

APRIL

NEWSLETTER

Texas Native Health Celebrates Successful Grand Opening

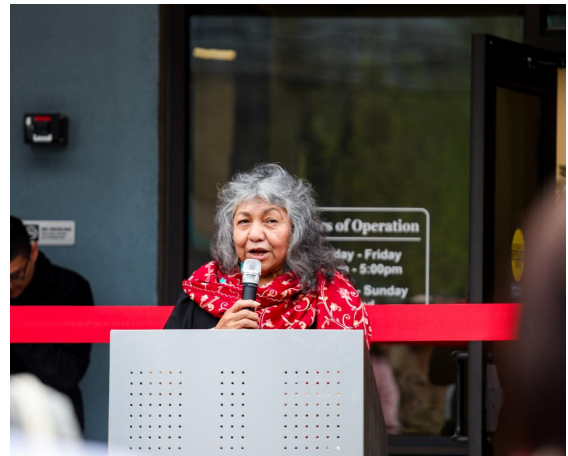


Texas Native Health opened its doors for public tour on Friday, March 22, 2024.

Speakers included Indian Health Services Director Roselyn Tso, Oklahoma City Area Director Rear Admiral Travis Watts, TNH Board Chair Heath Clayton, and TNH Chief Executive Officer Omer Tamir. Opening prayer was led by Sandra Blackbear Ramirez, and a special performance led by Cherokee National Treasure Tommy Wildcat. In attendance were various tribal leaders in healthcare, TNH board of trustees and staff, TNH partners and supporters, and our community members.













Texas Native Health extends our heartfelt gratitude to everyone who joined us for the grand opening of our new healthcare facility. Your presence made the event truly special and memorable. We especially want to express our deepest appreciation to those who traveled from out of state to be with us and took time out of their busy schedules to celebrate this momentous occasion. Your commitment and support mean the world to us, and we look forward to continuing our journey together in providing exceptional healthcare services to our community!

---

**EXCITING NEWS!**

---

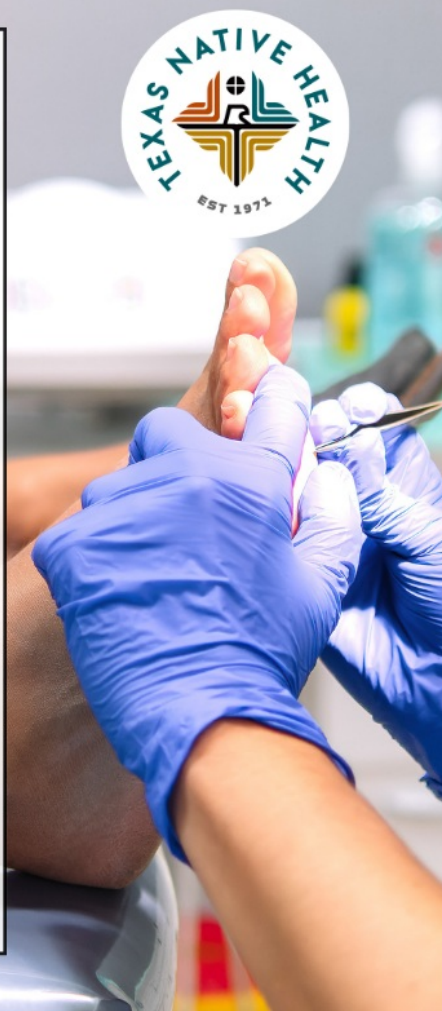
# TNH NOW OFFERING PODIATRY SERVICES:

**Availability:** 2nd Monday of each month

**Eligibility:** All current patients of TNH are eligible for this service.

**Requirements:** Must be referred to podiatrist by a TNH provider at a scheduled appointment.

More information regarding scope of services to follow.



# TNH IS RECRUITING FOR INTERGENERATIONAL ADVISORY COMMITTEE MEMBERS

- Must be able to attend 1 meeting & 1 event per month.
- Committee members will be compensated \$125 per meeting/event for participation.



Members of this committee will assist in the planning and implementation of cultural workshops and activities aimed at teaching children the connection between culture and physical, spiritual, and mental health. For more information, please click the button below.

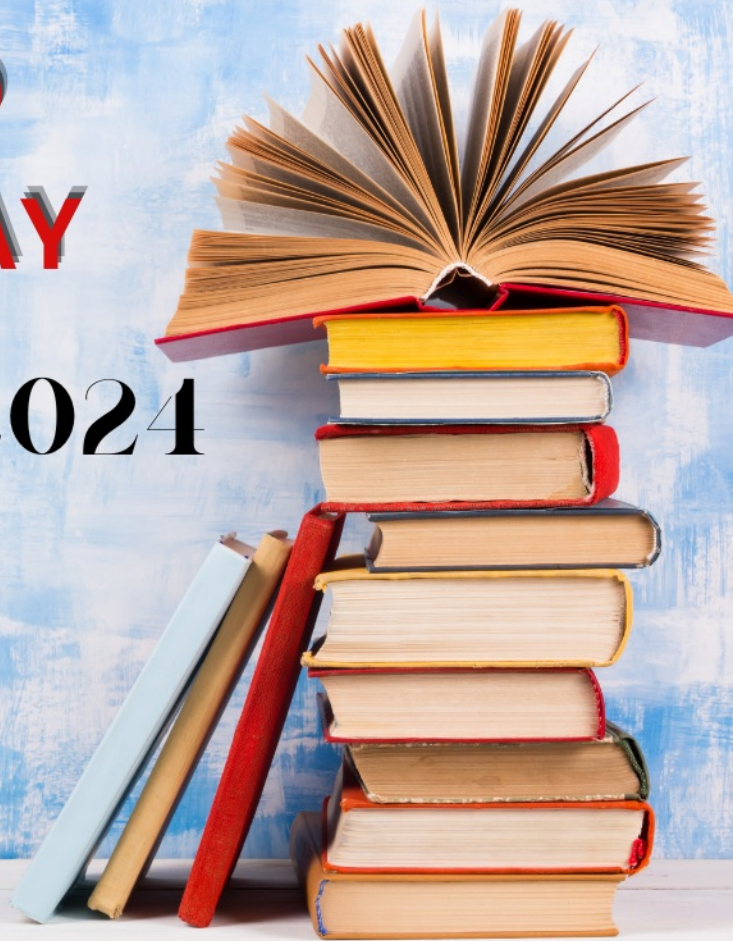
[Learn More/Sign-Up](#)

---



# WORLD BOOK DAY

04/23/2024



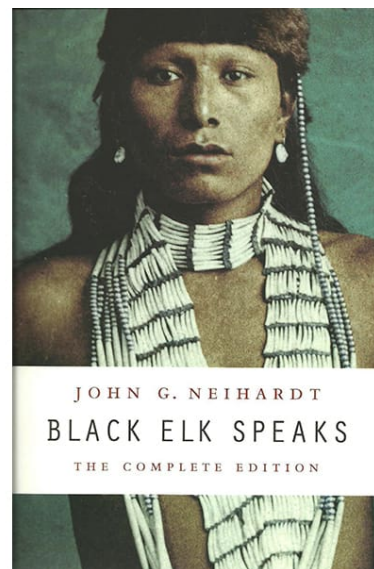
## BOOK RECOMMENDATION

### "BLACK ELK SPEAKS"

This book documents the life and visions of Black Elk, a Lakota Sioux medicine man and spiritual leader.

Black Elk shares his experiences growing up as a member of the Oglala Lakota tribe in the late 19th and early 20th centuries. He describes traditional Lakota customs, spirituality, and the impact of colonization and the reservation system on his people.

The book has had a lasting impact on Native American literature and activism, inspiring discussions about cultural identity, spirituality, and the importance of preserving indigenous traditions.



## CHILDREN'S BOOK RECOMMENDATION

### "WHEN WE WERE ALONE"

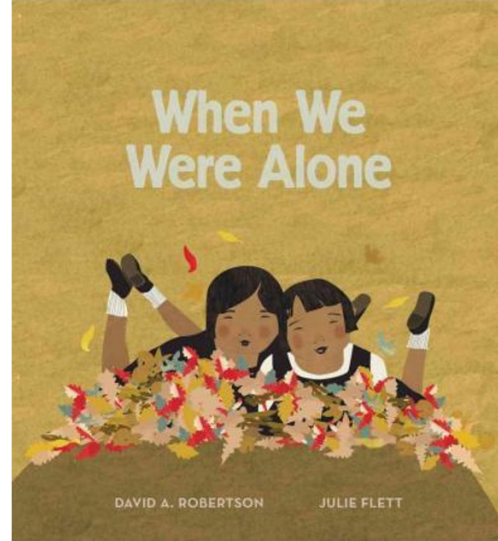


A children's picture book written by David A. Robertson and illustrated by Julie Flett.

This book tells the story of a young Indigenous girl who learns about her grandmother's experiences in a residential school and the resilience of their Cree heritage.

Through gentle storytelling, the grandmother shares her memories of being taken to a residential school, where Indigenous children were stripped of their cultural identities and forced to conform to Eurocentric norms. She explains how they were not allowed to speak their language, wear traditional clothing, or practice their customs.

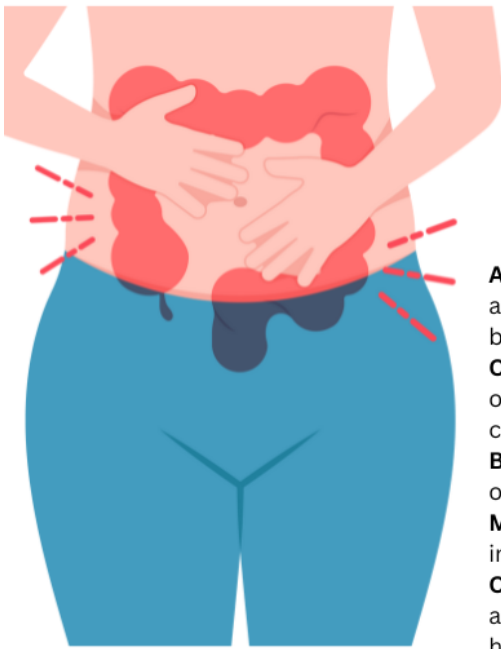
This book addresses themes of cultural identity, intergenerational resilience, the impact of colonization, and the importance of preserving Indigenous languages, traditions, and knowledge.



---

## April is Irritable Bowel Syndrome Awareness Month

Traditional Native American diets often include foods like corn, beans, squash, and wild game. Changes in diet due to modernization, such as increased consumption of processed foods, could contribute to gastrointestinal issues like IBS.



# IRRITABLE BOWEL SYNDROME

## SIGNS & SYMPTOMS

**Abdominal Pain:** One of the hallmark symptoms of IBS is abdominal pain or discomfort. This pain is often relieved after a bowel movement.

**Changes in Bowel Habits:** This includes diarrhea, constipation or a combination of both (alternating diarrhea and constipation).

**Bloating & Gas:** A feeling of fullness or swelling in the abdomen, often accompanied by increased gas production.

**Mucus in Stool:** This can be a result of inflammation or irritation in the intestines.

**Changes in Stool Appearance:** Stools may vary in consistency and appearance in individuals with IBS. They may be loose, hard, pellet-like, or have a ribbon-like shape.

**Feeling of Incomplete Evacuation:** This may feel like the bowels have not been emptied completely after a bowel movement.

**Urgency:** There can be a sense of urgency to have a bowel movement, especially in cases of IBS with diarrhea.

**Fatigue & Sleep Disturbances:** IBS symptoms can lead to fatigue and disruptions in sleep, which can further impact overall well-being and quality of life.

**Anxiety & Depression:** It's not uncommon for people with IBS to experience anxiety, depression, or other mood disturbances due to the chronic nature of the condition and its impact on daily life.

**Symptoms can vary in severity and may come and go over time.** IBS symptoms can overlap with other gastrointestinal disorders. A healthcare provider should evaluate and diagnose the condition based on a thorough assessment of symptoms and medical history.

---



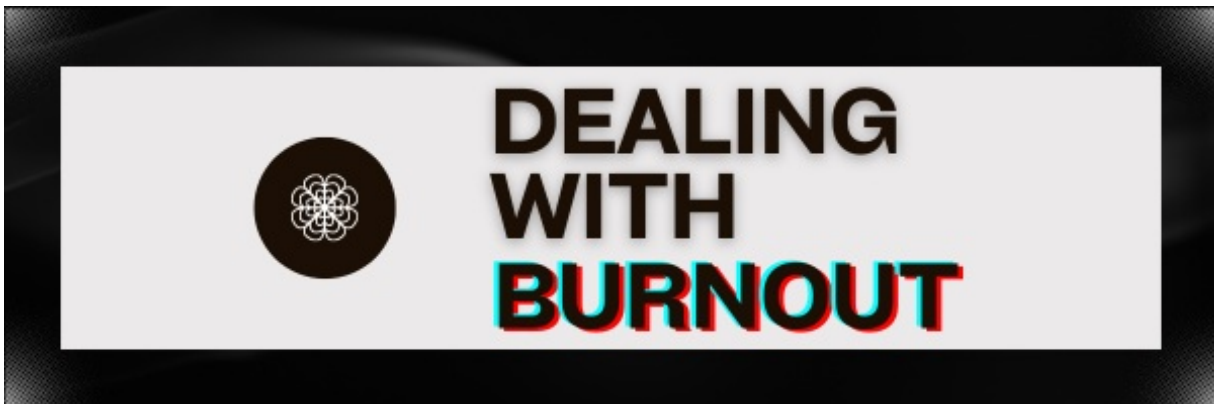
# AUTISM AWARENESS MONTH



**Symptoms:** The symptoms of autism can manifest in early childhood and typically persist throughout life. Common symptoms include difficulties with social interaction and communication (such as challenges in understanding social cues, maintaining eye contact, & engaging in reciprocal conversations), restricted interests or repetitive behaviors (such as obsessive interests, repetitive movements or speech, adherence to routines), and sensory sensitivities (such as heightened sensitivity to light, sound, touch, or taste).

**Causes:** The exact causes of autism are not fully understood, but it is believed to involve a combination of genetic, environmental, and developmental factors. Research suggests that genetic factors play a significant role, as autism tends to run in families. Environmental factors such as prenatal exposures, maternal health, and early childhood experiences may also contribute to the development of autism.

**Treatment and Support:** While there is no cure for autism, early intervention, supportive therapies, and educational interventions can help individuals with autism thrive and reach their full potential. Treatment approaches may include behavioral interventions (such as Applied Behavior Analysis), speech therapy, occupational therapy, social skills training, sensory integration therapy, and educational accommodations.



**Burnout** is defined as a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. It can have serious consequences on your mental health, and is a risk factor for depression, substance abuse, and even suicide ideation.

Burnout is more than the **exhaustion** that people think defines the experience. Burnout has three components:

**The Exhaustion** - This can manifest into physical and emotional symptoms you feel when you've been stressed for too long.

**The Feeling of Cynicism** - This can look like wanting to do the bare minimum of things that you may need to do.

**The Self-Blame** - This can look like guiltting yourself for feeling this way. Having thoughts such as "What is wrong with me? Why am i not good at this? Why can't I handle it?"

**Below are important factors to take into consideration when addressing burnout:**

**Spot the signs of burnout and regain some control.**

One way to catch the early signs is to make a daily practice of asking yourself multiple times during your day how you're feeling. A check-in with yourself can go a *long* way.

Feeling like you have a lack of control is one factor in causing burnout, so knowing those things can help you find ways to reduce the more stressful parts of your day or find ways to buffer the stressful bits with things that you enjoy.

**Engage in self-care.** *Self-care looks different for everybody*

Self-care is an effective weapon in the fight against burnout. Some common strategies that people utilize for self-care include: yoga, mindfulness meditation, massage, exercise, dietary changes, or practicing self-compassion.



---

**NATIVE PATHWAYS PROGRAM**





## NATIVE PATHWAYS PROGRAM

# UPCOMING EVENTS

APRIL 13

INDIGIPOPX

OKLAHOMA CITY

Attention IndigiNerds! We are going to the First Americans Museum in OKC to celebrate Indigenous comics and pop culture! This experience is open to students ages 12 - 18.

APRIL 20

HAND GAMES

DALLAS

Come learn how to play Hand Games, a game of mental skill and endurance played by different tribes! This experience is open to K-12th grade students.

APRIL 28

FAMILY TIME @  
TRINITY RIVER

DALLAS

Join us at the Trinity River Audubon Center to explore the fascinating world of birds! This experience is open to the whole family.

✉ [jneal@texasnativehealth.org](mailto:jneal@texasnativehealth.org)

☎ 214-941-1050

🌐 [www.texasnativehealth.org](http://www.texasnativehealth.org)

If you are interested in learning more about our Native Pathways Program or to sign up your student, please contact Jennifer Neal, Education Coordinator at [jneal@texasnativehealth.org](mailto:jneal@texasnativehealth.org), or Olivia Woodward, Cultural Education Coordinator at [owoodward@texasnativehealth.org](mailto:owoodward@texasnativehealth.org).

## Programs and Services

Medical



### Location

1283 Record Crossing Rd  
Dallas, Texas 75235

### Operating Hours

Monday - Friday  
8:00 AM - 5:00 PM

**Need to make an appointment?**

[Call us](#)

Primary Care  
Dental Services  
Pharmacy  
Diabetes Education & Management  
Immunizations

### Behavioral Health

Mental Health Services  
Substance Abuse Treatment  
Individual/Family Counseling  
Victim Services  
Human Trafficking Assistance

### Community Development

Career & Tuition Assistance  
K-12 Tutoring Services  
Family & Cultural Activities

### Monthly Activities

Elders Circle  
Healing Circle  
Cooking Classes

## WIC Services

are coming to Texas Native Health

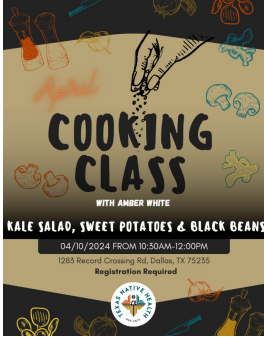


For more information, please call or text WIC at (469) 431-9981

## Events & Activities

Cooking Class





Wednesday, April 10th | 10:30 AM

Join this month's Cooking class with Amber White, where we will be learning how to make Kale Salad with Sweet Potatoes & Black Beans! Registration is required.

[Register Here](#)



### Diabetes Support Group

Wednesday, April 17th | 10:30 AM

Our diabetes support group provides education, resources, and guidance to individuals living with diabetes, offering a supportive environment for sharing experiences, receiving encouragement, and learning coping strategies to effectively manage their condition and improve overall health.

[Register Here](#)



### Elders Circle

Wednesday, April 24th | 11:00 AM  
Hosted by Martha Jarmon & Snowy Voice

At Texas Native Health, we believe in the power of community and the wisdom that comes with age. Our Elder's Circle is a warm, welcoming space for our beloved elders to connect, share, and thrive together.

[Register Here](#)



### Healing Circle

Thursday, April 25th | 6:00 PM  
Hosted by Christopher Logan & Mike Frazier

At Texas Native Health, we understand that the journey to healing is a shared path. Our Healing Circle is a safe, compassionate space where you can find support, understanding, and strength. You're not alone on this road, and together, we can heal and thrive.

[Register Here](#)

**\*\* POLL \*\***

Which of these times would be most convenient for you to attend a Healing Circle Session?

**11am-1pm**

**Texas Native Health would love to hear about a memorable experience you have had at our organization over the years. This could be any type of experience, whether it's a memorable interaction with our staff, a positive outcome from our services, a moment that made you feel welcome and supported, or simply just your thoughts/reflections about our organization. If you are interested in sharing, please submit your reply using the link in the description of this post.**



**Share**

### **Community Needs Assessment Survey**

We are excited to embark on a journey of understanding, collaboration, and improvement through our Community Needs Assessment. At Texas Native Health, we believe that every member of our community deserves access to high-quality healthcare that is tailored to their unique needs and circumstances. This assessment represents our commitment to achieving that goal. After completing this assessment, you will be prompted to enter your information to be included in a quarterly drawing to receive a prize.

**Survey**

### **Support Texas Native Health**

Texas Native Health is a safety-net provider and one of 41 remaining urban Indian organizations in the country. Your support helps us continue providing vital programs and services to those in

need. Support our mission today.



Donate

Texas Native Health is committed to staying regularly connected with you and your family. Please follow our **Facebook** and **Instagram** pages below for daily updates and more news from us.



Texas Native Health | 1283 Record Crossing Rd, Dallas, TX 75235

[Unsubscribe ceo@uitct.com](mailto:ceo@uitct.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [marketing@texasnativehealth.org](mailto:marketing@texasnativehealth.org) powered by



Try email marketing for free today!