



Providing Doula Services at the 2026 Backpack Giveaway Event

August 2026

BAKERSFIELD AMERICAN INDIAN HEALTH PROJECT NEWSLETTER

Welcoming Our Acting Chief Executive Officer

The Bakersfield American Indian Health Project (BAIHP) Board of Directors has appointed Johnny Nieto as Acting Chief Executive Officer. Mr. Nieto brings valuable leadership experience and a strong understanding of BAIHP's mission through his previous service on the Board of Directors. To accept this appointment, he resigned from the Board in accordance with the organization's governance requirements.

As Acting CEO, Mr. Nieto will work closely with BAIHP's leadership team and staff to ensure continuity of services while supporting the organization's ongoing mission of providing quality care to the communities we serve.

Day-to-day operations will continue as usual, and staff remain committed to delivering the outstanding care and support that patients and community members rely on every day.

Please join us in welcoming Johnny Nieto to his new role as Acting Chief Executive Officer. We look forward to his leadership during this transition and to continuing our work together in service to our community.



Top News

Annual influenza vaccination is recommended for most people six months of age and older. BAIHP will have a limited supply of influenza vaccine, Pneumovax 23 (PPSV23), and Tdap vaccine.

BAIHP Updates

BAIHP held its 5th Annual Back to School Bright Futures, Big Careers Backpack Giveaway to help prepare TK through college-aged youth for a successful and exciting school year ahead.



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Our Feathers Soaring Higher

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A Heartfelt Farewell to CEO Angel Galvez

After six years of dedicated leadership at Bakersfield American Indian Health Project, Chief Executive Officer Angel Galvez bid farewell as he began a new chapter as CEO of Tule River Indian Health Center.

Throughout his time with BAIHP, Angel helped strengthen the organization through his commitment to serving the community with compassion, kindness, and respect.

His leadership and dedication have had a lasting impact on the organization, its staff, and the community it serves.

During his tenure, he remained focused on advancing BAIHP's mission while fostering a culture of collaboration, support, and service.

In his farewell message, Angel shared his heartfelt gratitude for the love, support, and encouragement he received from staff, patients, and the community.

He reflected on his six years with the organization as a time filled with blessings, meaningful relationships, and opportunities



to grow both personally and professionally. Angel also expressed his appreciation for the dedicated staff and encouraged everyone to continue sharing the same care and kindness that define BAIHP.

He thanked the community for placing their trust in the organization and for allowing him to be part of its journey.

He also shared his hope that patients and families will continue to support the clinic and the important services it provides.

On July 8, staff gathered for an all-staff meeting where Angel officially said farewell and thanked employees for their

commitment and partnership over the years at BAIHP.

During the gathering, staff had the opportunity to reflect on shared accomplishments and express their appreciation for his leadership and encouragement.

Although he moved into a new leadership role, Angel shared that he hoped to remain connected to BAIHP by attending community events and staying involved whenever possible.

His message reflected both gratitude for the past and optimism for the future, expressing confidence in BAIHP's continued growth and success while encouraging staff and the community to carry forward the organization's mission of compassionate care.

We thank Angel for his years of service, dedication, and leadership, and we wish him and his family continued success and many blessings as they begin this exciting new chapter in their journey.

Wellness in Balance: Mind, Body, Spirit, and Connection

One small step you can take this week to support your mental wellness is to create a few minutes of quiet time to breathe, slow down, and be present. These moments can reduce stress and, from an Indigenous perspective, help reconnect you with yourself, the land, and the wisdom of slowing down and listening.

Prioritize physical health by meeting the body's basic needs: getting enough rest, eating nourishing, natural foods, and taking regular breaks to stand, move, and step away from the desk. Small, consistent healthy choices can make a meaningful difference in overall well-being.

Emotions provide valuable information and can reveal feelings or experiences that may not be immediately understood. Frustration or anger, for example, may stem not only from what someone said or did, but from how it made you feel or the meaning you assigned to it. Past experiences can also intensify these emotions.



Rather than avoiding or suppressing difficult emotions, pause before reacting and take time to process them. Talking with someone you trust, spending time outdoors, or simply allowing yourself to feel can help you recognize and express emotions in a healthy way.

Seek out relationships where you can be authentic, express yourself freely, and receive support without judgment. Be intentional about building trust and vulnerability, while remembering that from an Indigenous perspective, wellness is relational—our connections with family,

community, Elders, nature, and the Creator can provide strength, belonging, and overall well-being.

Spending time in nature, participating in cultural activities or ceremonies, and connecting with family and tribal communities can strengthen a sense of identity, belonging, and purpose. These practices can provide resilience, meaning, healing, and a reminder of being part of something larger than oneself.

Intentionally setting boundaries around time and energy helps prevent taking on more than is sustainable. Prioritize regular time for rest, reflection, family, nature, and restorative activities—self-care supports emotional availability, effectiveness, and helps reduce the risk of compassion fatigue and burnout.

*Content provided by Ruben Alonzo, LCSW
Wellness and Recovery Manager*

5th Annual Back to School Bright Futures, Big Careers Backpack Giveaway



The 5th Annual Back to School Bright Futures, Big Careers Backpack Giveaway was held 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 helped prepare TK through college-aged youth for a successful school year while encouraging bright futures and big career goals. A total of 243 backpacks were given away, along with school supplies, lunch, health information, car seat safety resources, and community resources.

The event began with smudging and featured community partner resource tables, a free clothing drive, and a BAIHP booth with cultural displays and a table offering doula services. Participants enjoyed a welcoming day of connection, support, and community.

The event brought families and community partners together to provide valuable resources and support as youth and families prepared for the new school year.

Empowering Youth Through Back-to-School Preparation

Bakersfield American Indian Health Project continues to invest in our youth by providing meaningful opportunities to prepare for the upcoming school year. On August 4th, we took five of our Youth Group students to the Tejon Outlets for a day of shopping, socializing, and learning the basics of budgeting and money management.

Each youth was given a set budget to purchase clothing and other items needed for back-to-school, with guidance and support from our Cultural Coordinator, Cheyenne Bond, and Community Outreach Specialist, Lawrence Salcido Jr. This experience allowed the youth to take an active role in making decisions about their purchases while learning valuable skills they can carry with them throughout the school year and beyond.

The day trip provided a positive and supportive environment for our youth to socialize and connect with other Indigenous youth. Activities like this give young people an opportunity to build relationships, strengthen their sense of community, and feel supported as they prepare to return to school.

Prior to beginning their shopping experience, the youth participated in a money management pre-assessment exercise.



The activity focused on important financial concepts, including identifying the difference between wants and needs, planning for sales tax, setting spending priorities, and building confidence when making financial decisions. This preparation helped them approach the shopping experience with a clear understanding of their financial limitations and goals.

With the knowledge gained from the pre-assessment, the youth were able to plan ahead before making their purchases at the Tejon Outlets. They had the opportunity to compare items, consider prices, account for taxes, and determine which purchases best fit within their individual budgets.

The experience helped reinforce the importance of thoughtful spending, planning ahead, and informed choices.

After completing their shopping trip, the youth participated in a post-assessment survey where they had an opportunity to reflect on their purchases and the overall experience. They were asked to consider how closely they stayed within their assigned budget, what decisions they made while shopping, and how they felt about the choices they made.

This reflection allowed the youth to recognize what they learned throughout the day and identify areas where they could continue to grow in their money management skills. The post-assessment also provided staff with valuable insight into how the activity impacted the youth and what skills were most beneficial to them.

Overall, the youth shared that the pre-assessment exercise was helpful in preparing them for their shopping experience at the Tejon Outlets. They felt more confident in planning their purchases and making decisions while staying mindful of their budgets. Most importantly, the opportunity to obtain clothing items they need for the new school year helped strengthen their confidence and sense of readiness.

Zucchini Parmesan Fritters



Ingredients

1. Large eggs, separated - **4**
2. Medium zucchini, trimmed and grated - **2**
3. Grated Parmesan cheese - **1/2 cup**
4. Shredded whole-milk mozzarella cheese - **1/2 cup**
5. Parsley, chopped - **1/4 cup**
6. Fresh basil, chopped - **1/4 cup**
7. Coconut-flax flour blend (To make, mix equal parts coconut flour with ground flaxseed and refrigerate in an airtight container) - **1/4 cup**
8. Baking powder - **1/2 tsp.**
9. Ground nutmeg - **1/8 tsp.**
10. Salt - **1/4 tsp.**
11. Canola or olive oil cooking spray
12. Canola or virgin olive oil - **3 tsp.**

Author: Diabetic Gourmet Magazine

Prep Time: 20-25 min.

Cook Time: 18-22 min.

Servings: 6 (2-fritters)

Directions

1. Place egg whites in large mixing bowl. Using electric mixer, beat on high speed until stiff peaks form and whites cling to sides of bowl when tilted. Set aside.
2. Place egg yolks, zucchini, Parmesan, mozzarella, parsley, basil, coconut-flax flour blend, baking powder, nutmeg and salt in another large bowl. Stir well until zucchini is coated with flour. Using rubber spatula, gently fold in egg whites until just combined. There will be streaks of egg whites.
3. Coat large skillet with cooking spray. Warm skillet over medium-high heat and add one 1 teaspoon of oil. Using 1/4-cup measure, pour out 4 fritters. Cook 2-3 minutes on each side, until lightly browned. Transfer to plate. Repeat twice, using 1 teaspoon of oil and four 1/4 measures of batter each time.
4. Serve immediately or refrigerate, covered in aluminum foil and reheat when ready to serve.

Employee Spotlight

Michael Lara, Building Maintenance Worker at BAIHP, is a well-deserving recipient of the STAR Award. No matter the time, the situation, or the challenge, Michael answers the call with dedication,



professionalism, and teamwork. He consistently puts the team before himself, quietly taking on tremendous responsibility with humility, integrity, and reliability. His unwavering commitment and positive attitude make him one of BAIHP's most dependable and valued team members.



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Protect Our Community: Stay Up to Date on Vaccinations



Vaccination is one of the most effective ways to protect ourselves, our families, and our community from preventable illness.

Vaccines reduce the risk of severe disease, hospitalization, complications, and the spread of infection to vulnerable individuals, including elders, young children, pregnant people, and those living with chronic medical conditions. Annual influenza vaccination is recommended for most people six months of age and older.

The 2026–2027 influenza season generally extends from October 2026 through May 2027, although the exact timing and severity of flu activity cannot be predicted. Influenza activity typically begins increasing in October, most often peaks between December and February, and may remain elevated into May.

For most people, September and October 2026 are the preferred months to receive the flu vaccine, ideally by the end of October; however, vaccination should continue throughout the season while influenza viruses are circulating.

BAIHP will have a limited supply of influenza vaccine, Pneumovax 23 (PPSV23), and Tdap vaccine. Pneumovax 23 helps protect eligible patients against serious pneumococcal infections, while Tdap protects against tetanus, diphtheria, and pertussis, also known as whooping cough.

Vaccine eligibility depends on age, medical history, risk factors, and previous vaccinations. Patients are encouraged to contact BAIHP to confirm availability, determine whether a vaccine is recommended for them, and schedule an appointment while supplies remain available.

Content provided by BAIHP Medical Department



Happy Birthday to BAIHP Staff for August!

Ruben A Alonzo (Aug 16), Deedra E Campbell - not pictured (Aug 31), Estela Suarez (Aug 31)

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