



Body - Mind - Spirit

Newsletter

May 2024, Page 1 of 2

Mission, Vision, Values

- Promoting excellence with respect to custom and tradition.
- Reducing health disparities by increasing access to care and improving the quality of that care
- Improved quality of life.

From the CEO

A Commitment to Healing and Understanding

We at the San Diego American Indian Health Center are honored to announce our recent partnership with the County of San Diego through the Refugee Health Assessment Program. As we prepare to extend our care to refugees arriving in the United States, we recognize the profound hardships they have faced—fleeing conflict, escaping persecution, and leaving behind everything familiar to seek safety and a new beginning.

In serving this resilient community, we find a deep connection with our own history. Just as our Native Americans endured displacement and historical trauma, we understand the complex journey of healing that lies ahead for our refugee brothers and sisters. This shared experience strengthens our commitment to providing compassionate, culturally sensitive health care that supports not just physical well-being, but also emotional and spiritual healing.

Together, we stand dedicated to aiding those in need, honoring every individual's journey, and building a healthier future for all communities we serve.

New SDAIHC Mobile Medical & Dental Unit Arriving August 2024

We are excited to announce the development of our new mobile medical and dental unit, scheduled for arrival in August 2024. This mobile unit represents a significant advancement in our mission to enhance community health services by providing versatile and direct healthcare access.

The unit stretches 34 feet 11 inches, offering a dual-purpose space meticulously designed to support both medical and dental care. The interior is ingeniously crafted to accommodate dental and medical requirements, ensuring optimal use of each area for different health services. With features like high-quality dental chairs and a Midmark 204 exam table, each room within the unit can be configured for exclusive dental use, solely medical services, or a combination of both, depending on community needs.

The mobile unit is equipped with state-of-the-art medical and dental equipment, including Welch Allyn diagnostic tools and a ProCart™ III mobile treatment console with an integrated vacuum, compressor, and amalgam separator. This ensures that we can provide a wide range of treatments efficiently and with minimal environmental impact.

With custom-built cabinets, a modern refresh area, and advanced communication tools, the unit is designed for patient comfort and high functionality in various locations. This flexibility allows us to significantly extend our reach, ensuring that high-quality healthcare is accessible to everyone, right in their communities.

As we progress towards the launch of this mobile unit, we look forward to breaking down barriers to healthcare access and beginning a new, dynamic chapter in serving our communities. Stay tuned for more updates as we get closer to bringing this revolutionary project to life.



COMING SOON

Building the Future
of Community Health & Wellness



GET INVOLVED: sdaihc.org/future



DENTAL

NEIGHBORHOOD HOUSE ASSOCIATION (NHA) & SAN DIEGO AMERICAN INDIAN HEALTH CENTER (SDAIHC) ARE PLEASED TO OFFER

FREE ORAL HEALTH SCREENINGS

Purpose

SDAIHC is looking forward to providing no cost dental screenings for Head Start children.

With your consent, your child will receive a free oral health screening from SDAIHC with optional fluoride varnish. All Head Start and Early Head Start students 0-5 years are eligible for this service. The dental screening will be done at your child's school during school hours. Each child that receives a screening will also receive an oral hygiene kit.

Please note, this screening is not a dental exam, and the American Academy of Pediatric Dentistry (AAPD) recommends exams/cleanings every 6 months.

Oral Health Initiative (OHI)

SDAIHC is part of the First 5 San Diego Oral Health Initiative (OHI).

OHI is funded by First 5 San Diego. The program provides qualified children 0-5 years with access to no cost oral health services at SDAIHC.

Schedule

Wed. 05/22 - New Life
Thurs. 05/23 - Altadena
Fri. 05/24 - KDL
Wed. 05/29 - Webster
Thurs. 05/30 - Skill Center
Fri. 05/31 - BYF & Home Base
Wed. 06/05 - Home Avenue
Thurs. 06/06 - UV I
Fri. 06/07 - UV II

SDAIHC Dental Clinic

Address:
2630 1st Ave, San Diego, CA 92103
Hours:
Monday - Friday 8AM - 5PM
Saturday 8AM - 2PM (by appointment)

To Schedule an Appointment:
Call (619) 234 - 2158

Contact Information

SDAIHC:
Ira Valdez, RDA
Irasema.Valdez@sdaihc.org
NHA:
Natalie Rogers, MPH
nrogers@neighborhoodhouse.org

Please return consent forms to Head Start staff prior to 05/21/2024



MEDICAL

We are very excited about implementing Artificial Intelligence augmentation for scribe support with medical charting. This integration will not only improve the speed but also accuracy of our patient encounters.

WELLNESS

Over the past month, our team has been actively engaged in proactive medical outreach efforts, reaching out to underserved communities and promoting health awareness. We have successfully participated in several health events and provided health education seminars and screenings, collaborating with local organizations to ensure accessibility to vital healthcare resources.

In addition, we are excited to share that our recent partnership with [St. Paul's PACE: www.StPaulsPace.org and CAPS: capspregnancyclinics.org] have resulted in a significant increase in community engagement and participation in our outreach programs. We are continuing to explore new opportunities for expansion and look forward to further enhancing our impact in the coming months.

Job Opportunities,
Click Here:
BambooHR



We are committed to providing you exceptional care. If you have any concerns, please **call us at 619-234-2158** option 4 or email us at info@sdaihc.org



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BEHAVIORAL HEALTH

May is Mental Health Awareness Month

How can I take care of my mental health?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

YOUTH CENTER

Thanks for your support of our Youth Center!

MAY 2024
Our Voices - Our Choices

Youth Center Hours: (Office Only) 1:00pm-5:30pm
The San Diego American Indian Youth Center: Ages 10-24
Visit our web site: - <https://sdaihc.org/service/youth-outreach/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
San Diego Youth Outreach Center https://www.sdaihc.org/service/youth-outreach/	Registration https://arsl.at/rGN Xxw7B		RICHARD DICRANE MOCCASIN CLASS 4:00PM TO 6:00 PM			
	Generation Red Road Virtual Training 9 am - 1 pm	HEALING GARDEN DAY 3:30 to 5:00 PM	All Staff	Beading Class 4:30 PM to 6:00		POW WOW
	Generation Red Road Virtual Training 9 am - 1 pm	GRAPHIC ART & PHOTOGRAPHY FUNDAMENTALS 3:30 to 5:00 PM	RICHARD DICRANE MOCCASIN CLASS 4:00PM TO 6:00 PM		Let's go Fishing 3:30 PM TO 5 PM	
	HEALING GARDEN DAY 3:30 to 5:00 PM	2024 Native Graduation 5:30 PM to 7:00 PM		Beading Class 4:30 PM to 5:00		
	MEMORIAL DAY	GRAPHIC ART & PHOTOGRAPHY FUNDAMENTALS 3:30 to 5:00 PM		Drumming with George Famemaker 4pm-6pm	walk & talk with Kat 4 to 5 PM	

Youth Center STAFF
Jennifer Fuentesilla: Youth Program Manager Office: 619-234-2158 ext. 155 / Cell: 619-885-1685 jfuentesilla@sdaihc.org
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Nay Htoo: PEI Specialist Cell: 619-541-9358 Nay.Htoo@sdaihc.org

This program is in part made possible from the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services, and from the San Diego, Health and Human Service Agency, Behavioral Health Services Division with funding provided by the State of California Mental Health Services Act (MHSA) Prevention and Early Intervention Program. Please note that SDAIHC and community partners reserve the right to photograph these events and activities for use in promotions and publications. You may request not to be photographed.

SAN DIEGO AMERICAN INDIAN HEALTH CENTER
San Diego American Indian Health Youth Center 2630 1st Ave., San Diego, CA 92103



SDAIHC YOUTH CENTER NEWS
San Diego American Indian Health Center - 2560 First Ave, Suite #105, San Diego - 619-885-1685

April Events and Activities

Balboa Park Museum
We enjoyed a month filled with exciting activities in April. One highlight was our trip to the San Diego Balboa Park Art Museum, where youth had the opportunity to explore and learn about various forms of art.

April Programs

- MOCCASIN CLASS
- BEADING CLASS
- HEALING GARDEN
- Art & Photography

Highlight Activities

We would like to give a big thanks to our youth and their families for participating in all of our programming.

Logos for partner organizations: FHSA, Live Well San Diego, Title VI & Johnson O'Malley Indian Education Program, TPWIC, SCAIR, and others.

For more information, contact ledmonds@sdaihc.org