


FEBRUARY



NEWSLETTER



Heart disease is a global health concern and is one of the leading causes of death worldwide. Some Native American populations may have a genetic predisposition to certain heart-related conditions.

Heart disease affects people of all ages, genders, and ethnicities. Native Americans often experience higher rates of certain risk factors for heart disease, such as diabetes and obesity, which can contribute to cardiovascular problems. Common risk factors for heart disease include smoking, high blood pressure, high cholesterol, diabetes, obesity, lack of physical activity, and a family history of heart disease.

HEART DISEASE EXPLAINED:

Heart disease refers to a variety of conditions that affect the heart. The heart is a vital organ that pumps blood throughout the body, supplying oxygen and nutrients to the tissues. Heart disease can occur when there are problems with the heart's structure or function, leading to issues with blood flow.

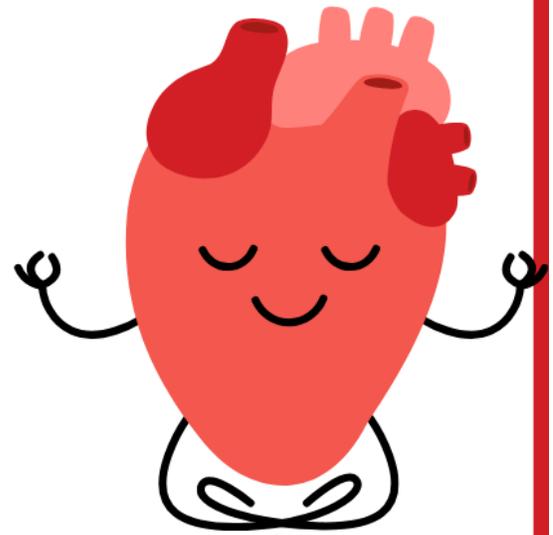
The most common type of heart disease is coronary artery disease (CAD), where the blood vessels supplying the heart muscle become narrowed or blocked, usually due to a buildup of cholesterol and other substances. This can result in reduced blood flow to the heart, potentially causing chest pain (angina) or a heart attack.

Other types of heart disease include heart failure (when the heart can't pump blood effectively), arrhythmias (irregular heartbeats), valvular heart diseases (problems with the heart valves), and congenital heart defects (structural problems present at birth).

SYMPTOMS:

The symptoms of heart disease can vary but may include chest pain or discomfort, shortness of breath, fatigue, rapid or irregular heartbeat, and swelling in the legs or abdomen. If you experience any of these symptoms, call 9-1-1 immediately

- **EAT A BALANCED DIET RICH IN FRUITS, VEGETABLES, WHOLE GRAINS, LEAN PROTEINS, AND LOW-FAT DAIRY PRODUCTS.**
- **LIMIT SATURATED AND TRANS FATS, CHOLESTEROL, SODIUM, AND ADDED SUGARS.**
- **IF YOU SMOKE, QUIT. UTILIZE THE SMOKING CESSATION SERVICES PROVIDED BY TEXAS NATIVE HEALTH.**
- **IF YOU CONSUME ALCOHOL, DO SO IN MODERATION.**
- **PRACTICE STRESS-REDUCING TECHNIQUES SUCH AS DEEP BREATHING, MEDITATION, YOGA, OR ENGAGING IN HOBBIES LIKE BEADWORK, SEWING, OR OTHER CULTURAL CRAFTS.**
- **ADEQUATE SLEEP IS CRUCIAL FOR STRESS MANAGEMENT AND OVERALL HEALTH.**
- **REGULARLY CHECK AND MANAGE YOUR BLOOD PRESSURE. HIGH BLOOD PRESSURE IS A SIGNIFICANT RISK FACTOR FOR HEART DISEASE.**
- **KEEP YOUR CHOLESTEROL LEVELS IN CHECK. THIS INVOLVES A COMBINATION OF A HEALTHY DIET, REGULAR EXERCISE, AND MEDICATIONS IF PRESCRIBED BY YOUR HEALTHCARE PROVIDER.**
- **SCHEDULE REGULAR CHECK-UPS WITH YOUR HEALTHCARE PROVIDER AT TEXAS NATIVE HEALTH. WE CAN ASSESS YOUR OVERALL HEALTH, CHECK FOR RISK FACTORS, AND PROVIDE PERSONALIZED RECOMMENDATIONS.**
- **DRINK PLENTY OF WATER TO MAINTAIN PROPER HYDRATION.**



TIPS

for a

HEALTHY HEART



As we embark on the celebration of Black History Month, we take this opportunity to honor the rich tapestry of African American history and the remarkable contributions of individuals who have shaped our nation. This month serves as a powerful reminder to acknowledge and celebrate the achievements, resilience, and cultural impact of the Black community. From trailblazers in civil rights to pioneers in the arts, sciences, and countless other fields, their stories inspire us and contribute to the diverse mosaic that is the United States. Let us use this month to deepen our understanding of Black History, fostering a spirit of unity, respect, and appreciation for the shared journey towards a more equitable and inclusive future. Together, let's commemorate the past, celebrate the present, and commit to building a more just and harmonious society for all.



TEEN DATING VIOLENCE AWARENESS MONTH

February is a time to raise awareness about teen dating violence. This month, learn more about trends of violence and how to advocate for awareness.

1. Forms of Teen Dating Violence:

- Physical Abuse: Involves physical harm or the threat of harm, such as hitting, slapping, or shoving.
- Emotional/Psychological Abuse: Includes behaviors that aim to control or manipulate the partner emotionally, such as constant criticism, humiliation, or isolation.
- Sexual Abuse: Involves any non-consensual sexual activity or coercion within the relationship.
- Digital/Online Abuse: Includes harassment, control, or manipulation through digital platforms, social media, or technology.

1. Prevalence:

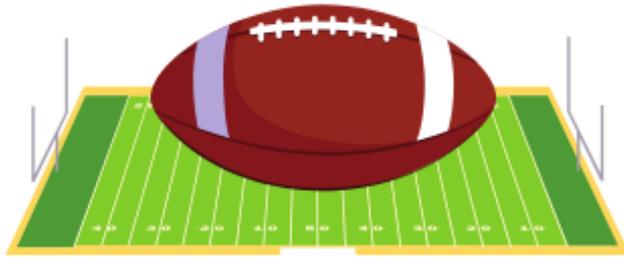
- Teen dating violence is more common than many people realize. Studies show that a significant number of adolescents experience some form of dating violence.

1. Warning Signs:

- Warning signs of teen dating violence may include unexplained injuries, changes in behavior or mood, isolation from friends and family, fear of the partner, or an inability to talk openly about the relationship.

1. Risk Factors:

- Various factors may contribute to the risk of teen dating violence, including a history of violence or abuse in the family, low self-esteem, substance abuse, and societal factors such as gender norms and peer pressure.
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- Warning Signs:
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- Risk Factors:
 - Various factors may contribute to the risk of teen dating violence, including a history of violence or abuse in the family, low self-esteem, substance abuse, and societal factors such as gender norms and peer pressure.
 - If you or someone you know is experiencing teen dating violence, it's crucial to seek help. Reach out to a trusted adult, counselor, teacher, or utilize resources such as



SUPERBOWL SUNDAY

- 02/11/2024 -

In celebration of Superbowl Sunday, we would like to highlight NFL players of Native American descent who have made significant contributions to the sport. Jim Thorpe, a legendary multi-sport athlete of Sac and Fox heritage, showcased unparalleled skills in the early 20th century.



Another notable figure is Sam Bradford, a quarterback with Cherokee ancestry, who played for various teams including the St. Louis Rams, Philadelphia Eagles, Minnesota Vikings, and Arizona Cardinals. These individuals not only excelled on the football field but also serve as inspirations, emphasizing the importance of embracing and acknowledging the diverse backgrounds that contribute to the vibrant tapestry of the NFL.

Diabetes Friendly Super Bowl Snack Recipes For You!

Quick, Low-Carb Queso

Ingredients

- 1-1/4 cups heavy cream
- 8 ounces shredded cheddar cheese
- 1 (10-ounce) can diced tomatoes with green chiles, drained

Directions

1. In a medium-sized saucepan, bring heavy cream to a near-boil over medium heat. Slowly add shredded cheese to the pan, stirring frequently, until all of the cheese has melted.
2. Add in drained diced tomatoes and chiles.
3. Serve and enjoy!

Loaded Sweet Potato Nacho Fries

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 medium sweet potatoes (about 1 1/2 pounds), cut into sticks about 1/4 inch thick
- 1/4 teaspoon salt plus a pinch, divided
- 2 tablespoons reduced-fat sour cream
- 1 tablespoon lime juice
- 1 cup corn kernels, fresh or frozen
- 1/2 cup shredded Cheddar cheese
- 1/3 cup black beans, rinsed
- 1/2 cup cherry tomatoes, halved or quartered if large
- 2 scallions, sliced
- 1 avocado, chopped
- 2 tablespoons chopped cilantro (Optional)

Directions

1. Preheat oven to 425 degrees F.
2. Heat oil in a large cast-iron skillet over medium-high heat. Add sweet potatoes and 1/4 teaspoon salt. Cook, stirring occasionally, until beginning to brown, 5 to 7 minutes. Transfer the pan to the oven and bake until the sweet potatoes are soft, 15 to 20 minutes.
3. Meanwhile, combine sour cream, lime juice and the remaining pinch of salt in a small bowl.
4. Top the sweet potatoes with corn, cheese and beans. Continue baking until the cheese is melted, about 5 minutes. Top with tomatoes, scallions and avocado. Drizzle with the sour cream mixture. Serve topped with cilantro (if using).

Happy Valentine's Day



Whether you're planning an evening with a partner or celebrating self-love, here are some Valentine's Day tips to make the day special:

- Consider thoughtful and personalized gifts that show you know the recipient well. It could be something related to their interests or a custom-made item.
 - Whether it's cooking a homemade dinner or making reservations at a favorite restaurant, a special meal is a classic way to celebrate Valentine's Day. Don't forget dessert!
 - Spend quality time together doing something you both enjoy. It could be watching a movie, going for a walk, or playing a board game.
 - If weather permits, plan an outdoor activity such as hiking, a scenic drive, or a picnic. Enjoying nature together can be a refreshing and romantic experience.
 - Add surprises throughout the day, whether it's a surprise breakfast in bed, a hidden love note, or an unexpected small gift.
 - If you're celebrating solo, treat yourself to a day of self-love. Do activities that bring you joy, pamper yourself, and reflect on the things you love about yourself.
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WIC Services

are coming to Texas Native Health

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



THE IMPORTANCE OF TEACHING KIDS ONLINE SAFETY



Online safety for kids is crucial in today's digital age. Here are some tips to help ensure their safety:

1. Maintain an open dialogue with your child about their online activities. Encourage them to come to you with any concerns or questions they may have.
2. Establish clear rules and guidelines for internet usage, such as time limits, websites they can visit, and what information they can share online.
3. Teach your child about the importance of privacy online and what information should never be shared, such as full name, address, phone number, or school name.

4. Utilize parental control tools and software to monitor and restrict your child's online activities. These tools can help filter inappropriate content and limit screen time.
5. Monitor your child's online activities regularly, especially for younger children. Keep devices in common areas of the house where you can easily supervise.
6. Teach your child to think critically about the information they encounter online. Help them understand that not everything they see or read on the internet is true or safe.
7. Encourage your child to practice safe online behavior, such as being cautious when interacting with strangers, avoiding clicking on suspicious links or downloading unknown files, and reporting any inappropriate content or behavior.
8. Set a good example by practicing safe internet habits yourself. Show your child how to use technology responsibly and respectfully.
9. Keep yourself informed about the latest trends and threats in online safety so you can better guide and protect your child.
10. Foster a trusting relationship with your child so they feel comfortable coming to you if they encounter any problems or concerns online.

By implementing these tips and staying involved in your child's online life, you can help them navigate the digital world safely and responsibly.

MENTAL HEALTH CONVERSATIONS WITH LOVED ONES

It can be really challenging to open up and talk about how you are feeling with friends or family, but it is important. Whenever you find yourself ready to have that conversation, these tips may help you start:

- **Choose the Right Time and Place:** Find a quiet, private space where you can have an open and uninterrupted conversation. Choose a time when everyone is calm and relaxed.
- **Start with Open-Ended Questions:** Begin the conversation by asking open-ended questions that invite your loved ones to share their thoughts and feelings. For example, you could ask, "How have you been feeling lately?" or "Is there anything on your mind that you want to talk about?"
- **Listen Without Judgment:** Practice active listening and show empathy towards your loved ones' experiences. Avoid interrupting or offering unsolicited advice. Let them know that you're there to listen and support them without judgment.
- **Share Your Own Feelings:** If appropriate, share your own experiences with mental health challenges or difficult emotions. This can help normalize the conversation and make your loved ones feel more comfortable opening up.
- **Educate Yourself:** Take the time to educate yourself about mental health conditions and treatment options. This will help you provide informed support and guidance to your family members.
- **Offer Support and Encouragement:** Let your loved ones know that you're there for them and that they're not alone. Offer practical support, such as helping them find a therapist or attending appointments with them if they're comfortable.
- **Respect Their Boundaries:** It's important to respect your loved ones' boundaries and autonomy. If they're not ready to talk or seek help, don't push them. Instead, let them know that you're available whenever they're ready.
- **Follow Up:** Check in with your loved ones regularly to see how they're doing and if they need any additional support. Let them know that you care about their well-being and are there to help them through difficult times.
- **Normalize Seeking Help:** Encourage your family members to seek professional help if they're struggling with their mental health. Remind them that it's okay to ask for help and that seeking support is a sign of strength, not weakness.
- **Be Patient and Persistent:** It may take time for your loved ones to feel comfortable talking about their mental health or seeking help. Be patient and persistent in your support, and

continue to express your love and concern for them.
By approaching conversations about mental health with empathy, understanding, and support, you can help your family members feel more comfortable opening up and seeking the help they need.

FEATURED TNH EVENTS

**TEXAS NATIVE HEALTH TO HOST GRAND
OPENING OF NEWLY RENOVATED FACILITY
IN MARCH 2024**

You're Invited!

TNH

Grand Opening

Friday, March 22, 2024
10:45 am - 2:30 pm

Ribbon Cutting Ceremony
Facility Tour
Light Refreshments
Vendors



1283 Record Crossing Rd, Dallas, TX 75235

Join us in celebrating a momentous occasion as Texas Native Health proudly opens the doors of our newly renovated facility to the community. This grand reopening ceremony is a testament to our unwavering dedication to the vibrant and diverse Native American community we serve.

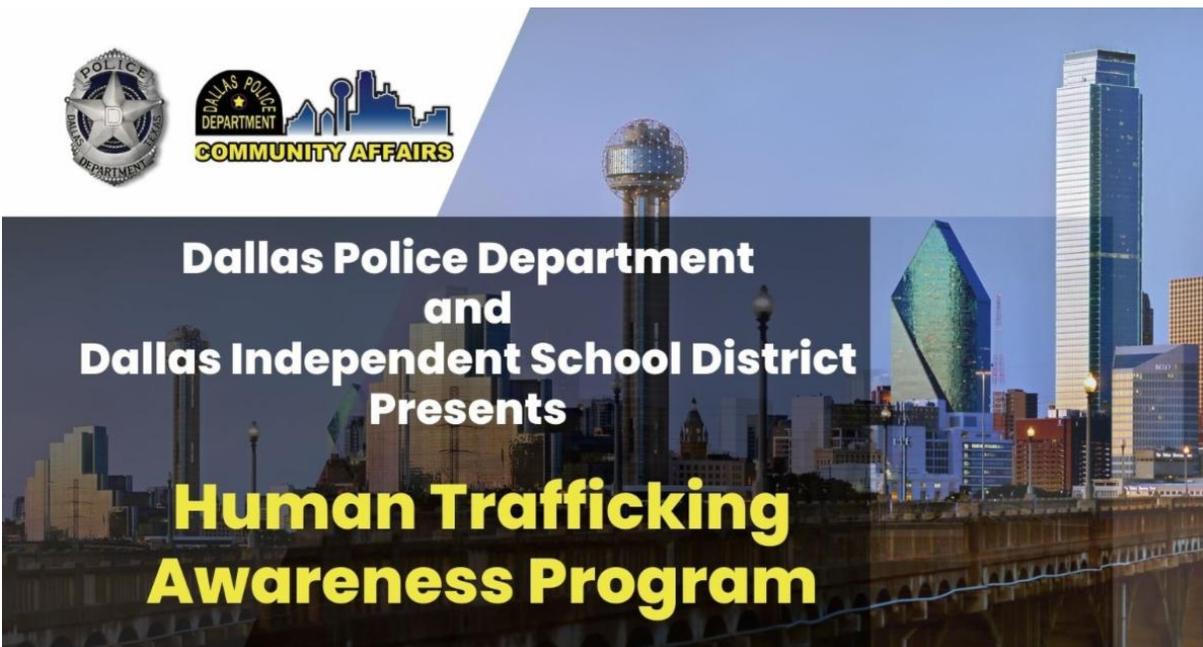
After months of hard work and transformation, our facility is now better equipped to meet the evolving needs of our community. The grand reopening is a symbol of resilience, growth, and our commitment to providing exceptional services that enrich the lives of all who walk through our doors.

Our ceremony will be a vibrant and culturally rich event, featuring traditional performances, art displays, and a showcase of the work we do to support and empower our community. You will have the opportunity to connect with community leaders, staff, and fellow members who have made our journey possible.

As we reopen our doors, we invite you to share in this moment of pride and joy.

Together, we will mark the beginning of a new chapter, united in our mission to provide essential services and support for our Native American community. Please join us for this momentous event and help us celebrate the future of Texas Native Health. Together, we are strong, resilient, and ready to thrive!

UPCOMING FEBRUARY EVENTS FROM OTHER ORGANIZATIONS



“OVER ONE MILLION CHILDREN ARE SEX TRAFFICKED EACH YEAR.”

- Join us for Human Trafficking Awareness Classes!
- Class times: 6:00pm-8:00pm
- Jose “Joe” May Elementary School
9818 Brockbank Dr.
Dallas, TX 75228

CONTACT US

Email: Dpdcommunityaffairs@gmail.com

<https://DallasPDHumanTraffickingProgram.eventbrite.com>

HUMAN TRAFFICKING AWARENESS PROGRAM

Is a program for DISD parents to learn about child trafficking and how to keep it out of YOUR household.

CLASSES

There will be expert speakers from Dallas Police Department, Nonprofits, and trafficking survivors. Please join us!

Light meal will be provided.

DATES

February 6, 2024 - What is human trafficking?

February 13, 2024 - Grooming

February 20, 2024 - Sextortion/Internet Safety

February 27, 2024 - Victim Services/ Trafficking Survivors



Programs and Services



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](#)

Medical

Primary Care
Dental Services
Pharmacy
Diabetes Education & Management
Immunizations

Behavioral Health

Mental Health Services
Substance Abuse Treatment
Individual/Family Counseling
Victim Services

Community Development

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

Monthly Activities

Elders Circle
Healing Circle
Cooking Classes

Events & Activities



Elders Circle

Wednesday, February 28th | 11:00 AM
Hosted by Martha Jarmon

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.

February Cooking Class

Wednesday 02/14 | 10:30 AM
Join this month's Cooking class with Amber

[Register](#)



White, where we will be learning how to make Spaghetti Squash Pad Thai! Registration is required.

[Here](#)

Cultural Survey

Your input matters to us, and we are interested in learning about your needs as we work to strengthen Indigenous health and culture within our community. Take our first short survey by clicking the button below for a chance to win a mystery 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 | 1285 Record Crossing Rd, Dallas, TX 75235

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