



Photo from 2024 NCUIH Annual Conference outside Senator Alex Padilla's office in Washington D.C.



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

# MONTHLY NEWSLETTER

661-327-4030

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

501 40th Street  
Bakersfield, CA 93301

May

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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.

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**M. ANGEL GALVEZ, BS, MAOL**  
**BAIHP CEO**

*OUR FEATHERS SOARING HIGHER*

# NCUIH ANNUAL CONFERENCE

We're delighted to share the exciting news of our recent journey to Washington D.C. for the National Council for Urban Indian Health (NCUIH) annual conference. As proud representatives of the Bakersfield American Indian Health Project (BAIHP), we embarked on this enriching experience to both showcase our organization's impactful work and glean insights from fellow Urban Indian Organizations (UIOs) across the nation.

The conference served as a vibrant hub for knowledge exchange, collaboration, and advocacy within the urban Native American health sphere. Through dynamic workshops, engaging discussions, and networking opportunities, we delved deep into the challenges, successes, and innovations shaping our field.

One of the highlights of our trip was the privilege of meeting with local legislative staff representing esteemed leaders like Representative David Valadeo, Senator Alex Padilla, Representative Nancy Pelosi, Senator Butler, and more. These meetings provided a crucial platform to advocate for the needs and priorities of urban Native Americans at a national level. We shared our community's stories, highlighted pressing issues, and emphasized the importance of robust federal support for UIOs.

As we return home, invigorated and inspired, we carry with us a renewed sense of purpose and determination. We remain committed to elevating the health and well-being of urban Native American communities in Bakersfield and beyond.



# MAY IS MENTAL HEALTH PANEL

This event brought together our community in a spirit of learning, sharing, and support.

The evening commenced with an enlightening panel featuring our dedicated health providers. They generously shared their expertise, offering invaluable tips on nurturing mental well-being and emphasizing the interconnectedness of mental, physical, and spiritual health. Their insights illuminated the path towards holistic wellness, empowering attendees to prioritize self-care and seek support when needed.



Following the panel discussion, our community engaged in a heartfelt Q&A session. Participants were warmly encouraged to share their own stories and struggles, fostering a safe and nurturing environment for open dialogue and connection. Together, we explored shared experiences, offered words of encouragement, and affirmed the importance of mutual support in our journey towards mental wellness.

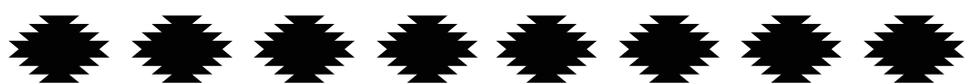


As the evening unfolded, we gathered in our garden for a delightful dinner, fostering connections and strengthening bonds within our community. Energized by nourishing food and uplifting conversation, we reconvened for a poignant panel featuring members of our own community.



These courageous individuals shared their personal experiences with our services, highlighting the impact of our programs on their lives. Their stories served as powerful testimonials to the transformative power of compassionate care, solidarity, and resilience.

As we reflect on this unforgettable evening, we extend our heartfelt gratitude to all who contributed to its success. From our dedicated health providers, the staff that made it all possible, and to our cherished community members, each of you played a vital role in creating a space of healing, empathy, and hope.



# ANNUAL MMIP MARCH AT CSUB

This powerful event, which took place on May 3rd, provided a poignant opportunity for our organization, the Bakersfield American Indian Health Project (BAIHP), to stand in solidarity with Indigenous communities and advocate for justice and awareness.

The march, organized by California State University, Bakersfield to honor and remember Indigenous individuals who have gone missing or been murdered, drew together a diverse coalition of allies, advocates, and community members. As we joined our voices with others in this important cause, we were reminded of the urgent need to address the systemic issues that disproportionately impact Indigenous peoples.

At BAIHP, we recognize the profound impact of historical trauma and ongoing injustices on the mental, physical, and spiritual well-being of Indigenous communities. We remain steadfast in our commitment to providing culturally competent healthcare and support services that address the unique needs and challenges faced by Indigenous individuals and families.

Participating in the Missing & Murdered Indigenous People's March was not only a solemn act of remembrance but also a powerful statement of solidarity and resilience. Together, we reaffirm our commitment to advocating for justice, healing, and empowerment for all Indigenous peoples.

As we reflect on our participation in this meaningful event, we are reminded of the importance of community unity and collective action in the ongoing struggle for Indigenous rights and justice. We extend our gratitude to all who joined us in this vital cause and reaffirm our dedication to standing alongside Indigenous communities in their fight for visibility, dignity, and justice.



# STAFF SELF-CARE CHALLENGE



In April, our dedicated team at Bakersfield American Indian Health Project (BAIHP) embarked on a transformative self-care challenge. Throughout the month, staff members prioritized their well-being through various activities, from mindfulness practices to physical exercise.

As a reward for their commitment, participants were entered into a raffle to win generously donated prizes, fostering a culture of self-nurturing and mutual support within our organization.

Thank you to all our staff who participated!



## 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

### **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 - 11AM**

**(Education) | 1PM - 2PM (Cooking)**

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
- ◆ ID Required for 18+
- ◆ First Come First Serve
- ◆ Limited Quantities Available

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



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

Paypal



Venmo



# Birthdays at BAIHP



**Birthday Shoutouts - Sal (4th), Jorge (20th), Noah (28th), Sarah (28th), Sabrina (28th)**



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](http://www.bakersfieldaihp.org)

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