
≈≈≈≈≈ **MARCH** ≈≈≈≈≈
NEWSLETTER



EXCITING NEWS

It's our Grand Opening month!

GRAND OPENING

10:45am-2:30pm

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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 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!



Women's History Month

MARCH 2024

Women's History Month is celebrated annually in March in many countries around the world. It's a time to recognize and honor the contributions and achievements of women throughout history and in contemporary society.

In pre-colonial Native American societies, women played crucial and diverse roles within their communities. These roles varied widely among different tribes and cultures, but women generally held significant positions of authority, responsibility, and respect.

Native American women were often responsible for gathering wild plants, fruits, and nuts, as well as farming crops like corn, beans, and squash. They played a central role in agricultural activities, tending to crops and managing food stores. Additionally, women were skilled artisans, creating pottery, baskets, clothing, and other essential items for their communities.

Many Native American societies were matrilineal or had elements of matrilineality, meaning that descent and inheritance were traced through the female line. As a result, women often held significant influence within their families and communities. They participated in decision-making processes, councils, and ceremonies, and some societies even had female chiefs or leaders.

Women were the primary caregivers and educators within Native American communities. They were responsible for raising children, passing down cultural knowledge, and preserving traditions through storytelling, song, and ritual. Women also played important roles in fostering social cohesion and maintaining relationships within and between tribes.

In many Native American cultures, women were revered for their connection to spiritual forces and their abilities as healers. Women often served as medicine women, or spiritual leaders, conducting ceremonies, offering guidance, and providing herbal remedies to treat illnesses and injuries.

While men were often the primary warriors in Native American societies, women also participated in defense and protection. Some women fought alongside men in battles or served as scouts, messengers, or strategists. Women's roles in warfare varied widely depending on the specific tribe and cultural context.

Overall, pre-colonial Native American women occupied multifaceted roles that were integral to the functioning and survival of their communities. They were respected for their contributions, knowledge, and leadership, and their influence extended across various aspects of tribal life.

March is National Nutrition Month



BEST FOODS FOR
**HEALTHY
LIVING**

Fruits & Vegetables
Whole Grains
Lean Proteins
Healthy Fats
Legumes
Nuts & Seeds
Low-fat dairy
Fish
Herbs and Spices
Water

The primary goal of National Nutrition Month is to raise awareness about the significance of nutrition in maintaining overall health and preventing chronic diseases such as obesity, diabetes, heart disease, and certain cancers. National Nutrition month serves as a reminder of the importance of making positive dietary choices and adopting sustainable lifestyle habits to support lifelong health and well-being. It's an opportunity for individuals and communities to come together and commit to improving their nutrition and overall quality of life.

THURSDAY, MARCH 14, 2024

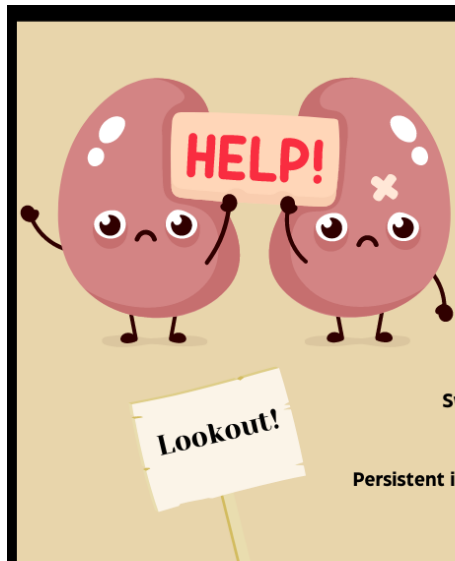
WORLD KIDNEY DAY



Kidney Care Tips:


- Stay Hydrated!
- Maintain a healthy diet.
- Control blood sugar levels.
- Manage blood pressure.
- Exercise regularly.
- Avoid excess alcohol consumption.
- Quit Smoking!
- Limit over-the-counter painkillers.
- Get regular check-ups.
- Manage stress

By incorporating these habits into your lifestyle, you can help support the health and function of your kidneys!



Signs of Poor Kidney Health

- Pain in the back, sides, or abdomen.
- Swelling around the eyes, especially in the morning.
- A persistent, metallic taste in mouth.
- Muscle cramps, particularly in the legs.
- Persistent itching, often accompanied by dry or irritated skin.
- Increased or decreased frequency in urine output.
- Difficulty or pain during urination.
- Blood in urine.
- Foamy or bubbly urine.
- Changes in appetite.
- High blood pressure.
- Difficulty breathing or shortness of breath, particularly when lying down.
- Swelling in the face, hands, feet, ankles, or abdomen due to fluid retention.



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Colorectal cancer awareness

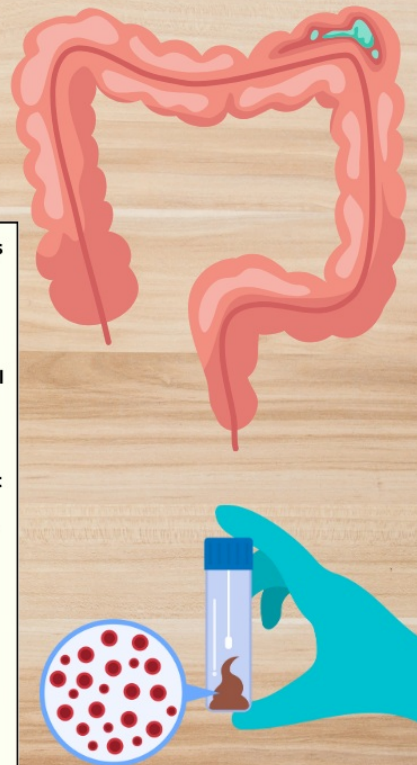
Colorectal cancer screening typically begins at age 45 for individuals with an average risk of developing the disease.

Regular screening for colorectal cancer can help detect precancerous polyps or early-stage cancer when treatment is most effective. Screening tests include colonoscopy, sigmoidoscopy, fecal occult blood tests, and stool DNA tests. The appropriate screening method and frequency depend on individual risk factors and age.

Texas Native Health now offers a non-invasive & more accurate test for CRC using Cologuard. This test detects 92% of colon cancers, even in the early stages. The Cologuard test reduces the amount of screenings needed from once per year to once every three years.

The Cologuard test is a stool DNA test. It gathers cells to examine the DNA in the cells shed in stool. This test is sent to your home with step-by-step directions so that you may collect the specimen in a private space, and send it directly to Cologuard for testing. Results typically take approximately 2 weeks.

Colorectal cancer screening, early detection, and access to quality care improving outcomes and reduce the burden of colorectal cancer in the United States.



SELF-CARE

FINDING WHAT WORKS WITH YOU AND YOUR RECOVERY

Self-care is essential for maintaining balance and resilience in the face of life's challenges and stressors. It's not selfish or indulgent but rather a necessary aspect of maintaining overall health and well-being. By prioritizing self-care, individuals can better manage stress, prevent burnout, and cultivate greater levels of happiness and fulfillment in their lives.

Here are some general examples of self-care strategies that may be helpful for individuals recovering from different types of trauma:

Emotional Self-Care:

- Practice mindfulness and relaxation techniques such as deep breathing, meditation, or yoga to manage stress and anxiety.
- Engage in creative activities like writing, painting, or music to express emotions and process feelings related to the trauma.

- Seek support from friends, family, or a mental health professional to talk about your experiences and emotions in a safe and supportive environment.
- Set boundaries with others to protect your emotional well-being and prioritize your needs.

Physical Self-Care:

- Establish a healthy routine that includes regular exercise, adequate sleep, and nutritious meals to support overall physical health and well-being.
- Spend time outdoors in nature, go for walks, or engage in activities that promote relaxation and physical activity.
- Practice self-compassion and body positivity by engaging in activities that make you feel good about yourself and your body, such as taking a warm bath, getting a massage, or pampering yourself with skincare or grooming routines.

Social Self-Care:

- Cultivate supportive relationships with friends, family, or support groups where you feel understood, accepted, and valued.
- Surround yourself with positive influences and limit exposure to people or situations that trigger negative emotions or memories related to the trauma.
- Engage in activities that bring joy and connection, such as spending time with loved ones, participating in group activities or hobbies, or volunteering in your community.

Spiritual Self-Care:

- Explore spiritual or religious practices that provide comfort, meaning, and a sense of connection to something greater than yourself.
- Spend time in quiet reflection, prayer, or meditation to nurture your inner peace and spiritual well-being.
- Engage in activities that promote self-reflection and personal growth, such as journaling, reading inspirational literature, or attending spiritual retreats or workshops.

Safety Self-Care:

- Take steps to ensure your physical safety and well-being, such as securing your living environment, avoiding high-risk situations or people, and seeking help if you feel threatened or unsafe.
- Establish a self-care plan that includes strategies for managing triggers, coping with distressing emotions or memories, and accessing support when needed.

Remember that self-care is not a one-size-fits-all solution, and it's essential to experiment with different strategies to find what works best for you. It's also okay to seek professional help from mental health professionals or support groups if you're struggling to cope with trauma or its aftermath. Texas Native Health offers you support in your time of need. Schedule an appointment with our mental health professionals today!



988
SUICID
& CRIS
LIFELINE

If you or someone you know
needs support now,
call or text 988
or
chat 988lifeline.org



MDE988-02-17-23-AE

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.

UPCOMING EVENTS FROM OTHER ORGANIZATIONS

KYRIE IRVING TO LAUNCH NEW SHOE LINE

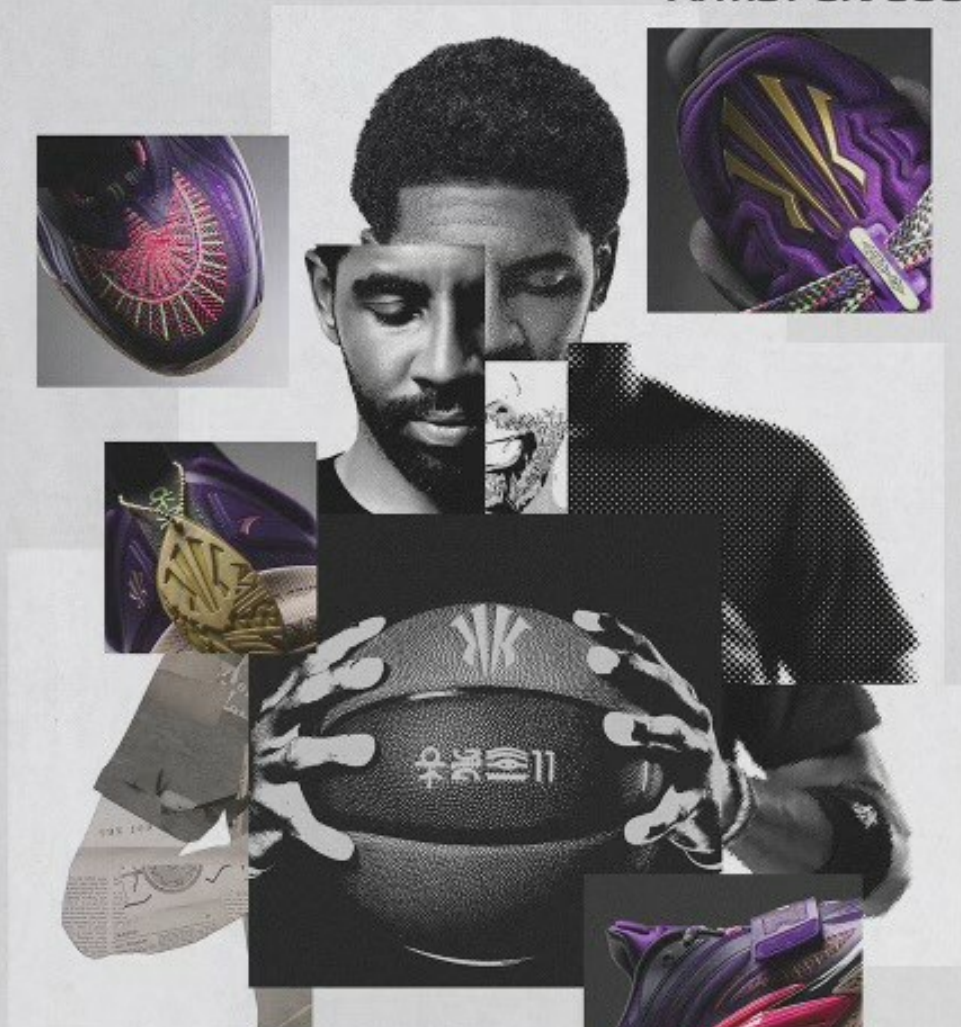
Head out to Sneaker Politics in Deep Ellum on Wednesday, 03/06/2024, from 6pm-9pm for the launch of Kyrie Irving's new ANTA shoe line!

There will be food, entertainment & of course, KYRIE!

Let's Support Kyrie (Standing Rock Sioux), at this monumental event!

ANTA KAI 1

ARTIST ON COURT



MARCH 6TH 6-9PM
ONLY AVAILABLE AT POLITICS
2822 MAIN ST. DTX



Programs and Services

Medical

Primary Care
Dental Services
Pharmacy
Diabetes Education & Management
Immunizations

Behavioral Health

Mental Health 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](#)

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

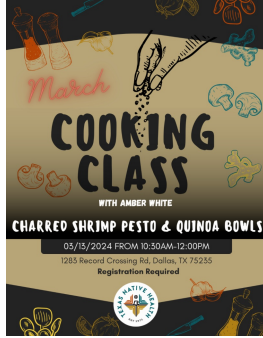
are coming to Texas Native Health



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

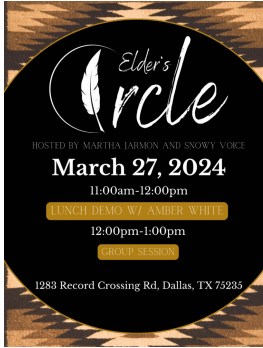
Events & Activities

March Cooking Class



Wednesday, March 13th | 10:30 AM
Join this month's Cooking class with Amber White, where we will be learning how to make Charred Shrimp Pesto & Quinoa Bowls!
Registration is required.

[Register Here](#)



Elders Circle

Wednesday, March 27th | 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, March 28th | 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](#)

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

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