



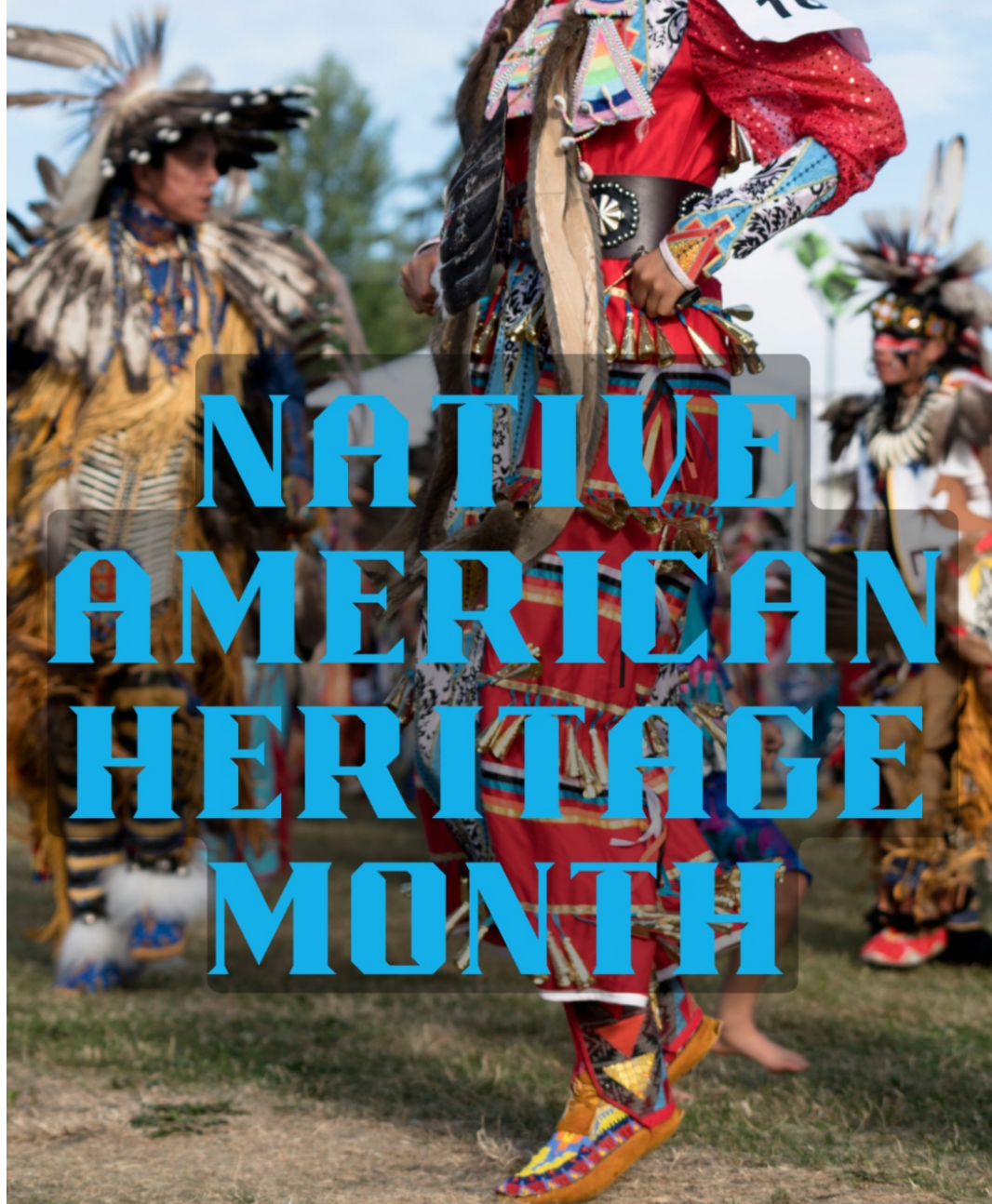
# TEXAS NATIVE HEALTH NEWSLETTER

**NATIVE NOVEMBER EDITION**



**NOVEMBER IS...**

Honoring our  
culture,  
traditions &  
contributions



# NATIVE AMERICAN HERITAGE MONTH

The movement to recognize and celebrate Native American heritage and culture dates back to the early 20th century. Native American activists, leaders, and organizations began advocating for greater awareness and respect of their cultures and contributions.

One of the earliest recorded efforts to recognize Native American heritage was the establishment of "American Indian Day" in New York State in 1915. Dr. Arthur C. Parker, a Seneca Nation member and the director of the Museum of Arts and Science in Rochester, New York, promoted the concept.

Over the years, other states and communities began to observe American Indian Day, which was typically held on the second Saturday of May. The idea of celebrating Native American heritage gradually spread across the country.

The movement gained momentum at the federal level. On November 4, 1986, President Ronald

Reagan issued Presidential Proclamation 5577, proclaiming November 23rd–30th as "American Indian Week." This was expanded to a month-long observance in 1990 by President George H.W. Bush. Since then, the month of November has been designated as National American Indian Heritage Month.

Native American Heritage Month provides an opportunity for people across the United States to learn about and appreciate the rich cultural traditions, history, and contributions of Native American communities. It is a time for Native Americans to share their stories, art, music, and traditions with a broader audience.

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Texas Native Health will be **CLOSED**

**MONDAY, NOVEMBER 11, 2024**

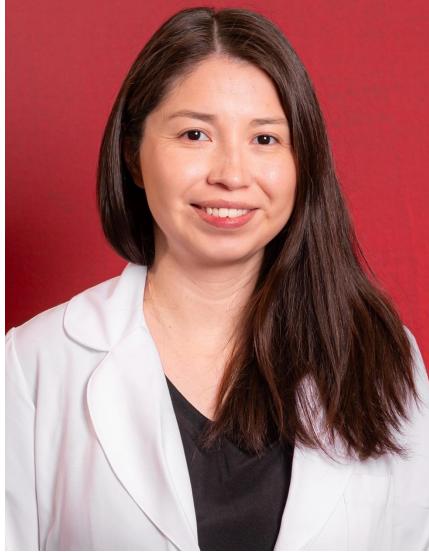
in observance of Veterans Day



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**Introducing - Dr. Goldie Stands-Over-Bull**

TNH is thrilled to introduce  
Dr. Goldie Stands-Over-Bull, MD,  
to our community!



Dr. Goldie Stands-Over-Bull is a board-certified family physician dedicated to providing comprehensive care to patients of all ages, from newborns to the elderly. Her areas of special interest include women's health, adolescent medicine, addiction medicine, and chronic disease management. Dr. Stands-Over-Bull is passionate about promoting patient autonomy and delivering culturally appropriate care tailored to the needs of her patient population.

She earned her Doctor of Medicine degree from Yale School of Medicine and completed her Family Medicine residency at the University of Washington, graduating in 2019 and 2022, respectively. An enrolled member of the Crow Tribe in Montana, Dr. Stands-Over-Bull is committed to giving back to her community. Outside of work, she enjoys spending time with her huskies.

# Did You Know?

Many of today's natural remedies trace back to traditional Native American healing practices, where herbs and plants were essential tools for wellness. For example, the pain-relieving effects of willow bark, used by Native Americans, inspired the creation of aspirin. Echinacea, known for boosting immunity, and yarrow, used for wound care, were staples in traditional medicine and continue to be valued for their healing properties today. These practices remind us of the deep wisdom in Native traditions, offering insights into holistic health that connect past and present approaches to wellness.





# A story of **3 SISTERS**

Once upon a time, in a valley nestled between ancient mountains, there lived three sisters who loved each other dearly. The eldest sister, Corn, stood tall and proud, reaching for the sky, her golden hair swaying in the wind. The middle sister, Bean, was nimble and strong, always finding ways to climb higher with her spiraling green vines. And the youngest sister, Squash, spread her wide, leafy arms across the earth, creating a soft, protective blanket for her family.

One summer, a great drought came to the valley. The sisters, who were used to standing alone in the meadow, decided to come together. Corn offered her stalk for Bean to climb, so she could reach the rain that still lingered high above. Bean wrapped herself around Corn, holding her upright against the drying wind. And Squash, always watchful, spread herself even wider, shading her sisters' roots and keeping the ground cool and moist.

Through their teamwork, the sisters not only survived the drought but thrived. When the rain returned, the people of the valley marveled at the strength of the Three Sisters, who had learned that together, they were unbreakable. And so, each year, the people planted Corn, Bean, and Squash side by side, honoring the bond of the sisters and the lesson they shared: that by supporting each other, they could withstand even the harshest of times.

# 3 SISTERS STEW

Three Sisters Stew is a traditional Native dish that features three staple crops: corn, beans, and squash. These three crops are often grown together, as they complement each other's growth and nutritional qualities. Here's a simple recipe for Three Sisters Stew:

## INGREDIENTS:

1 cup dried or fresh corn kernels (or hominy)  
1 cup dried beans (such as black, pinto, or kidney beans)  
1 medium-sized squash (such as zucchini or butternut squash), diced  
1 onion, finely chopped  
2-3 cloves of garlic, minced  
1 bell pepper (green or red), chopped  
2 tomatoes, diced (or 1 can of diced tomatoes)  
4 cups vegetable or chicken broth  
1 tsp ground cumin  
1 tsp ground chili powder (adjust to your spice preference)  
Salt and pepper to taste  
2 tablespoons cooking oil (olive, vegetable, or canola)

## INSTRUCTIONS:

1. **Prepare the Beans:** If you're using dried beans, soak them overnight in water or use the quick soak method. Rinse and drain the beans before cooking.
2. **Cook the Beans:** In a large pot, add the soaked or fresh beans and cover them with water. Bring to a boil, then reduce heat and simmer until the beans are tender (usually 1 to 1.5 hours). Drain and set aside.
3. **Sauté Aromatics:** In a large soup pot or Dutch oven, heat the cooking oil over medium heat. Add the chopped onions, garlic, and bell pepper. Sauté for about 5 minutes or until they become soft and fragrant.
4. **Add Squash and Spices:** Stir in the diced squash and spices (cumin and chili powder). Cook for an additional 5 minutes, allowing the spices to become fragrant.
5. **Combine Ingredients:** Add the cooked or canned corn (or hominy), diced tomatoes, cooked beans, and vegetable or chicken broth to the pot. Bring the mixture to a boil, then reduce the heat to low, cover, and let it simmer for about 20-30 minutes or until the squash is tender.
6. **Adjust Seasoning:** Taste the stew and add salt and pepper to your preference. You can also adjust the chili powder for more heat if desired.
7. **Serve:** Ladle the Three Sisters Stew into bowls and enjoy your delicious and nutritious dish. You can garnish with fresh herbs like cilantro if you like.

## #DemocracyIsIndigenous

NATIVE AMERICANS PIONEERED THE CONCEPT OF DEMOCRACY LONG BEFORE THE FOUNDING OF THE UNITED STATES. THE IROQUOIS CONFEDERACY, ALSO KNOWN AS THE HAUDENOSAUNEE OR "PEOPLE OF THE LONGHOUSE," ESTABLISHED A SOPHISTICATED FORM OF GOVERNMENT THAT INSPIRED THE DEMOCRATIC IDEALS OF THE U.S. CONSTITUTION. THE CONFEDERACY, WHICH DATES BACK TO THE 12TH CENTURY, WAS A UNION OF SIX NATIONS—THE MOHAWK, ONEIDA, ONONDAGA, CAYUGA, SENECA, AND TUSCARORA. THEIR GREAT LAW OF PEACE OUTLINED PRINCIPLES OF GOVERNANCE, CONSENSUS-BUILDING, AND A SYSTEM OF CHECKS AND BALANCES THAT INFLUENCED EARLY AMERICAN STATESMEN LIKE BENJAMIN FRANKLIN AND THOMAS JEFFERSON.

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# RESERVATION HUMOR

*~Jokes passed  
down from one  
reservation to  
another~*



It was autumn, and the Natives on the remote reservation asked their newly elected Chief if the winter was going to be cold or mild this year. Since he had been living as a modern chief, he had yet to learn the old secrets to predicting the weather.

When he looked up at the sky, he could not tell what the weather was going to be, but he did not want the others to know he was clueless. To be safe rather than sorry, he informed the people that it was going to be a cold one and ordered them to gather plenty of firewood.

He decided that he would need to be sure that he was correct, and called up an old friend who had become a Meteorologist to ask him what the winter would be like. "It looks like its going to be quite a cold one indeed" his old friend had told him.

Feeling confident, the Chief went back to his people and ordered them to collect even more firewood. A week later, the Chief followed up with the Meteorologist to confirm that it would be a cold winter.

"Yes!" his old friend told him, "It is definitely going to be brutal one".

The Chief informed his people that they should continue their collection of firewood to hold them over.

As the days passed, the weather did not seem to be getting very cold.

Worried, the Chief gave the meteorologist another call.

"Absolutely," said the meteorologist.

"It is going to be one of the coldest winters ever!"

"How can you be so sure?" the chief asked.

"The Natives are collecting wood like crazy!" said the Meteorologist.

**Have a joke or a story you would like to share in our newsletter? Email us!  
Use the button below:**

**Email Us!**

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**Our communities have diverse traditions and cultures, and not all Native Americans celebrate Thanksgiving in the same way. The observance of Thanksgiving among Native Americans can vary widely, influenced by tribal customs, historical experiences, and personal beliefs. Some embrace the holiday as a time of gratitude and family gathering, while others may view it with more complex emotions due to the historical context of European colonization and its impact on Indigenous communities. Here are a few ideas to celebrate this holiday and honor your heritage:**

- Serve some of your favorite traditional foods that have been a part of your tribe’s culture for centuries.
- Host or attend a cultural event or gathering to share your traditions, songs, dances, and stories with other tribal members.
- Incorporate your own ceremonial practices into your Thanksgiving celebration, involving prayer, storytelling, and other rituals that hold cultural significance to you and your family.
- Reflect on your history. Use Thanksgiving as an opportunity to reflect on the historical context and challenges our communities have faced as a result of colonization, land dispossession, and cultural disruption. Let’s make time to remember and honor the resilience of our people.
- Take the opportunity to educate others about the history and the diverse cultures of Indigenous peoples, using Thanksgiving as a platform for raising awareness about Native issues.

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## UPCOMING TNH EVENTS

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TEXAS NATIVE HEALTH PRESENTS

# WINTER FEST 2024

@ TNH COMMUNITY CULTURAL CENTER (C3)  
1269 RECORD CROSSING RD, DALLAS, TX  
75235

07 DEC, 2024  
12:00PM - 4:00PM

**Delicious Holiday Drinks**

**Free Food**

**Toys for Tots Giveaway**

**Photos W/ Santa**

**Vendors**

**Family Crafts & Activities**

Registration for Toys for Tots will be open on Wednesday, November 13, 2024

**CALLING ALL**

# VENDORS

**TNH WinterFest 2024**

**Merchandise Vendors & Information Vendors wanted**

## TNH TIPS & INFORMATION FOR YOU!

**Native Americans in the United States experience significant health disparities, which are the unequal distribution of health outcomes and access to healthcare services compared to the general population. Early detection and effective treatment can help individuals with diabetes lead healthier lives and reduce the risk of complications. TNH can help!**

### **Signs and Symptoms Specific to Type 1 Diabetes:**

- Sudden Onset: Type 1 diabetes often develops rapidly, with symptoms appearing within weeks or even days.
- Increased Urination in Children: In children, bedwetting or frequent urination during the day can be a sign of Type 1 diabetes.
- Ketoacidosis: If left untreated, Type 1 diabetes can lead to a dangerous condition called diabetic ketoacidosis (DKA), which can cause nausea, vomiting, abdominal pain, and a fruity odor on the breath.

### **Signs and Symptoms Specific to Type 2 Diabetes:**

- Gradual Onset: Type 2 diabetes typically develops slowly, and people may not notice the symptoms for a long time.
- Infections: Frequent infections, slow-healing wounds, and recurrent yeast infections can be related to Type 2 diabetes.
- Tingling or Numbness: Peripheral neuropathy can cause tingling or numbness in the hands and feet.
- Darkened Skin: A condition known as acanthosis nigricans can cause dark, velvety patches of skin in the neck, armpits, and groin area.
- High Blood Pressure: People with Type 2 diabetes are at an increased risk of high blood pressure.



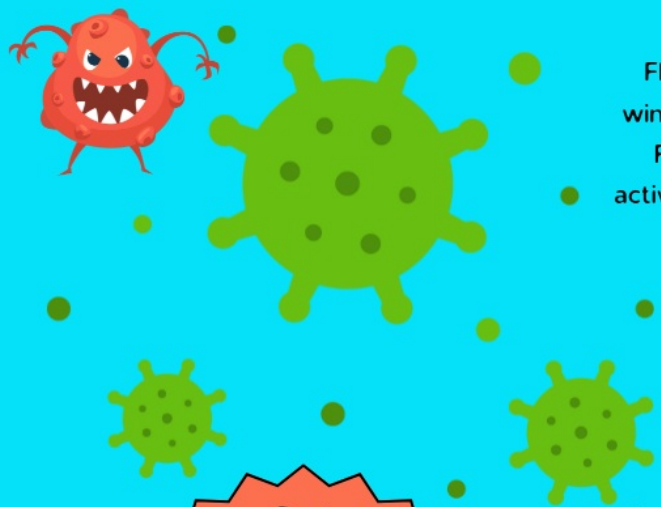
**National  
Diabetes  
Awareness  
Month**

Flu season typically occurs during the fall and winter months, peaking between December and February in the United States. However, flu activity can start as early as October and continue as late as May.

**Get  
Vaccinated  
@ Texas  
Native Health**



# FLU SEASON



ICAE at AT&T  
Native American Heritage Month  
Powwow



# Princess Pageant

**Friday, Nov. 8, 2024**

**6pm - 8pm**

@ C3 - Texas Native Health  
1269 Record Crossing Rd., Dallas, TX 75235

Community is invited to ICAE's  
inaugural NAHM Powwow  
Princess Pageant!

## JUDGES

**Veronica Arredondo**  
Chata/Choctaw

**Jhane Myers**  
Comanche/Blackfeet

**T'ata Begay**  
Choctaw Nation



MC  
**Chance Rush**  
Hidatsa/Arapaho/Dakota/  
Oneida/Otoe

## Pageant Agenda

- Opening Prayer
- Welcome - Rachel Salinas, ICAE Nat'l President & CEO
- Introduction of Judges
- Contests begin (scored by judges)
  - Contestant Introductions
  - Culture share
  - Cultural talent
  - Inter-Tribal dance by all contestants
  - Break
  - Q & A
- Entertainment
- Announcement of Pageant Contest Winners
  - Miss Photogenic
  - Miss Congeniality
  - Essay Winner
- Final announcement(s)
- Closing Prayer





INTER-TRIBAL  
COUNCIL OF  
AT&T EMPLOYEES  
(ICAE)

4th Annual  
Native American Heritage Month  
**CONTEST POWWOW**

**SATURDAY  
NOV. 09, 2024  
10AM - 6PM**

Vendors Open 10 am  
Gourd Dance 11 am  
Grand Entry 12 pm

**Head Staff**

Head Man: Angelo Begay  
Head Lady: Ellen Sutton  
Head Gourd: Warren Queton  
MC: Marty Thurman  
Head Judge: LaRay Guerrero  
Arena Director: Delvin Johnson  
Southern Drum: Comanche Thunder  
Northern Drum: Medicine Tail  
Color Guard: Alabama Coughatta



In partnership with:



**CONTEST CATEGORIES**

Men (18-54)

N. Traditional/Grass/Straight/Fancy/Chicken  
1st=\$500 2nd=\$400 3rd=\$300

Women (18-54)

Fancy Shawl/Jingle/Cloth/Buckskin  
1st=\$500 2nd=\$400 3rd=\$300

Teens (13-17)

Teen Boys: Combined Teen Girls: Combined  
1st=\$200 2nd=\$150 3rd=\$100

Juniors (6-12)

Jr Boys: Combined Jr Girls: Combined  
1st=\$150 2nd=\$100 3rd=\$75

Golden Age (55+)

Men: Fancy/Grass/Chicken Women: Cloth/Buckskin  
Men: Straight/Traditional Women: Fancy/Jingle  
1st=\$500 2nd=\$400 3rd=\$300

**FREE EVENT! OPEN TO THE PUBLIC!**

**Arts & Crafts Vendors**

Vendor Sign-up Info Coming Soon!

**AT&T Discovery District  
308 S. Akard St., Dallas, TX 75202**

Free parking w/validation @ AT&T Garage, 1212 Jackson St.

**Events & Activities**



**Cooking Class**

Wednesday, November 20th | 10:30 AM  
Hosted by Amber White

Join us this month as we learn to cook some healthy Thanksgiving options!

**RSVP**



## Elders Circle

Tuesday, November 20th | 11:00 AM  
Hosted by Martha Jarmon & Snowy Voice

**RSVP**

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.

## 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
- Cooking Classes

## 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 US

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