



July 2026

BAKERSFIELD AMERICAN INDIAN HEALTH PROJECT NEWSLETTER

Elder Abuse Prevention Conference: Awareness, Action, and Prevention

Protecting and supporting Native American and Alaska Native elders requires awareness, collaboration, and access to trusted resources. Many elders play an essential role in caring for families, which can sometimes increase their risk of financial, emotional, or psychological abuse, particularly for those experiencing memory loss or Alzheimer's disease.

Recognizing the warning signs of elder abuse is an important step in keeping our elders safe. By learning how to identify potential concerns and knowing where to seek help, families and communities can play an active role in protecting elders and promoting their well-being.

The conference emphasized the importance of tribal communities and partner organizations working together to strengthen elder safety through education, training, resource sharing, and open communication. Participants also gained valuable knowledge about available services, technology resources for older adults, and local support.

Continued on page 2..



Top News

BAIHP attended the California Native Rooted in Tradition Summit in Carlsbad, California to explore Indigenous approaches to behavioral health, substance use prevention, and healing.

BAIHP Updates

BAIHP is excited to host its 5th Annual Back to School Bright Futures, Big Careers Backpack Giveaway, bringing together youth, families, and community partners for a day of support, resources, and opportunity.



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

Our Feathers Soaring Higher

www.BakersfieldAIHP.org

Elder Abuse Prevention Conference: CEO Angel Galvez Interview

Q 1: What are the most common forms of elder abuse affecting Native American and Alaska Native elders in our communities?

Many Native American Elders play a major role in raising and supporting their grandchildren, sometimes into adulthood, which can create psychological and financial conflicts. The conference aimed to connect Elders with state and county resources for reporting these issues and accessing support. It also highlighted the increased risk of exploitation faced by Elders experiencing memory loss or Alzheimer's disease.

Q 2: What warning signs should family members, caregivers, and community members look for when they suspect elder abuse?

If someone is trying to control your finances, personal decisions, spending, or ability to leave or return home freely, these can be early warning signs. Asking you for sensitive information is another sign. This can include things such as requesting access to your bank account or medications—under the guise of helping or protecting you.



Q 3: How can tribal communities and organizations work together to prevent elder abuse and support elder safety?

We can hold roundtable discussions, collaborate on trainings, and provide welcoming spaces for elders to gather. We can also partner with organizations that specialize in elder services to share resources, provide education, and inform our community about available support and ways to promote elder safety.

By working together, tribal communities and partner organizations can build stronger networks of support, encourage open communication, and help ensure elders are treated with the respect, dignity, and care they deserve.

Q 4: What were the most important takeaways participants gained from attending the conference?

I was enlightened by the presentations, opportunities, and resources available to older adults. As technology continues to advance, many older adults face challenges in keeping up with these changes. It was encouraging to learn that our growing aging population is becoming more knowledgeable and comfortable with technology.

Q 5: What resources are available locally for elders or family members who need help reporting abuse or seeking support services?

To report suspected elder abuse or neglect occurring in Kern County, call Toll Free 24 hours a day (800) 277-7866 or (661) 868-1006 to reach Kern County Aging and Adult Services Department (AASD) Adult Protection Services (APS), the agency responsible for receiving and investigating reports and coordinating protective services. To report suspected abuse in LTC settings, contact the LTC Ombudsman at (661) 323-7884. For emergency incidents, call 911.

3rd Annual Sexuality & Gender Identity Healthcare Symposium

On June 30, BAIHP team members attended the 3rd Annual Sexuality & Gender Identity Healthcare Symposium at Bakersfield College.

Johnny Delgado, Program Director, gave an introduction on the intentions of the symposium.

The event brought together healthcare professionals, students, educators, and community partners to explore best practices, emerging research, and lived experiences that advanced inclusive and affirming care for LGBTQIA+ communities.



The featured keynote was presented by Dr. Ángel de Jesus González, a first-generation Two-Spirit, queer, Latinx scholar and assistant professor at California State University, Fresno.

Drawing on their research on equity, inclusive policies, and student success, the keynote explored strategies for helping colleges move beyond symbolic inclusion to create lasting structural change that fostered belonging, visibility, validation, and persistence for Queer and Trans students.

The event also included sessions and a resource fair where community organizations provided resources such as information on mental health, LGBTQIA+ Health, sexual health, community advocacy, student support services, and indigenous belonging. Among the event partners providing resources were Kern Family Health Care, Bakersfield College, Lavender Initiatives, and BAIHP.

Thank you to everyone who participated, shared their expertise, and contributed to a meaningful day of learning and strengthened our collective commitment to inclusion.



Save the Date: Back to School Backpack Giveaway



Save the date for the 5th Annual Back to School Bright Futures, Big Careers Backpack Giveaway on Saturday, August 1, 2026, from 11:00 a.m. to 2:00 p.m. at 501 40th Street, Bakersfield, CA 93301.

This annual community event is designed to help prepare TK through college-aged youth for a successful school year while encouraging them to pursue bright futures and big career goals. Attendees will have access to free backpacks, school supplies, health information, car seat safety information, valuable community resources, lunch, and other exciting giveaways.

The event is open to youth ages 4–24 and provides families with helpful tools and resources to start the school year with confidence. Backpacks and other giveaway items will be distributed on a first-come, first-served basis, and quantities are limited.

Children must be present to receive a backpack, and participants ages 18 and older must present a valid ID at check-in.

California Native Rooted in Tradition Summit

Representatives from Bakersfield American Indian Health Project (BAIHP) attended the California Native Rooted in Tradition Summit in Carlsbad, California, June 16–18, 2026. The three-day gathering brought together tribal leaders, healthcare professionals, advocates, and community members to explore Indigenous approaches to behavioral health, harm reduction, substance use prevention, and healing.

Throughout the summit, one message resonated in every session: culture is medicine, relationships are the intervention, and healing begins by strengthening community connections.

The summit opened with traditional storytelling, bird singing, powwow dancing, and cultural performances that celebrated the richness of Native traditions. These cultural practices highlighted the importance of preserving identity, passing down knowledge, and promoting wellness across generations.

A youth panel from the Bishop Tribe also shared powerful perspectives on mental health, emphasizing the need for trusted adults, safe spaces, cultural identity, and Youth Advocates who can relate to the experiences of youth.



Presentations throughout the conference focused on healing from historical trauma, colonization, and adverse childhood experiences through trauma-informed, healing-centered care.

Using the Medicine Wheel as a guide, speakers encouraged providers to recognize the role of spiritual, emotional, physical, and social balance while shifting the conversation from asking, "What's wrong?" to "What happened?"

Sessions also reinforced that harm reduction has long been practiced in Native communities through compassion, respect, and caring for one another.

Another key focus was integrating traditional healing practices with evidence-based care.

Presenters shared successful programs that combine ceremonies, language, cultural teachings, and community support with behavioral health and substance use treatment. Discussions also highlighted the importance of Tribal Data Sovereignty, Native-led advocacy, and ensuring Indigenous voices are represented in decisions affecting healthcare, education, and public policy.

The knowledge gained from the summit offers valuable opportunities for BAIHP to continue strengthening services for the Native community.

Ideas included expanding culturally grounded behavioral health and harm reduction services, exploring a Youth Advocate Program, increasing peer and family support, and incorporating more cultural activities into community events.

By honoring Indigenous knowledge alongside evidence-based practices, BAIHP remains committed to building healthier, stronger, and more resilient generations through culture, connection, and community.

Shrimp Ceviche

Ingredients

1. Olive oil - **1 tbsp**
2. Garlic powder - **1 tsp**
3. White vinegar - **2 tbsp**
4. Lime juice - **3 tbsp**
5. Fresh cilantro - **2 tbsp**
6. Chopped pineapple - **1 cup**
7. Hot chili pepper (roughly chopped) - **1 small**
8. Yellow banana pepper (roughly chopped) - **1**
9. Medium tomato (roughly chopped) - **1**
10. Green onions (roughly chopped) - **2**
11. Shrimp (frozen, cooked and peeled) - **12 shrimp**



Author: American Diabetes Association
Prep Time: 15 min.
Cook Time: 0
Servings: 6

Directions

1. Place mixture in a serving bowl and add the chopped shrimp and olive oil. Chill for 30 minutes or more before serving.
2. In a food processor, add green onions, tomato, peppers, pineapple, and cilantro; pulse on-off button to chop to a very coarse consistency. Chunky texture is desired. Add lime juice, vinegar and garlic powder to the mixture.



Employee Spotlight

Estela was promoted to Case Manager I because of her exceptional knowledge, passion for Native culture, and genuine commitment to the people we serve. She consistently demonstrates initiative,



delivers accurate, high-quality work on time, manages competing priorities effectively, and remains calm, productive, and solutions-focused under pressure. Her positive attitude, strong sense of ownership, and dedication to strengthening the team make her highly deserving of this promotion.



Subscribe to our Newsletter

Donate to BAIHP

Bakersfield College Breast Cancer Education Roundtable Retreat



On June 24, 2026, Bakersfield American Indian Health Project (BAIHP) was well represented at the recent Bakersfield College Breast Cancer Education Roundtable Retreat by Mayra Melgoza, RN, Deedra Campbell, Case Manager, Carlos Cortez, Case Manager, Estella Suarez, Case Manager, and Shamekka Ludd, Housing Manager.

The retreat brought together healthcare providers, educators, community organizations, and public health partners from across Kern County to collaborate on strategies that strengthen breast cancer education, improve access to preventive services, and promote earlier detection through community partnerships.

The event provided an excellent opportunity for BAIHP staff to engage with regional leaders and exchange ideas that support improved health outcomes for the communities we serve.

Throughout the retreat, participants explored innovative approaches to community outreach, culturally responsive health education, patient navigation, and reducing barriers to breast cancer screening and treatment.

Discussions focused on expanding access to care for underserved populations, strengthening collaborative referral networks, and increasing public awareness of the importance of routine screening and early diagnosis. The multidisciplinary perspectives shared during the event highlighted the value of coordinated, community-based efforts in addressing health disparities and improving cancer prevention initiatives.

BAIHP's participation in the Breast Cancer Education Roundtable Retreat reflects the organization's ongoing commitment to prevention, education, and collaboration. The knowledge and partnerships gained by Mayra, Deedra, Carlos, Estella, and Shamekka will help support future outreach efforts and reinforce BAIHP's mission of delivering culturally responsive, patient-centered care.

By actively engaging with community partners, BAIHP continues to strengthen its role in promoting wellness, encouraging early detection, and improving access to quality healthcare services throughout Kern County.



Happy Birthday to BAIHP Staff for July!

Tiffany Evans (July 1), Laura Olguin (July 5), Sarah Elwood (July 13), Jorge Sanchez (July 23), Katherine Rodgers (July 26), Tara Gray (July 30)

501 40th Street, Bakersfield, CA 93301
12308 Mountain Mesa Road, Lake Isabella, CA 93240



@TheBAIHP



@BAIHP



@BakersfieldAmel