



OCTOBER NEWSLETTER

A cluster of several pumpkins in various colors including orange, white, pink, and green, positioned to the left of the word 'NEWSLETTER'.



OCTOBER
14



Texas Native Health will be closed
on Monday, October 14th, in
observance of

INDIGENOUS PEOPLES' DAY

We stand together this Indigenous Peoples' Day, in pride and unity, to remember that our existence is resistance - and our future is bright!

Indigenous Peoples' Day is more than just a replacement for Columbus Day; it is a powerful recognition of the strength, resilience, and enduring presence of Native peoples across this land. For generations, Indigenous communities have faced significant challenges—from colonization to forced assimilation—but today, we stand strong, reclaiming our stories, languages, and ways of life. This day serves as an affirmation of our identity, our cultures, and our right to thrive on lands that have always been ours.

This day is a reminder to uplift our elders, who carry the knowledge of generations, and to support our youth, who are the next keepers of our culture. On this day, we honor the original stewards of this land, not as relics of the past, but as vital,

vibrant nations with rich histories and promising futures. We celebrate not only survival, but the revival of our languages, cultures, and traditions.

CALL FOR ARTWORK DONATIONS

TNH is seeking donations of digital artwork from talented Native American artists to help us create a warm and welcoming environment for our patients and community members.

In return for your generous contribution, we will feature a dedicated section near your artwork that highlights your name, a QR code or web address to your art gallery, and a bio or any information you'd like us to share about you and your artwork in order to increase your brand awareness.



[MORE INFO /
DONATE](#)

EXCITING NEWS!

Texas Native Health will select 15 families to participate in the Nourishing Native Families pilot program. Applications will close on Sunday, October 13, 2024. Those who are selected will be contacted on or before Friday, October 18, 2024.

Nourishing Native Families

A pilot program by Texas Native Health

Texas Native Health is excited to introduce the Nourishing Native Families Program, a pilot initiative aimed at providing 15 families with weekly access to fresh produce for 3-6 months. This program is designed to enhance food security, promote healthy eating habits, and ensure families can make healthier food choices without barriers.



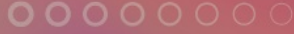
[MORE INFO / APPLY](#)

FEATURED OCTOBER EVENTS

Indigenous Pink:



Wellness Warriors for everyday Cancer Prevention



October 17:

Schedule Your Clinical Breast Exam for this date and receive a goodie bag + an entry for a chance to win a \$50 Visa Gift Card!

October 31:

Join us from 11am-2pm
for:

- Wellness Education
- Light Lunch
- Games and Activities
- Informational Booths

Costumes Welcome!

1269 Record Crossing
Rd, Dallas, TX 75235





NATIVE PATHWAYS PROGRAM

Oct 12, 2024
6th Grade -- 12th grade

COME WITH US TO DENTON!

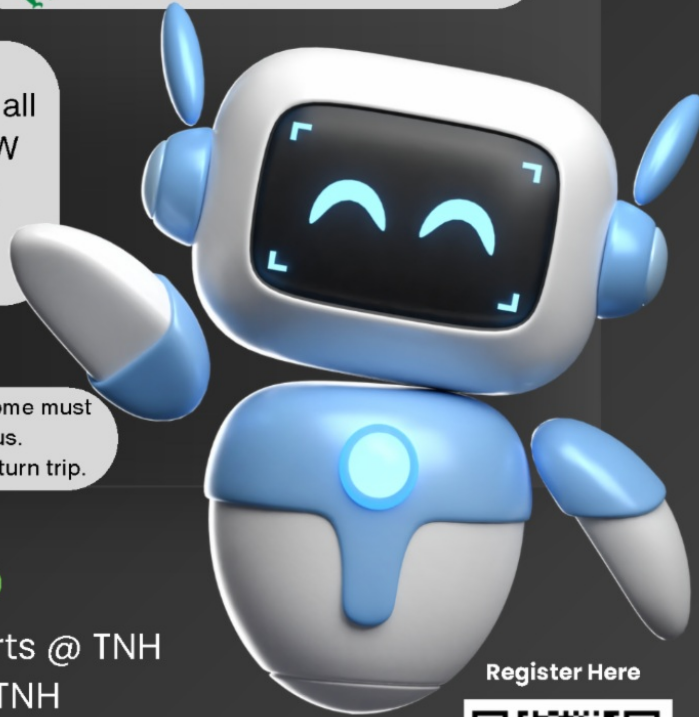
Texas Native Health
1283 Record Crossing Rd
Dallas, TX 75235

ARM
Advanced Robotic Manipulators Lab

UNT | COLLEGE OF ENGINEERING
Department of
Biomedical Engineering

“The lab has the **largest collection of robots** among all universities within the DFW metroplex, ranging from simple models to very sophisticated ones.”

Breakfast not provided & food from home must be eaten before boarding the bus.
Snacks & water will be provided on return trip.



Schedule

8:30 am	Drop off starts @ TNH
9:00 am	Bus Leaves TNH
10:00 am	Program Starts
12:00 pm	Load the Bus
1:00 pm	Parent Pickup @ TNH

Register Here



For more information contact Jennifer Tahbonemah

jtahbonemah@texasnativehealth.org

Direct Office Line: 214 446 3631

To Text: 972 284 9548

**REGISTER
NOW**



NATIVE PATHWAYS PROGRAM



Meet the Coordinators

Jennifer Tahbonemah Education Coordinator

Olivia Woodward Cultural Education Coordinator

OCT 19, 2024
10 AM TO 12 PM

SNACKS
WILL BE
SERVED

KIDS
ARE
WELCOME

COME
LEARN
ABOUT:

@TEXAS NATIVE HEALTH
CULTURAL CENTER

2025 PROGRAMMING

OUR NEW BEHAVIOR CONTRACT

TUTORING INCENTIVE PROGRAM



TEXAS NATIVE HEALTH
CULTURAL CENTER
1269 RECORD CROSSING RD
DALLAS, TX 75235

WWW.TEXASNATIVEHEALTH.ORG





NATIVE PATHWAYS PROGRAM

STAND UP COMEDY CLASS

WITH

For Native Pathways Program
students in grades 6 - 12

COREY HERRERA



NATIVE AMERICAN COMEDIAN
FROM COCHITI PUEBLO

SATURDAY

OCTOBER 26

10 AM - 12 PM

REGISTER HERE



TEXAS NATIVE HEALTH
COMMUNITY CULTURAL CENTER
1269 RECORD CROSSING ROAD
DALLAS, TX 75235

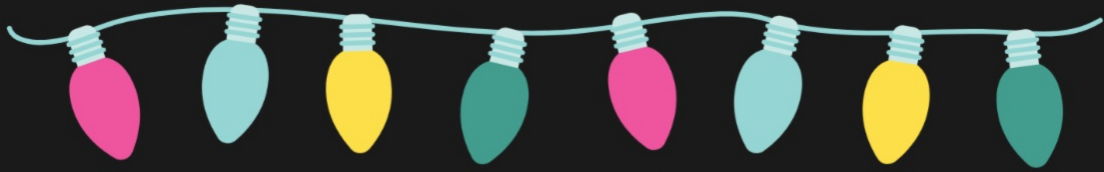
QUESTIONS?

JENNIFER TAHBONEMAH
O: 214-446-3631
C: 972-284-9548

JTAHBONEMAH@TEXASNATIVEHEALTH.ORG

REGISTER

COMING SOON



TEXAS NATIVE HEALTH PRESENTS

WINTER FEST 2024

SAVE THE DATE

07 DEC, 2024

12:00PM-4:00PM

FOOD | GIFTS | VENDORS | ACTIVITIES

COMMUNITY CULTURAL CENTER (C3)

1269 RECORD CROSSING RD, DALLAS, TX 75235



CALLING ALL

VENDORS

TNH WinterFest 2024

Merchandise Vendors & Information Vendors wanted

**MORE INFO / SIGN-
UP**

NATIVE PATHWAYS PROGRAM

ONLINE TUTORING

WE ARE OFFERING TWO ONLINE TUTORING PROGRAMS:

My Reading & Math Academy

- For students K-2nd Grade
- 60 minutes per week
- Designed to significantly accelerate mastery of skills, build math/reading fluency, and boost student confidence with research-based instruction and intelligent adaptive

Pear Deck (formerly Tutor Me)

- For students K-12
- 1:1 with a tutor to work on homework, prepare for tests, or work on skill building for the upcoming school year
- Test Prep; Math; English Language Arts; Biology; Chemistry; Earth Science; Physics

REGISTER YOUR STUDENT NOW

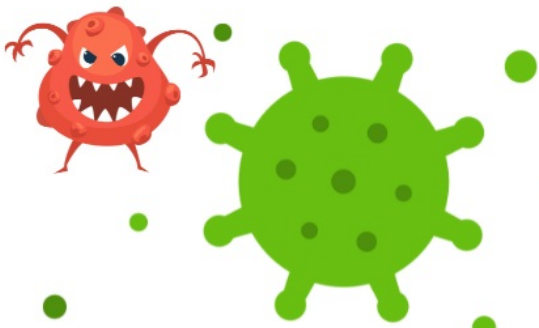
Please contact Jennifer Tahbonemah - Education Coordinator, for any questions!

214-446-3631

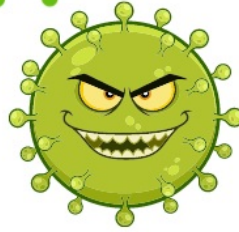
jtahbonemah@texasnativehealth.org

REGISTER FOR TUTORING

TNH TIPS & INFORMATION FOR YOU!



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. Health experts recommend getting vaccinated in early fall, around September or October, to ensure protection before flu season reaches its peak.



FLU SEASON



Let's focus on the thriving and not just surviving.

SIGNS AND SYMPTOMS OF BREAST CANCER

A hard, painless lump in the breast or underarm is a classic symptom. However, breast cancer can also present as a soft, tender lump.

Any unexplained change in the size or shape of the breast should be evaluated.

While breast cancer is not usually painful, some people may experience breast pain or discomfort.

Look for changes in the texture of the skin on the breast, such as redness, dimpling, puckering, or ridges that resemble the skin of an orange

Changes in the nipple, such as inversion (nipple turning inward), discharge (other than breast milk), or a rash, should be examined.

Unexplained swelling, warmth, or redness in the breast can be a sign of breast cancer.

If one nipple is noticeably different from the other, or if it becomes flattened or turned inward, this could be a sign of concern.

Changes in the color or texture of the areola (the area surrounding the nipple) can be an early sign of breast cancer.

In some cases, unexplained weight loss can be associated with advanced breast cancer.

If breast cancer has spread to the bones, it may cause bone pain.

October is Domestic Violence Awareness Month

#LoveDoesNotHurt

#ViolenceIsNotMyTradition

If you or someone you know is a victim of domestic violence, contact TNH to find out which services and resources are currently available
214-941-1050



Domestic violence rates among Native Americans are often higher than the national average.

Domestic violence can manifest as physical, emotional, psychological, sexual, or financial abuse.

Domestic violence happens to both women and men.

Many abusive relationships follow a cyclical pattern with tension building, an explosion of violence, and then a honeymoon phase. This can make it difficult for victims to leave.

Victims of domestic violence may suffer from physical injuries, but the emotional and psychological scars can be just as damaging.

Children who witness domestic violence are at a higher risk of experiencing a range of emotional and behavioral problems.

Many cases of domestic violence go unreported due to fear, shame, or dependence on the abuser.

Friends and family play a crucial role in supporting victims. Encourage people to reach out and offer help.



988

NO JUDGMENT. JUST HELP.

How to stay connected to a loved one who's struggling:

1. Share your desire to stay connected. Explain to your loved one that you want to stay connected. Tell them that you are there for them and follow through.
2. Check in regularly. Ask questions, such as "How have you been feeling?" or "What did you do today?" that show your interest in your friend's life. Make sure to keep in mind the things that spark your connection.
3. Avoid being judgmental. Be mindful of the words you use to describe your family member or friend's conditions and behaviors. Use first-person language, like "I" or "me", which can help your loved one feel more accepted.
4. Talk openly about your own experiences. Loved ones don't always ask for help when they need it because they feel embarrassed or uncomfortable. Talk about difficult emotions openly and honestly to let them know they're not alone.
5. Ask how you can help. It can be hard to know how to help someone who's going through a difficult time. Ask them questions as simple as, "I noticed you're feeling a bit low, what can I do to help you?"
6. Make plans. Actions speak louder than words. Struggling with a difficult time can cause your loved one to feel stuck. Asking them if they would like to go on a picnic or a walk is a great way to connect.

Diabetic Foot Exams offered at Texas Native Health



Here's what typically happens during a diabetic foot exam:

- **Visual Inspection:** The healthcare provider checks for any skin changes, blisters, cuts, calluses, redness, swelling, or infections. They also assess the toenails for fungal infections or ingrown nails.
- **Sensation Test:** Using tools like a monofilament or a tuning fork, the provider checks for signs of nerve damage by testing the sensitivity of different parts of the foot to touch, pressure, and vibration.
- **Pulse Check:** The provider checks the blood flow to the feet by feeling the pulses in the foot's arteries. Poor circulation can increase the risk of ulcers and slow healing of injuries.
- **Reflex Test:** Reflexes in the feet and ankles may be tested to see how well nerves are functioning, which can indicate whether diabetes has affected nerve health.
- **Assessment of Footwear:** The provider may examine the shoes the patient wears to ensure they fit properly and don't contribute to foot issues like blisters or ulcers.

WHY DIABETIC FOOT EXAMS ARE IMPORTANT:

Diabetic foot exams are essential because people with diabetes are at high risk for developing foot problems due to nerve damage (which can reduce pain sensation) and poor blood circulation. Left unchecked, even small injuries can turn into severe infections, leading to ulcers, and in worst cases, amputations. Regular exams help detect problems early, allowing for timely intervention to prevent serious complications.

PROJECT BEACON

BY TEXAS NATIVE HEALTH

At Texas Native Health, we understand the complexities and challenges faced by survivors of human trafficking. That's why we've launched Project Beacon, a vital initiative aimed at providing support, resources, and education to survivors and the community at large.



Events & Activities



Cooking Class

Wednesday, October 9th | 10:30AM - 12:00 PM
Hosted by Amber White.

RSVP

Registration is required.

This month, we will be preparing Nourish Bowls (create-your-own) with Wild Rice, and Apple Pie Bars!

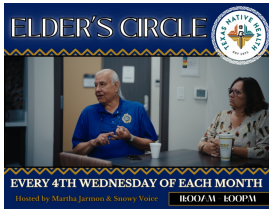


Women's Group

Thursday, October 10th | 11:30AM - 1:30PM
Hosted by Martha Jarmon.

RSVP

Join our Women's Group where we can come together to share experiences, learn new interests, and support each other in a safe, supportive space. This group could be anything from deep conversations to a sewing circle, to a book club. Our first meeting will establish your interests and create a monthly event that you can all enjoy!



Elders Circle

Wednesday, October 23rd | 11:00 AM

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.

Other Events & Activities



COMING TOGETHER FOR THE CURE

CANCER HEALTH AND WELLNESS EXPO

 **Saturday, Oct. 12**
9 a.m. – 2 p.m.

 **Vickery Meadow Youth Development Foundation**
7110 Holly Hill Drive
Dallas, 75231



SCAN QR CODE
to book your mammogram appointment or visit

www.parklandhealth.org/mammogram-saves-lives

Join us for:

- Mammograms (Registration Required)
- Interactive Sessions & Demonstrations
- Health Education & Screenings
- Health Information and Community Resource Booths
- Flu Vaccines
- Early Detection & Cancer Education
- Cancer Survivorship Information

Follow us on social media!

@ParklandHealth    





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 Coushatta



In partnership with:



CONTEST CATEGORIES

Men (18-54)

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

Teens (13-17)

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

Women (18-54)

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

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.

Programs and Services

Medical

Primary Care
Dental Services
Pharmacy
Diabetes Education & Management
Immunizations

Behavioral Health



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](#)

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
Women's Group



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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