

AUGUST NEWSLETTER

NATIONAL IMMUNIZATION AWARENESS MONTH



TNH Offers Immunizations for Adults & Children

Did you know that vaccines have prevented millions of deaths and countless cases of disease worldwide? From the eradication of smallpox to the near-elimination of polio, vaccines have transformed public health. They protect not only the individuals who receive them but also those around them, especially the most vulnerable, such as infants, the elderly, and those with weakened immune systems.

Immunizations work by training our immune systems to recognize and fight off dangerous pathogens. When you get vaccinated, you're not just protecting yourself—you're also contributing to the broader shield of community immunity, making it harder for diseases to spread. This is especially important for those who cannot be vaccinated due to medical conditions; they rely on the rest of us to keep them safe.

GASTROPARESIS AWARENESS MONTH

Gastroparesis is a medical condition in which the stomach's ability to empty its contents is delayed or impaired, without any physical blockage. This condition occurs because the normal motility, or muscular contractions, of the stomach that propel food through the digestive tract are disrupted. As a result, food remains in the stomach for longer than it should, which can lead to various symptoms and complications.



SYMPTOMS

- Nausea and vomiting
- Bloating
- Early satiety (feeling full quickly)
- Abdominal pain or discomfort
- Heartburn or gastroesophageal reflux
- Malnutrition and weight loss in severe cases

CAUSES

The exact cause of gastroparesis is often unknown, but it can be associated with:

- Diabetes: High blood sugar levels over time can damage the vagus nerve, which controls stomach muscles.
- Surgery: Certain surgeries on the stomach or vagus nerve can lead to gastroparesis.
- Medications: Some medications, like opioids and certain antidepressants, can slow stomach emptying.
- Infections and other illnesses can also trigger this condition.

TREATMENT

Management of gastroparesis typically involves dietary changes, medications, and in some cases, procedures or surgeries:

- Dietary changes: Small, frequent meals that are low in fat and fiber to reduce the burden on the stomach.
- Medications: Prokinetic agents like metoclopramide to stimulate stomach motility, and antiemetics to control nausea.
- Gastric electrical stimulation: A surgically implanted device that sends electrical impulses to the stomach muscles to help with emptying.
- Feeding tubes or parenteral nutrition in severe cases.



WE ARE HIRING

FRONT DESK RECEPTIONIST

APPLY NOW

Apply on our website @
www.texasnativehealth.org

[View Job Description /
Apply](#)

PLEASE TAKE OUR POLL BELOW

Which group therapy session would you most consider attending?

Self-Care & Wellness

Managing Anxiety

Living with Depression & PTSD

Substance Use

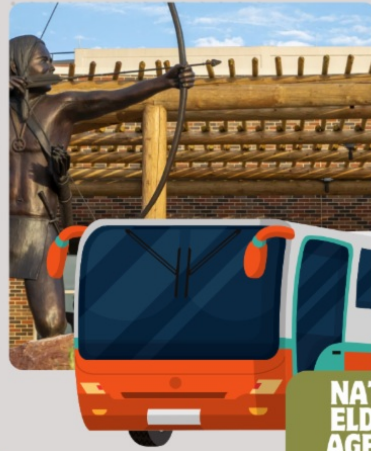
Generational/Historical Trauma

Grief



Elders Circle Day-trip to Choctaw Nation Cultural Center

Calera, OK (1.5 hrs from TNH)



**NATIVE
ELDERS
AGE 55+**

If you are an elder who requires the assistance of a caretaker, you are allowed to bring 1 person to assist you on the trip. Caretaker must register.

ADMISSION, BUS TRANSPORTATION, & LUNCH PROVIDED.

ELDERS MUST REGISTER TO ATTEND THIS TRIP. SPOTS ARE LIMITED!

REGISTRATION DEADLINE IS FRIDAY, AUG. 16TH BY 5PM.

REGISTRATION FORM CAN BE FOUND HERE:

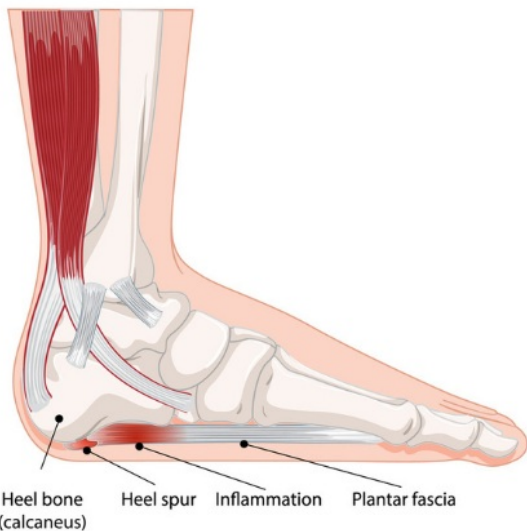
https://texasnativehealth.formstack.com/forms/ec_choctaw_cultural_center_trip **OR SCAN QR CODE:**



Register for August's Elder's Circle Trip

Plantar Fasciitis

Inflammation of the plantar fascia, a thick band of tissue that runs across the bottom of the foot and connects the heel bone to the toes.



A common podiatry problem among Native Americans is plantar fasciitis, which is the inflammation of the plantar fascia, the band of tissue that runs along the bottom of the foot and connects the heel bone to the toes. Plantar fasciitis can cause sharp heel pain, especially with the first steps in the morning or after long periods of standing.

If you are experiencing any symptoms of Plantar Fasciitis, Texas Native Health now offers treatment of this condition. Contact our front desk staff to set a podiatry appointment today!

SYMPTOMS

- 1. Heel Pain:**
 - The most common symptom is a sharp or stabbing pain in the bottom of the heel. The pain may also extend along the arch of the foot.
- 2. Morning Pain:**
 - The pain is often worst with the first few steps after waking up in the morning or after sitting for a long period. The stiffness and pain usually decrease after a few minutes of walking but may return after prolonged standing or activity.
- 3. Pain After Exercise:**
 - While the pain may lessen during activity, it often intensifies after exercise or physical activity rather than during it.
- 4. Pain When Standing for Long Periods:**
 - Prolonged standing or walking, especially on hard surfaces, can aggravate the pain.
- 5. Tenderness in the Foot:**
 - The bottom of the foot, especially near the heel, may feel tender to the touch. This tenderness is typically located where the plantar fascia attaches to the heel bone.
- 6. Swelling:**
 - In some cases, there may be mild swelling in the affected area.
- 7. Tightness in the Achilles Tendon:**
 - Some people with plantar fasciitis may also experience tightness in the Achilles tendon, which connects the calf muscles to the heel bone.

NEW SERVICES

Podiatry



**Appointments
for these services
are available
every 2nd
Monday of each
month**

Ankle Pain
Ankle Sprains
Achilles Tendon
Arthritic Foot
Care
Athletes Foot
Bunions
Corns
Diabetic Foot Care
Flat Feet
Foot and Ankle
Fractures
Foot and Ankle
Surgery
Foot Pain
Geriatric Foot
Care
Hammertoes
Heel Pain
Heel Spurs
Ingrown Toenails
Neuroma (Morton's)
Plantar Fasciitis
Plantar Warts
Sports Medicine
Toenail Fungus

**DO YOU HAVE A
NEED FOR AN
EMOTIONAL
SUPPORT
ANIMAL?**



**TNH may be able to assist
with certification letters
based on evaluation by our
mental health professionals**

**I Would Like More
Info**

DO YOU HAVE A SPECIAL SKILL OR KNOWLEDGE THAT YOU WOULD LIKE TO TEACH OTHERS?

Do you know how to peyote stitch? Make ribbon skirts? Make regalia? Powwow Dance? Sing? Can you teach yoga, Indigenous art, history, science? Can you teach a beginner computer literacy or financial class?

TNH is on the lookout for Native/Indigenous community members & allies who have skills to share with our community via workshops, activities, youth camps, etc. We are collecting contact information of people who are artisans, certified teachers/instructors, tribal employees, scientists, business owners, etc. who are interested in being potential instructors for TNH programming.

Register
Below



I'm Interested in Being a Host /
Instructor

AUGUST 14TH: NATIONAL NAVAJO CODE TALKERS DAY



Private First Class Preston Toledo (left) and Private First Class Frank Toledo, cousins and full-blooded Navajo citizens, attached to a Marine Artillery Regiment in the South Pacific with relay orders over a field radio in their native tongue. Photographer: Ashman.

The Navajo Code Talkers were a group of Native American Marines who played a crucial role in the United States' success during World War II. Using their native Navajo language, which was unknown to the enemy and incredibly complex, they developed an unbreakable code that was used to transmit vital military communications on the battlefield. Their contributions were particularly significant in the Pacific Theater, where they participated in every major Marine operation from 1942 to 1945. The code, which was never deciphered by the Japanese, helped secure key victories and save countless lives. The bravery and ingenuity of the Navajo Code Talkers were instrumental in the Allied victory, and their legacy remains a proud and honored part of both Navajo and American history.



ELECTION DAY:
TUESDAY, NOVEMBER 5th, 2024

Voting is particularly important for Native Americans, as it directly impacts the issues that affect their communities.

VOTE

The poster features a dark blue background with a hand in a yellow and blue striped sleeve dropping a yellow ballot into a blue ballot box labeled 'VOTE'. The background is decorated with red and blue stars.

HERE'S HOW VOTING CAN INFLUENCE THE LIVES OF NATIVE AMERICANS:

Representation in Government

- Native American voters can elect leaders who understand and advocate for their unique needs. This includes issues like tribal sovereignty, healthcare, education, and economic development. The more Native Americans participate in elections, the more likely their voices will be heard in government decisions.

Protection of Tribal Sovereignty

- Voting for representatives who respect and support tribal sovereignty ensures that Native American tribes maintain their rights to self-governance and control over their lands. Policies affecting land use, natural resources, and cultural heritage can be influenced by

who is elected.

Access to Resources

- Many Native American communities face challenges related to healthcare, education, and infrastructure. Elected officials at local, state, and federal levels make decisions that can improve or hinder access to these essential services.

Healthcare and Social Services

- Voting for candidates who support funding for the Indian Health Service (IHS) and other social services can ensure that Native Americans receive the healthcare and support they need. This is especially critical in addressing disparities in health outcomes within Native communities.

Protection of Voting Rights

- Historically, Native Americans have faced barriers to voting, including restrictive laws and lack of access to polling places. Voting for leaders who work to protect and expand voting rights is essential for ensuring that Native American voices are included in the democratic process.

Environmental Protection

- Many Native American communities are closely connected to the land and rely on natural resources for their way of life. Voting for candidates who prioritize environmental protection can help safeguard these resources against harmful policies and development projects.

Education and Cultural Preservation

- Voting for candidates who support education initiatives that include Native American history and languages can help preserve and promote cultural heritage. Policies that fund Native schools and programs are often decided by elected officials.

Economic Development

- Elected officials can influence policies that promote economic opportunities in Native American communities, such as funding for small businesses, job training programs, and infrastructure development.

Justice and Law Enforcement

- Voting can also impact how laws are enforced on reservations and in Native communities. Electing leaders who are committed to addressing issues like the high rates of violence against Native women and the crisis of missing and murdered Indigenous people is crucial.

By voting, Native Americans can help ensure that their communities are represented and that their rights and interests are protected. The more Native voices are included in elections, the more attention will be paid to the issues that matter to them.



2024 ICAE Scholarship

**Applications Open:
August 8th to 29th 2024**

The Inter-Tribal Council of AT&T Employees (ICAE) has developed the Scholarship Program as a way of reaching back into local communities to financially assist Native American students in continuing their higher education.

2024 Scholarship Eligibility Criteria:

- Be a current undergraduate or graduate student at an accredited 2-4 year college
- Be of Native American/Indigenous descent
- Be a US citizen
- Have a minimum GPA of 3.0

After the initial screening process, all eligible candidates will be evaluated based on their scholastic discipline, personal achievement, extracurricular activities and personal essay. The ICAE Scholarship Committee based on a uniform, weighted point average system will select scholarship winners collectively.

Essay Prompt:

300 to 500 words on the following topic: Why is Native representation in current culture so important and what can you do to advance Native representation in your life and career? Support your response with specific examples.



Apply here



**Apply for
Scholarship**

SAVE A LIFE

Stop an overdose with Narcan



TNH offers **FREE** Narcan to community members to help prevent deaths from opioid overdose. Ask our Pharmacist or Mental Health Professionals today about how to receive and use your life-saving Narcan!

Narcan helps counteract the life-threatening effects of an opioid overdose. Since most accidental overdoses occur in a home setting, it was developed for family, friends, and caregivers – with no medical training required. Help save lives in your community with NARCAN!



SCHOLARSHIPS

FOR NATIVE AMERICAN FITNESS INSTRUCTOR CERTIFICATIONS



[More Information](#)

[Apply for
Scholarship](#)



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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