

SEPTEMBER NEWSLETTER



FIRST DAY OF FALL: SUNDAY, SEPTEMBER 22, 2024

Fall Equinox

POTLUCK DINNER

& LEARN THE HISTORY OF FRYBREAD!



We are serving Indian tacos,
sides, & drinks

If you would like to bring a
dish (traditional or not)
please indicate on the
registration form below

SUNDAY, SEPTEMBER 22

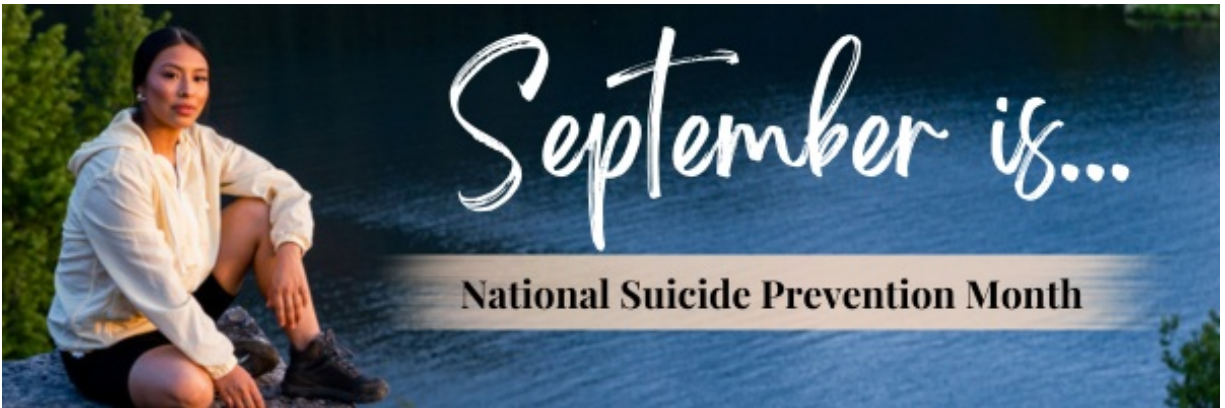
5-7 PM | GOOD FOOD | GREAT COMPANY

TNH Community Cultural Center (C3)

1269 Record Crossing Rd,
Dallas, TX 75235



Sign-Up to Bring a
Side



Did you know that Native Americans have some of the highest rates of suicide in the United States? It is more important than ever to educate and support our community! September 10th is National American Indian and Alaska Native Suicide Awareness Day. TNH has crisis response services and counseling services available for the Native American community. Join us in recognizing the importance of 'Reaching out to Relatives' and staying connected!

SEPTEMBER 10, 2024

REACH OUT TO RELATIVES AND STAY CONNECTED

National American Indian and Alaska Native
Suicide Awareness Day

Staying Connected Is Good for Your Health

Staying connected with family and friends is important for your mental health. It can reduce stress and the risk of suicide or dementia and help us live longer.

Small Actions Can Make a Big Difference

There are simple ways to check in with your relatives and lend support, like calling just to say hi, spending time together, or attending a community event.

Struggling? Reach Out to Someone You Trust

Reach out to a family member, friend, spiritual leader, or health care provider.



Call or text **988** to reach the
**National Suicide Prevention
Lifeline** for free, live support.



#HopeForLife





National Drug & Alcohol Addiction Recovery Month

RECOVERY FROM ADDICTION IS NOT A QUICK FIX BUT A LONG-TERM JOURNEY THAT OFTEN INVOLVES ONGOING SUPPORT, THERAPY, AND SELF-CARE. RELAPSE CAN BE A PART OF THE PROCESS, AND IT'S IMPORTANT TO STAY COMMITTED AND SEEK HELP WHEN NEEDED. TEXAS NATIVE HEALTH CAN PROVIDE YOU WITH THE SUPPORT YOU NEED TO GET ON THE ROAD TO RECOVERY. WE ARE HERE TO SUPPORT YOU ON YOUR HEALING JOURNEY!

[VIEW TNH MENTAL HEALTH SERVICES](#)

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Native American children have some of the highest obesity rates in the country. Studies have shown that obesity rates among Native American youth are significantly higher than the national average. This trend is seen across various age groups, from preschoolers to adolescents.

Childhood obesity is associated with a higher risk of developing chronic health conditions such as type 2 diabetes, hypertension, and heart disease. Native American children with obesity are at an increased risk of these conditions, which can begin in childhood and persist into adulthood.

There is also a strong association between obesity and other issues such as mental health challenges, including low self-esteem, depression, and social stigmatization.



Approximately 1 in 5 children and adolescents (ages 2-19) in the U.S. are considered obese.

Poor diet, lack of physical activity, genetic factors, and environmental influences such as limited access to healthy foods and safe places to play contribute to childhood obesity.

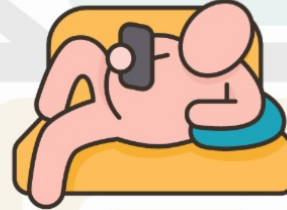


Sedentary behaviors, like excessive screen time (TV, computers, video games), are also major contributors.

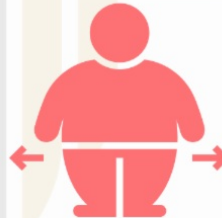
Obesity can lead to psychological issues such as low self-esteem, depression, and social isolation due to stigma and bullying.



Children with obesity are more likely to experience body image issues and may face challenges in social interactions.



Children with obesity are at a higher risk for developing chronic health conditions such as type 2 diabetes, high blood pressure, asthma, and sleep apnea. Obesity during childhood also increases the likelihood of obesity in adulthood.



The direct and indirect costs of childhood obesity are significant, including higher healthcare costs and lost productivity due to obesity-related illnesses.

Fun & Engaging Activities to Reduce Your Child's Risk of Childhood Obesity:

- Attend some traditional dance classes and begin practicing often. If no traditional dance classes are available, search for other opportunities such as hip hop or ballet dance classes.
- Start a home garden and begin growing fruits, vegetables, and traditional crops. This is something the entire family can be involved with!
- Organize hikes, nature walks, kayaking trips, and camping.
- Attend healthy cooking classes. (we provide these at Texas Native Health!) It is important for you as a parent to control what your child is consuming, and to ensure that it is a healthy and beneficial meal for your child.
- Enroll your child in a series of kids cooking classes where they can learn to prepare healthy meals and snacks. You may even want to incorporate some challenges, such as a smoothie-making contest!
- Introduce your child to sports! Organized sports provide regular physical activity, teach teamwork, and can improve self-esteem and social skills.
- Obtain some dance and movement video games for your child to play at home, such as “Just Dance” or “Dance Dance Revolution.” These games combine technology with physical activity, making exercise enjoyable and appealing to children who love gaming.
- Enroll your child in swimming lessons or allow them to swim in their free time.
- Take your child to play at the park often.

HEALTHY RECIPE ALERT

Pumpkin Oatmeal Cookie Recipe



INGREDIENTS

1/4 Cup Dried Cranberries
1/2 cup Pumpkin Puree
1/3 Cup Natural Peanut Butter
1/4 Cup White Chocolate Chips
(or dark chocolate)
1/4 Cup Pumpkin Seeds
1 Cup Rolled Oats
1 tsp Pumpkin Pie Spice
1/4 tsp Salt
1 Large Egg

Step 1: Preheat oven to 350 degrees F.

Step 2: Combine the pumpkin, peanut butter, and eggs with spices in a large mixing bowl.

Step 3: Stir in the oats

Step 4: Fold in the cranberries, chocolate, and pumpkin seeds.

Step 5: Portion the dough using a 1-ounce scoop onto a baking sheet sprayed with cooking spray. Scoop onto a greased baking sheet.

Step 6: Using the back of a cup that's lightly sprayed with cooking spray, gently press down the dough so it forms a circle.

Step 7: Bake for 12 minutes or until tops are golden. Remove from oven and let cool 5 minutes before enjoying. Store in an airtight container on counter for 5 days, refrigerate for 10 days, or freeze for up to 3 months for best quality.

NATIONAL CHOLESTEROL EDUCATION MONTH

Dietary Cholesterol vs. Blood Cholesterol

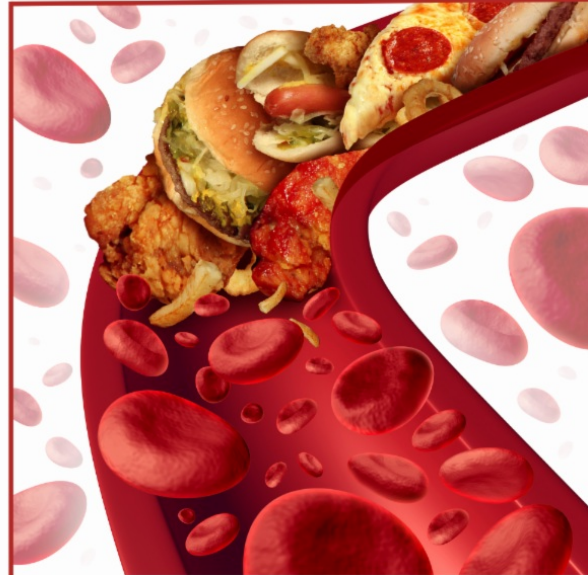
1. **Dietary Cholesterol:** This is the cholesterol found in the foods you eat. While dietary cholesterol can affect blood cholesterol levels, the impact is less significant for most people than once thought. Recent research suggests that the effect of dietary cholesterol on blood cholesterol levels is relatively modest compared to the impact of saturated and trans fats.
2. **Blood Cholesterol:** This refers to the cholesterol levels in your bloodstream, which include various types of cholesterol, such as LDL (low-density lipoprotein) and HDL (high-density lipoprotein).

Saturated Fats and Trans Fats

1. **Saturated Fats:** These fats, found in animal products like red meat, full-fat dairy, and some plant oils (like coconut and palm oil), can raise LDL cholesterol levels in the blood. Elevated LDL cholesterol is associated with an increased risk of heart disease.
2. **Trans Fats:** These are artificially created fats found in some processed foods, baked goods, and margarine. Trans fats not only increase LDL cholesterol but also decrease HDL (the "good" cholesterol), making them particularly harmful to cardiovascular health.

5 Foods High in Cholesterol

1. Butter
2. Red Meat (like steaks & porkchops)
3. Organ Meats (like liver)
4. Shellfish (like shrimp & lobster)
5. Processed Meats (like hot dogs & bacon)



SEPTEMBER IS...

PROSTATE CANCER AWARENESS MONTH

For men with average risk, screening with a prostate-specific antigen (PSA) test and/or digital rectal exam (DRE) is usually recommended to start at age 55 and continuing until about age 69. Men at higher risk for prostate cancer may need to start screening earlier. It's important to have a discussion with a healthcare provider about the potential benefits and risks of screening.

SIGNS & SYMPTOMS

- Frequent Urination
- Painful Urination
- Difficulty Starting or Stopping Urination
- Blood in Urine or Semen
- Erectile Dysfunction
- Painful Ejaculation
- Persistent Pain
- Unexplained Weight Loss
- Swelling in Legs or Pelvis

*These symptoms can also be caused by conditions other than prostate cancer, such as benign prostatic hyperplasia (BPH) or prostatitis. If you or someone you know is experiencing these symptoms, it's crucial to consult a healthcare provider for an accurate diagnosis and appropriate management. Regular screenings and discussions with a healthcare provider can help with early detection and effective treatment.

OVARIAN CANCER AWARENESS MONTH

Routine screening for ovarian cancer is generally not recommended for average-risk women. This is because current screening tests, such as the CA-125 blood test and transvaginal ultrasound, have not been shown to effectively reduce mortality in the general population. For women at higher risk, such as those with a family history of ovarian cancer or who carry genetic mutations (like BRCA1 or BRCA2), screening may be more appropriate.

SIGNS & SYMPTOMS

- Abdominal or Pelvic Pain
- Bloating
- Changes in Bowel Habits
- Frequent Urination
- Difficulty Eating or Feeling Full Quickly
- Unexplained Weight Loss
- Fatigue
- Menstrual Irregularities
- Pain During Intercourse
- Unusual Vaginal Discharge

*Symptoms of ovarian cancer are often vague and may be mistaken for other conditions. They can also vary significantly from person to person. *Consult a Healthcare Provider If these symptoms are persistent and not typical for you, especially if they are occurring frequently or worsening, it is important to consult a healthcare provider for evaluation.

COUSIN WANTS YOU TO VOTE

For the elders.

For the youth.

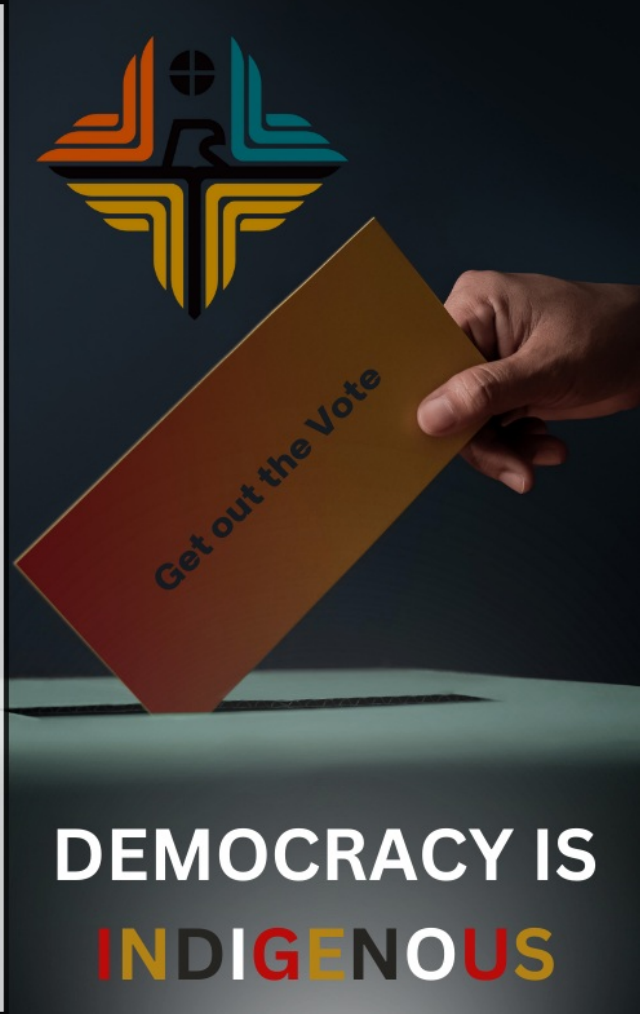
For the future.



Remember that in order to participate in the 2024 election, you must be registered to vote at least 25 days before election day on Tuesday, November 5th, 2024.

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.



Monthly Events & Activities

SEPTEMBER
COOKING CLASS
TEXAS NATIVE HEALTH
WITH AMBER WHITE
**CHIPOTLE LIME
SALMON TACOS
with Peach Avocado
Corn Salsa**
WEDNESDAY, SEP 11
10:30AM-12:00PM

Registration Required

The poster features a vibrant image of salmon tacos on a wooden board, garnished with fresh vegetables and lime wedges. The text is arranged in a circular and rectangular layout, with the event details clearly visible.

Cooking Class

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

[RSVP](#)

@10:30 AM - 12:00 PM

Hosted by Amber White

This month, we are preparing
Chipotle Lime Salmon Tacos with
Peach Avocado Corn Salsa!

Elders Circle

Every 4th Wednesday of each month

[RSVP](#)

@11:00 AM to 1:00 PM



Hosted by Martha Jarmon & Snowy Voice

In this month's lunch demo, Amber White will prepare Turkey & Quinoa Stuffed Peppers!

This month's Elder's Circle activities will be announced at a later date.



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!