

# JULY NEWSLETTER

## COMING UP AT TNH...

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



**TNH Annual  
COMMUNITY HEALTH &  
EDUCATION FAIR 2024**

**An Opportunity for New & Existing Patients of  
ALL AGES to Receive Health Screenings &  
Resources While Enjoying all the Day's  
Festivities!**

**Available For Current &  
New Patients (ALL AGES):**

- Blood Pressure Checks
- Hearing Screenings
- Vision Screenings
- Behavioral Health Screenings
- Body Mass Index Review

**Available For Current  
Patients:**

- Immunizations
- Physicals
- Labs:
  - Routine Labs
  - STD Panel
  - Colorectal Cancer Screenings

**INDIGENOUS FOOD GIVEAWAYS!**

**VENDORS!**

**FREE MERCH!**

**RAFFLE!**

**BACKPACKS!**

**SCHOOL SUPPLIES!**

**SATURDAY  
07/27/2024  
9:00am-2:00pm**

REGISTER FOR  
FAIR

Join us for our upcoming Community Health & Education Fair this month!  
This is a community-wide event meant for Native Americans of all ages.

New & existing patients have the opportunity to receive Vision Screenings, Hearing Screenings, Behavioral Health Screenings, Blood Pressure Checks, Nutrition Assessments with Recommendations, and BMI Checks. Current patients will have the opportunity to also receive Immunizations, Physicals, Routine Labs, STD Panels, and Take Home Colorectal Cancer Screening Materials.

Native American students have the opportunity to get their physicals, immunizations, health screenings, backpacks and school supplies all on the same day at this fair.

Students must be existing patients to receive immunizations and sports physicals. Students must also be enrolled in the Native Pathways Programs to be eligible to receive backpacks & supplies. Once enrolled, students have the option to, but are not required to participate in other Native Pathways Program activities.

Vendors will be present.

We are giving away Indigenous foods, such as blue cornmeal, wild rice, maple syrup, bison pemmican bars, tepary beans, and organic popcorn!

We will have free merch and giveaways available.

We will also be raffling Amazon gift cards and other items to participants of the fair.

Join us for an amazing time with family and friends while also getting your health in order!

**You must register to participate in the health screenings and educational material giveaways.**

## Cultural Community Event – Hand Games!

Join us for Hand Games on Saturday, July 13, 2024  
12:00pm - 4:00pm offsite at Soar Creative Studio!

Texas Native Health Presents...



# Hand Games!

Learn the History and Strategy of Native American Hand Games, Games of Mental Skill and Endurance - Taught by Elizabeth Battiest (Kiowa). This is a Community Event! Bring your Family, Friends, or Join a Team!



## Saturday, July 13

12:00pm - 4:00pm

@Soar Creative Studio - 1337 Chemical St, Dallas, TX 75207



For Questions about Hand Games - Contact Olivia Woodward, Cultural Education Coordinator at 214-446-3638 or 214-941-1050

**REGISTER FOR HAND GAMES**





# VENDORS WANTED

FOR UPCOMING COMMUNITY HEALTH & EDUCATION FAIR

Texas Native Health is seeking vendors for the upcoming Community Health & Education Fair on Saturday, July 27th, 2024. Please use the button below to send an email letting us know you are interested in setting up a booth at our event. Please include the type of items you will be selling or information you are dispersing. Alternatively, you may reach out to Olivia Woodward, Cultural Education Coordinator by phone at (214)-941-1050.

**I'M INTERESTED IN BEING A  
VENDOR**



**Please be advised that our office will be closed on Monday, July 22nd, to allow our team to prepare and participate in the Community Health and Education Fair event on Saturday, July 27th. We appreciate your understanding and support as we focus on this important community initiative. Thank you for your cooperation.**

[VIEW OUR MONTHLY EVENT CALENDAR](#)



July is Minority Mental Health Awareness Month, a crucial time to recognize and address the unique mental health challenges faced by Native American communities. At Texas Native Health, we are dedicated to providing compassionate, culturally relevant mental health support to help our community heal and thrive. By raising awareness and advocating for equitable mental health care, we can work together to ensure that every individual has the opportunity to lead a healthy, fulfilling life. Let's join forces to break down barriers, promote understanding, and support the mental well-being of our Native American community.

[View our Mental Health Services](#)



July is...

JUVENILE  
ARTHRITIS  
AWARENESS  
MONTH

## Did you know that children can get arthritis just as adults?

Juvenile idiopathic arthritis (JIA) is the term used to describe [arthritis](#) in children. JIA is an autoimmune disorder, which means that the body's immune system—which normally helps to fight off bacteria or viruses—mistakenly attacks some of its own healthy cells and tissues. It causes pain, swelling, stiffness, and loss of motion.

### Signs & Symptoms of JIA

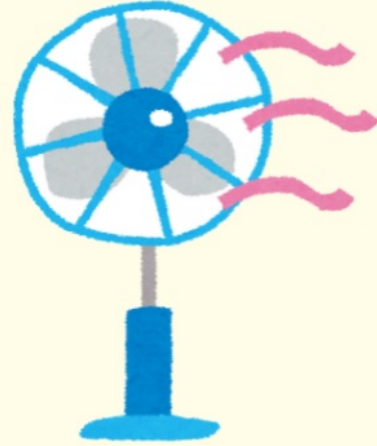
1. Persistent swelling in one or more joints, which may feel warm to the touch.
2. Joint pain, stiffness, and tenderness, especially in the morning or after periods of inactivity.
3. Recurrent fevers that are often accompanied by fatigue and a general feeling of being unwell.
4. A pink rash that may come and go, typically associated with systemic JIA.
5. Reduced ability to move the affected joints normally.
6. Persistent tiredness and lack of energy.
7. Inflammation of the eyes (uveitis), which can lead to redness, pain, blurred vision, and light sensitivity.
8. Slowed growth or uneven growth of affected limbs.

**Seek medical evaluation if a child shows signs of JIA to ensure timely diagnosis and appropriate treatment.**



# TIPS FOR COOLING YOUR HOME THIS SUMMER

1. USE BLACKOUT CURTAINS & KEEP THEM CLOSED.
2. INSTALL REFLECTIVE WINDOW FILM, WHICH CAN REDUCE HEAT GAIN BY REFLECTING SUNLIGHT.
3. USE WINDOW AWNINGS.
4. USE EXHAUST FANS IN KITCHEN AND BATHROOMS TO REMOVE HEAT AND MOISTURE.
5. SET CEILING FANS TO ROTATE COUNTERCLOCKWISE TO PUSH COOLER AIR DOWN.
6. LIMIT OVEN USE.
7. SWITCH TO LED BULBS TO PRODUCE LESS HEAT.
8. UNPLUG ELECTRONICS. THEY CAN GENERATE HEAT, EVEN WHEN OFF.
9. INSULATE YOUR ATTIC AND WALLS TO PREVENT HEAT FROM ENTERING.
10. CHECK FOR AND SEAL ANY GAPS AROUND WINDOWS, DOORS, AND VENTS TO KEEP COOL AIR IN AND HOT AIR OUT.
11. CONSIDER USING LIGHT-COLORED OR REFLECTIVE ROOFING MATERIALS TO REDUCE HEAT ABSORPTION.
12. PLANT TREES OR LARGE SHRUBS TO PROVIDE SHADE AROUND YOUR HOME.
13. CLEAN YOUR AC FILTERS AND KEEP UP YOUR AC MAINTENANCE.



## IF YOU ARE WORKING IN THE HEAT THIS SUMMER...

1. Aim to drink water every 15-20 minutes, even if you don't feel thirsty.
2. In addition to water, consider drinking beverages that replenish electrolytes, especially if sweating heavily. Sports drinks can be beneficial.
3. Avoid alcohol and caffeine. These contribute to dehydration.
4. Monitor your urine color. Light colored urine generally indicates proper hydration, while dark urine suggests you need more fluids.
5. Take breaks. Rest in shaded areas periodically to reduce heat exposure and allow for hydration.
6. Know the signs of dehydration: thirst, dry mouth, dark urine, reduce urine output, dizziness, confusion, rapid heartbeat, and fainting.
7. Wear lightweight, light-colored, and loose-fitting clothing.
8. Apply sunscreen to protect your skin from sunburn.
9. Try to work during the cooler parts of the day (early morning or late afternoon).



# HAND DRUM WINNER!

**OWEN ROTEN JR.**

Congratulations, and thank  
you for taking our  
Community Needs  
Assessment!



## Monthly Events & Activities

This month's regular cooking class is cancelled in order to focus on the upcoming Kids Cooking Classes taking place on July 17th, 24th, and 31st.

**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!





Join us for:  
**MEDICINE BAG DESIGN**  
**07/24/2024**  
11:00 AM - 1:00 PM  
with Martha Jarmon & Snowy Voice

Register for July Elder's Circle

This month's Healing Circle session is cancelled due to preparation for upcoming Community Health & Education Fair taking place on July 27th, 2024.



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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