individual, regardless of background, can thrive and contribute to our collective future.



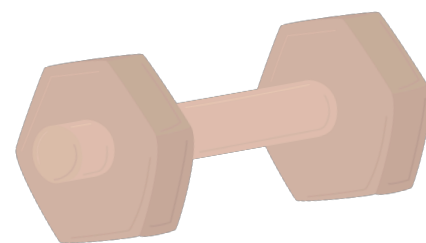
BINGOCIZE RETURNS

BAIHP resumed its 10-week evidence-based health promotion program, Bingocize, that combines the game of Bingo with exercise and health education. Bingocize aims to improve physical fitness, health knowledge, and social engagement. The program is designed to be fun and engaging while promoting physical activity and learning about health topics.

Over the next 10 weeks, Bingocize participants will focus on improving their hand grip utilizing different modalities of equipment and exercises along with focusing on how to prevent falls, healthy eating, and diabetes management. It's never too late to come in for education, exercise, or just to have fun playing Bingo.



The first week of the workshop commenced on Tuesday June 25th and Thursday June 27th with classes running from 10:00 to 11:00 followed by Tai Chi from 11:00 to 12:00. Classes will begin the exercise portion every Tuesday and Thursday starting on July 9th with morning class at 10:00 and the afternoon class at 2:00. Everyone is invited to attend both the morning and afternoon classes and are encouraged to show up and join anytime throughout the next 10 weeks.



PEACE & DIGNITY JOURNEYS



PEACE & DIGNITY JOURNEYS

2024

Spiritual Run: Alaska to Columbia

This year's theme is dedicated to Tlahtoa – an indigenous concept that encompasses introspection, speaking from the heart, the truth, and is the breath of life.

BAKERSFIELD -> SAN FERNANDO VALLEY

JULY 15th - 18th

- ▼ BAIHP
- ▼ TEJON TRIBE (Rest)
- ▼ FRAZIER PARK
- ▼ PYRAMID LAKE (Rest)
- ▼ CASTAIC LAKE
- ▼ RUDY ORTEGA SR PARK

NEED SPIRITUAL RUNNERS - Please Contact
Daniel or Maria Romero (661) 972-4606
-Meet at BAIHP 7/15-



If you are able to donate, please know that your gift will put gas in our vehicles, help us maintain the vehicles, and assist with runner travel costs as they make their 7,500-mile-plus journey.
Learn More: pdjrun.com



The Peace and Dignity Journeys is a ceremonial run spanning from Alaska to Colombia, encompassing stops in Fresno, Tachi (Lemoore), Tule (Porterville), Bakersfield, and Los Angeles. Established in 1990, it is rooted in indigenous traditions of running as prayer and cultural self-determination. Participants, both Native and non-Native, commit to preserving Native American culture and uniting indigenous peoples across Turtle Island. Runners serve as ambassadors, practicing daily with a deep reverence for prayer and respect for indigenous sovereignty. Requirements include demonstrating physical endurance, abstaining from substances, and maintaining celibacy, emphasizing the journey's expectations of dedication and discipline.

Runners will arrive at BAIHP on Sunday, July 14th to rest and will depart from BAIHP on Monday, July 15th at 6 AM to continue on to Tejon Tribe.

If you're interested in becoming a runner, please contact Daniel or Maria Romero (661) 972-4606 or use the QR code to donate!

JOB OPENINGS



BAIHP is hiring for multiple positions! We're also looking to expand our team for our future Kern River Valley / Lake Isabella clinic. Apply today!

Bakersfield Positions:

Transporter	Family Nurse Practitioner	Family Practice Physician
Medical Assistant		

Lake Isabella KRV Positions:

Cultural Coordinator	Family Nurse Practitioner	Family Practice Physician
Patient Account Specialist	Community Healthcare Worker	

Visit www.bakersfieldaihp.org/careers for more information



WEEKLY ACTIVITIES

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

Explore your creativity with traditional art

Bingocize | Tuesday and Thursday, 10AM & 2PM

Play bingo, exercise, socialize and win prizes!

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

Cultural Workshop | Wednesday 9AM - 11AM

Create your own cultural pieces such as turtle shell rattles, moccasins, medicine bags, and more!

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

Community & Culture Focus | Safe Space to Share

Nutrition Classes | Wednesday 10AM & 1PM

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

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

BRIGHT FUTURES BIG CAREERS BACKPACK GIVEAWAY

3RD
ANNUAL

BACK TO
SCHOOL

— — — — — DRIVE-THRU EVENT — — — — —



501 40TH STREET
BAKERSFIELD 93301



Bakersfield American

B·A·I·H·P

Indian Health Project

Our Feathers Soaring Higher

JULY 20TH, 2024
10 AM - 1:30 PM

Preparing TK - College Youth for another school year and a Bright Future towards a Big Career!

Boxed Lunch, Backpacks*, School Supplies, Health Information, Resources, and other giveaways!

◆ Ages 4-24 Only

◆ First Come First Serve

◆ ID Required for 18+

◆ Limited Quantities Available

***Children must be present to receive backpack**



Like what we're doing? Donate to show your support!

Paypal



Venmo



For more information, call (661) 327-4030 or email BAIHPCommunity@BakersfieldAIHP.org

GUST-2-GO

Gust-2-Go is a Bakersfield American Indian Health Program service designed to assist families who are in need of additional cooling options.

To receive a free fan, call (661) 327 - 4030 or visit us at 501 40th Street in Bakersfield for a consultation on the products.



Register to claim fans



BakersfieldAIHP.org



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Stay Up-to-Date!



TheBAIHP



@baihp



BakersfieldAme1

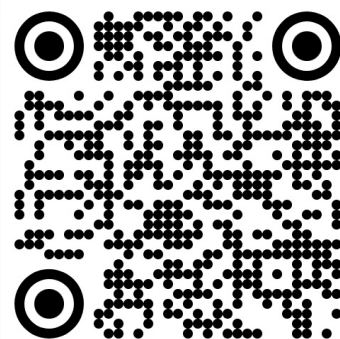
Birthdays at BAIHP



Birthday Shoutouts - Penny (June 19th)



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

Donate to BAIHP

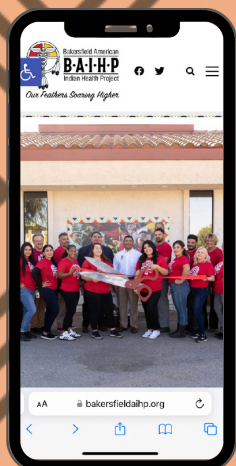


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