

JUNE

NEWS LETTER



WHAT KIND OF HEALTH MAINTENANCE SHOULD MEN BE DOING BASED ON THEIR AGE?

In Their 20s

- **Regular Check-ups:** Annual physical exams.
- **Vaccinations:** Stay up-to-date with vaccines, including the HPV vaccine.
- **Mental Health:** Pay attention to mental health, seek help if needed.
- **Lifestyle:** Establish healthy eating, regular exercise, and avoid risky behaviors.
- **STI Screening:** Regular screenings if sexually active.

In Their 30s

- **Blood Pressure and Cholesterol:** Start monitoring these regularly.
- **Routine Exams:** Continue annual physical exams, including skin checks for early signs of skin cancer.
- **Eye and Dental Health:** Regular eye exams and dental check-ups.
- **Mental Health:** Maintain mental health awareness and manage stress.
- **Family Planning:** Discuss fertility and family planning if relevant.

In Their 40s

- **Heart Health:** Regular check-ups for blood pressure, cholesterol, and glucose levels.
- **Cancer Screenings:** Begin screenings for colorectal cancer, prostate cancer discussions with doctor.
- **Weight Management:** Focus on maintaining a healthy weight.
- **Bone Health:** Consider bone density tests, especially if at risk.
- **Vision and Hearing:** Regular vision and hearing tests.

In Their 50s

- **Cancer Screenings:** Regular screenings for colorectal cancer and prostate cancer.
- **Heart Disease:** Monitor heart health closely, manage risk factors like high blood pressure and high cholesterol.
- **Diabetes Screening:** Regular checks for blood glucose levels.
- **Vaccinations:** Get the shingles vaccine and other age-appropriate vaccinations.
- **Bone Density:** Regular bone density screenings if at risk.

In Their 60s and Beyond

- **Cancer Screenings:** Continue regular screenings for colorectal, prostate, and lung cancer if at risk.
- **Heart and Vascular Health:** Monitor closely and manage conditions like high blood pressure and cholesterol.
- **Bone Health:** Regular bone density tests, particularly for osteoporosis.
- **Vision and Hearing:** Regular exams to check for cataracts, glaucoma, and hearing loss.
- **Mental Health:** Stay aware of mental health, watch for signs of depression or cognitive decline.
- **Mobility and Balance:** Engage in exercises to maintain strength and balance, preventing falls.



SAVE THE DATE

Our annual Health & Education Fair will take place on
Saturday, July 27, 2024
9:00am - 2:00pm.

REGISTRATION OPENS NEXT WEEK!

COMMUNITY

HEALTH &

2024

EDUCATION FAIR

07/27/2024

9:00am-2:00pm

- Immunizations**
- Physicals**
- Health Screenings**
- Wellness Exams**
- Backpacks**
- School Supplies**

REGISTRATION REQUIRED



· RAISING AWARENESS ·

NATIONAL ELDER ABUSE AWARENESS DAY

JUNE 15

Elder's contributions are vital to the strength, resilience, and continuity of Native American cultures. Their guidance ensures that traditions and values are preserved and respected across generations.

RECOGNIZING SIGNS OF ELDER ABUSE

Elder abuse is a serious issue that can take many forms, including physical, emotional, financial, and neglect. Recognizing the signs of elder abuse is crucial for ensuring the safety and well-being of older adults. Here are some signs to watch for:

Physical Abuse

- **Unexplained Injuries:** Bruises, cuts, burns, or broken bones that occur without a clear explanation.
- **Frequent Hospital Visits:** Regular or repeated visits to emergency rooms or healthcare providers.
- **Signs of Restraint:** Marks on wrists or ankles that suggest the use of restraints.
- **Sudden Change in Behavior:** Fearfulness, anxiety, or withdrawal when certain individuals are around.

Emotional or Psychological Abuse

- **Behavioral Changes:** Depression, agitation, withdrawal, or unusual behavior.
- **Fearfulness:** Fear of caregivers or others, or reluctance to speak openly.
- **Isolation:** Preventing the elder from seeing friends or family members.
- **Loss of Interest:** Sudden loss of interest in activities they previously enjoyed.

Financial Abuse

- **Unexplained Financial Transactions:** Sudden withdrawals of large sums of money, unusual bank activity, or missing funds.
- **Changes in Financial Documents:** Sudden changes in wills, power of attorney, or other financial documents.
- **Unpaid Bills:** Despite having sufficient funds, bills go unpaid or utilities are cut off.
- **Possessions Go Missing:** Valuable items or personal belongings disappear.

Neglect

- **Poor Hygiene:** Unwashed hair, body odor, dirty clothing, or soiled bedding.
- **Malnutrition or Dehydration:** Noticeable weight loss, dry skin, or other signs of dehydration.
- **Unsafe Living Conditions:** Living in an unsafe, unsanitary, or hazardous environment.

- **Lack of Medical Care:** Untreated medical conditions, lack of medications, or missed medical appointments.

Sexual Abuse

- **Bruising or Injuries:** Unexplained bruises or injuries around the genitals or breasts.
- **Sexually Transmitted Infections (STIs):** Diagnosis of an STI that cannot be explained.
- **Behavioral Changes:** Sudden changes in behavior, such as withdrawal or fearfulness, particularly around certain individuals.

Behavioral Signs from Caregivers

- **Overcontrolling Behavior:** Caregiver is overly controlling, not allowing the elder to speak for themselves or interact with others.
- **Verbal Aggression:** Caregiver is verbally aggressive, threatening, or belittling the elder.
- **Reluctance to Leave Alone:** Caregiver is reluctant to leave the elder alone or with others.

If you suspect elder abuse, it is important to take action. Contact local adult protective services, law enforcement, or a trusted healthcare provider to report your concerns and seek help for the elder. Addressing elder abuse promptly can protect the victim and ensure their safety and well-being.

**KIDS
COOKING
CLASSES**

July 17, July 24 & July 31
10:30am - 12:00pm

TNH CULTURAL CENTER @ 1269 Record Crossing Rd, Dallas, TX 75235

**Children will actively
participate in preparing
HEALTHY & INDIGENOUS
foods.**

enjoy!

TEXAS NATIVE HEALTH
EST 1971

**Sign Up
Now**

WOULD YOU LIKE TO WIN THIS HAND
DRUM?



Please complete the needs assessment below to enter for a chance to win this **Hand Drum**. Your responses to this survey are anonymous, and you will not be prompted to enter any identifying information in the survey. However, your information will be needed in order to be entered into the drawing for the quarterly prize. To keep your anonymity, we have placed a link on the submission page that appears right after you hit "submit" at the end of this survey. This link will take you to another page where you can enter your information for the drawing. **Do not forget to click this link when finished taking the survey, as this is the only place where you'll be able to enter into the drawing. The drawing will take place on July 8th, 2024** Winner will be contacted via the information entered through the link on the submission page.

About the 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.

**Take
Survey**

HAPPY Father's DAY

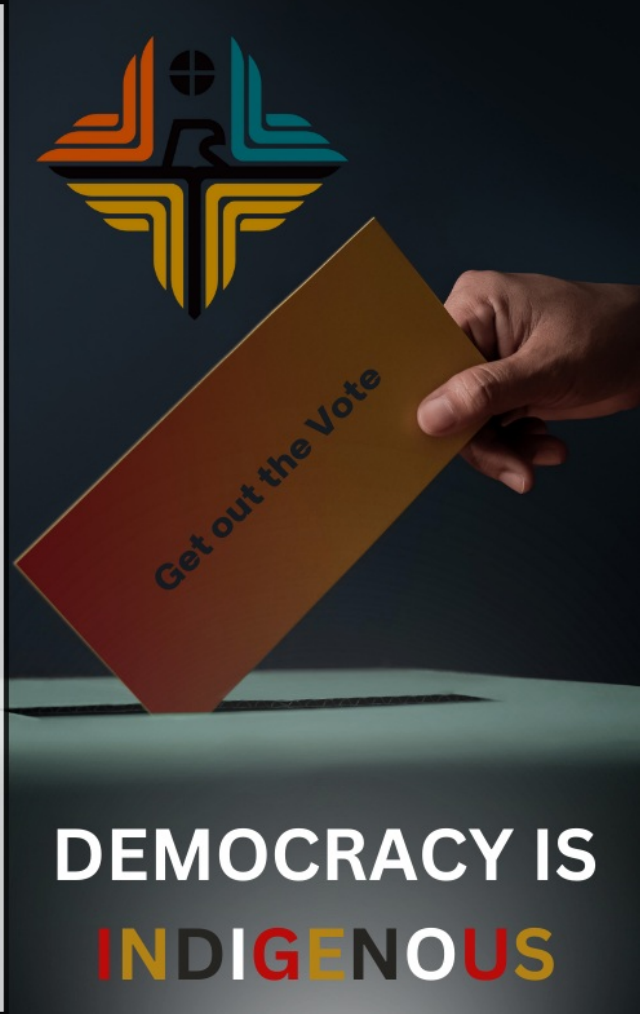


ACTIVITY IDEAS

- Have a barbecue in the backyard. Include Dad's favorite foods and enjoy the day outdoors.
 - Plan a day of hiking, biking, fishing, or a trip to the beach. Choose an activity that Dad loves and the whole family can participate in.
 - Have a family movie night with Dad's favorite films. Create a cozy atmosphere with popcorn, snacks, and blankets.
 - Play board games, card games, or video games that Dad enjoys. This can be a fun and interactive way to spend the day together.
 - Attend a live sports event if possible, or organize a family game of soccer, basketball, or any sport Dad likes.
 - Prepare a special meal together as a family. Let Dad choose the menu and cook his favorite dishes.
 - Arrange a family photo session to capture the day. It can be a professional shoot or just fun, candid photos taken at home or a favorite spot.
-

10 REASONS WHY THE NATIVE VOTE IS SO IMPORTANT

1. Voting ensures Native American voices are heard in government, leading to elected officials who understand and advocate for Native American issues.
2. Participation in elections allows Native Americans to influence policies on land rights, healthcare, education, and economic development.
3. Voting helps reclaim a right that was historically denied, correcting historical injustices and ensuring equal participation.
4. Voting protects and enhances tribal sovereignty by electing leaders who respect tribal self-governance and uphold treaties and agreements.
5. Elected officials who prioritize funding and support for infrastructure, healthcare, education, and social services are essential for the development of Native American communities.
6. Voting helps address disparities in health, education, and economic opportunities that disproportionately affect Native Americans.
7. When Native Americans vote, they assert their presence in the political landscape, advocating for visibility and recognition of their unique issues and contributions.
8. Voting fosters greater civic engagement and political awareness, empowering Native American communities to be active participants in the democratic process.
9. Voting can help elect officials who support policies that preserve Native American culture, languages, and traditions.
10. Voting today shapes a better future for the next generations, ensuring that Native American children grow up in communities with improved opportunities and protections.



The journey of Native Americans to secure the right to vote is a testament to resilience and determination in the face of profound adversity. From being excluded from U.S. citizenship and disenfranchised despite the Indian Citizenship Act of 1924, they faced relentless state-level discrimination, including literacy tests and poll taxes. Their fight for equality gained momentum with landmark legal victories like *Harrison v. Laveen* and was bolstered by the transformative Voting Rights Act of 1965. Today, despite ongoing challenges such as remote polling locations and stringent voter ID laws, the unwavering spirit of Native American communities, supported by dedicated advocacy groups and recent legislative efforts, continues to champion their right to vote, ensuring their voices are heard and honored in the democratic process.

Texas Native Health Will Be Closed on 06/19/2024

in observance of

JUNETEENTH

Juneteenth, also known as Emancipation Day or Freedom Day, is a holiday that commemorates the emancipation of enslaved African Americans in the United States. It marks the day on June 19, 1865, when Union General Gordon Granger arrived in Galveston, Texas, and

announced General Order No. 3, which proclaimed that all enslaved people in Texas were free. This announcement came more than two years after President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863.

The holiday symbolizes freedom, resilience, and the ongoing fight for racial equality. It is a time to reflect on the past, honor the contributions of African Americans, and consider the ongoing challenges related to civil rights and social justice.

Juneteenth is celebrated with a variety of events, including parades, festivals, cultural performances, educational activities, and community gatherings. Traditional food, music, and storytelling are common ways to celebrate the day.

While Juneteenth has been celebrated informally since 1865, it gained official recognition in various states over the years. In 1980, Texas became the first state to declare it a state holiday. In June 2021, Juneteenth was officially recognized as a federal holiday in the United States.



National American Eagle Day

JUNE 20, 2024



Eagles hold a profound and revered place in Native American culture, symbolizing strength, freedom, and spiritual connection. Many tribes consider eagles to be sacred, believing they have a direct connection to the Creator due to their ability to soar high in the sky. The eagle's feathers are often used in various ceremonies and rituals as they are believed to carry prayers to the heavens. These feathers are considered powerful symbols of honor and respect and are used in headdresses, regalia, and other ceremonial items.

Eagles are also seen as messengers and protectors, representing vision, courage, and wisdom. In many tribes, sighting an eagle is considered a good omen or a sign of a blessing. The bird's keen vision and majestic flight inspire stories and teachings that emphasize the importance of seeing clearly and striving for excellence. In some traditions, eagles are believed to embody the spirits of ancestors and are honored accordingly. The reverence for eagles reflects the deep spiritual connection Native American cultures maintain with nature and the animal world.

FREE CLASSES: TOBACCO CESSATION

Quitting smoking is one of the most important things a person can do to improve their health.

DID YOU KNOW THE BENEFITS OF QUITTING SMOKING:

- Improves health and increases life expectancy
- Lowers risk of 12 types of cancer
- Lowers risk of cardiovascular diseases
- Lowers risk of chronic obstructive pulmonary disease (COPD)

NEW CLASSES HELD ON THE THIRD WEDNESDAY EVERY MONTH

Noon and 5:30 p.m. via ZOOM.

ELIGIBILITY REQUIREMENTS:

- Must be 18 years or older.
- Anyone (Native or non-Native) that is addicted to nicotine products such as smoking, vaping, chew tobacco, etc.
- Ready to be tobacco-free!

FOR SCHEDULING OR QUESTIONS, PLEASE CONTACT:

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Cherokee Nation Public Health Program Coordinator
miranda-russell@cherokee.org
Cell - 918-506-7274 • Office - 918-453-5000 x5974

SIGN UP HERE



CHEROKEEPUBLICHEALTH.ORG

The Public Health and Wellness Fund Act of 2021, amended most recently in 2023, dedicates \$100 million in settlement funds from opioid and e-cigarette lawsuits for a variety of public health programs, including \$76 million for drug treatment capital projects. Specifically, the new PHWFA provides \$2.8M over the next eight years for a "Smoking Cessation Fund." The Act established by Principal Chief Hoskin and Deputy Chief Warner also dedicates 7% of the tribe's annual third-party health insurance collected to physical and mental wellness programs, generating millions of dollars per year for these efforts.

TOGETHER
COMMUNITY · FAMILY · CULTURE

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CHEROKEE NATION®



Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can develop after experiencing or witnessing a traumatic event, such as combat, natural disasters, serious accidents, or personal assaults. Symptoms of PTSD include intrusive memories, flashbacks, severe anxiety, nightmares, and uncontrollable thoughts about the event. Individuals with PTSD may also experience emotional numbness, heightened irritability, difficulty sleeping, and a persistent sense of danger. These symptoms can significantly impact daily life, relationships, and overall well-being. Effective treatment for PTSD often involves a combination of therapy, such as cognitive-behavioral therapy (CBT) or eye movement desensitization and reprocessing (EMDR), and sometimes medication to help manage symptoms. Early intervention and support are crucial for individuals suffering from PTSD to help them regain control over their lives and improve their mental health. If you suffer from symptoms of PTSD, contact the Texas Native Health's Behavioral Health team to get your healing journey started now!

NATIVE AMERICAN MODELS NEEDED



Texas Native Health is looking to capture the true representation and essence of the community we serve. We are looking for individuals interested in appearing in our upcoming brand anthem film!

[LEARN MORE/SIGN-UP](#)

Monthly Events & Activities



Cooking Class

Every 2nd Wednesday of each month
(*rsvp is required*)

@10:30 AM - 12:00 PM

Hosted by Amber White

This month, we are preparing Spinach and Egg Quiche with **Indigenous Granola Parfaits!**

[RSVP](#)



Elders Circle

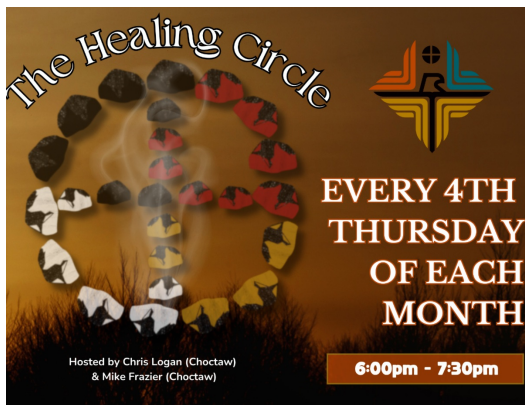
Every 4th Wednesday of each month

RSVP

June's Elder's Circle Sessions will be held from **12:00pm to 2:00pm**

This month we are hosting a Game Play Day!

Feel free to bring your board/card games, Uno, Chess, Yahtzee, Mah Jong, Brain Games, Checkers, Dominoes, etc.



Healing Circle

Every 4th Thursday of each month

RSVP

@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.



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.



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