

TEXAS NATIVE HEALTH NEWSLETTER

* *December 2025* *



Happy Holidays



The Listening Fire



An Elder tended a small fire
at the edge of the winter village.
People visited him when their minds were tangled
and their hearts too full.

He never offered quick answers.
He simply handed them a small stick and said:

“Place this in the fire.
The flame will tell you something.”

Some heard nothing at all
until they finally quieted themselves,
and let the crackling wood speak.

The fire told one person:
“Let go of what you cannot carry.”

To another:
“Walk toward the life calling your name.”

To someone lost in doubt:
“You already know the way.”

The Elder said,
“The fire does not give instructions.
It reveals what the heart already knows
but is afraid to admit.”

And so, through the long winters,
the people returned again and again,
until they learned to listen not just to the flame
but to themselves.

As we step into a new year, the story of *The Listening Fire* reminds us that answers don't always arrive as lightning bolts. Sometimes they speak in small sparks, quiet warmth, and truths we've carried all along. This season invites us to slow down, to sit with ourselves, and to listen deeply to the inner voice we often silence. Like placing a small stick into a winter fire, each intention we set is a promise to ourselves: to release what burdens us, to nourish what strengthens us, and to follow the path that gently but persistently calls our name. May this coming year bring clarity, courage, and a renewed trust in your own inner fire.

Coming Up @ TNH...

TEXAS NATIVE HEALTH PRESENTS

WINTER FEST 2025

Hot Cocoa
Free Food
Bounce House
Raffle
Giveaways
Vendors
Family Crafts
Fun Activities
Toy Giveaway

**DEC
06**
12PM-3PM

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

SPECIAL THANKS TO OUR SPONSORS:

Are you coming to WinterFest Tomorrow?

LOCATION

1269 Record Crossing Rd, Dallas, TX 75235

DATE AND TIME

12/06/25 12:00pm - 12/06/25 3:00pm America/Chicago

Fun for the whole family!

I'll Be There!

Maybe

I Can't Make It



TNH Holiday Schedule

Week of:
12/22/25 - 12/26/25  

Monday, 12/29 

Tuesday, 12/30 

Wednesday, 12/31 

Thursday, 01/01  

Friday, 01/02 

**Merry Christmas
& A Happy New Year!** 

from Texas Native Health

TNH will close early @ 12pm on Friday 12/19 For A Staff Meeting

FIRST FRIDAY FILMS @ TNH



NOW SHOWING

7:00 PM

CHRISTMAS IN
THE CLOUDS

DECEMBER 12TH

7:00 PM

Snacks, water, & seats
provided by TNH

Personal snacks, drinks, or lawn chairs
are permitted. Alcohol prohibited



TNH exclusively screens films that center Native and Indigenous peoples - and are written, directed, and/or produced by Native and Indigenous creators.

December 12th

7:00pm- Christmas in the Clouds

During the holidays at a ski resort in Utah run by a Native American tribe, the overworked manager and a widowed woman from the big city overcome mistaken identities and intrusive guests in their pursuit of romance.

Executive Producer-The Stockbridge-Munsee Community Band of Mohican Indians

Rated PG



ELDERS CIRCLE



HOLIDAY BINGO

Bring your daubers & your lucky charms! Join us in celebrating the holiday season with great prizes, cheerful company, and a light lunch!

This free event is for Elders & adults - we kindly request no children attend.

Please RSVP by scanning this QR Code:



CONTACT STEPHANIE
OR SNOWY:

214-941-1050
sjvillanueva@texasnativehealth.org
svoice@texasnativehealth.org

C3 @ Texas Native Health
1269 Record Crossing Road, Dallas, TX 75235

Register for Elder's Circle



POWWOW DANCE CLASS SERIES

Taught by LaRay Guerrero and Indigenous Ace, join this progressive series! Once a month, we'll gather to learn about powwow culture, etiquette, and which style calls to you.



Wednesday, December 17th
6:30 - 8:30pm



Community Cultural Center (C3)
1269 Record Crossing Rd,
Dallas, TX 75235



(REGISTRATION ONLY NEEDED IF YOU HAVE NOT REGISTERED FOR A PREVIOUS CLASS)

[Register for Class](#)

ARACHNOPHILIA: A LOVE OF SPIDERS

@ RIVER LEGACY NATURE CENTER

DECEMBER 30TH

1PM - 3PM

MEET @ C3

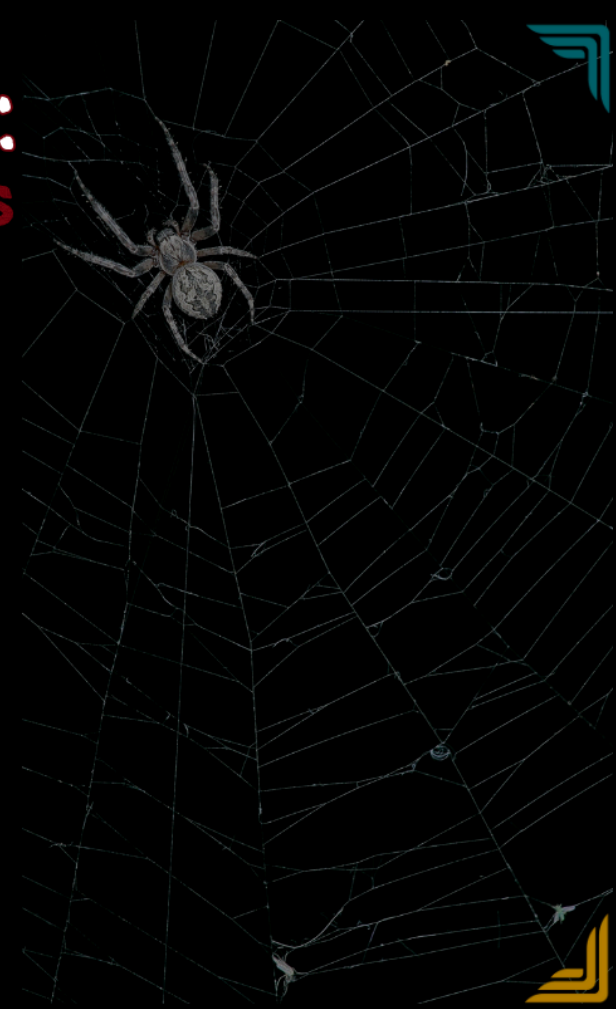
1269 Record Crossing Rd,
Dallas, TX 75235



For Ages 6-10

Snacks & Water Provided

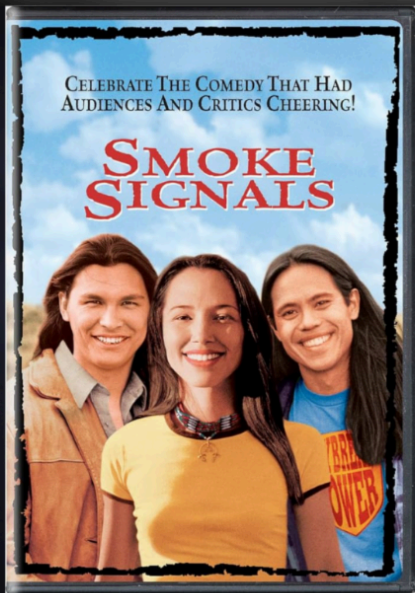
Students will learn about arachnid characteristics as well as what makes this type of animal so unique. They will also get a chance to spend a short time visiting an exhibit: The Art & Science of Arachnids



FOR ANY QUESTIONS ABOUT THE ARACHNOPHILIA EVENT, PLEASE CONTACT JENNIFER TAHBONEMAH @ 214-446-3631 OR EMAIL JTAHBONEMAH@TEXASNATIVEHEALTH.ORG

[Register For Arachnophilia](#)

FIRST FRIDAY FILMS @ TNH



JANUARY 2ND

7:00 PM

Snacks, water, & seats
provided by TNH

Personal snacks, drinks, or lawn chairs are
permitted. Alcohol prohibited



January 2nd 7:00pm- Smoke Signals

Let's start the new year with a classic!

Thomas is a nerd in his reservation, wearing oversize glasses and telling everyone stories no-one wants to hear. His parents died in a fire in 1976, and Thomas was saved by Arnold. Arnold soon left his family, and Victor hasn't seen his father for 10 years. When Victor hears Arnold has died, Thomas offers him funding for the trip to get Arnold's remains.

Directed by Chris Eyre
Written by Alexie Sherman

Rated PG-13



TNH
Homeschool
CO-OP



STARTING
January 7th, 2026
for ages 5+

**OPPORTUNITY FOR
FAMILIES PROVIDING IN-
HOME EDUCATION**

**1st Wednesday of
Each Month
10:30am-12:30pm**

EACH SESSION INCLUDES:

1. A Cooking/Science Lesson
2. A Cultural Lesson

YOUR STUDENT WILL:

- Learn Basic Cooking Skills
- Be Introduced to New Science Concepts
- Create Cultural Crafts
- Enjoy a Change of Learning Environment
- Have a Lot of FUN



[Register For Homeschool Co-Op](#)



Native Pathways Program

New Learning Session Led by Volunteers from Accenture and AT&T:

HOUR of AI

Students will be introduced to the fundamentals of Artificial Intelligence through engaging and interactive activities. No prior experience with AI is needed for the students.

JAN
27

Program Begins: 4:30pm
Parent Pick-Up: 5:30pm



Community Cultural Center (C3)
1269 Record Crossing Rd,
Dallas, TX 75235



For questions, contact Jennifer Tahbonemah @ jtahbonemah@texasnativehealth.org

[Sign-Up Student for Hour of AI](#)

[Register New Student for Native Pathways Program](#)

Need A Food Basket For the Upcoming Holiday?



Complete Survey Below To Enter Raffle

(Multiple Baskets Will Be Given Away)

[Take Survey for Food Basket Raffle](#)

New Year
~~New~~ Me
Better

2026

Your 2026 Resolution Suggestions from Texas Native Health



Go Beyond “I Will Eat Better This Year”

Tips for Gradual Change:

- Start by changing one meal per day (e.g., a healthier breakfast).
- Add one serving of fruits/veggies daily. Small wins add up.
- Prep easy snacks to avoid fast-food temptation.
- Swap sugary drinks for flavored water or tea.
- Don't restrict everything! Balance is more realistic than perfection.



Healthy eating is on everyone's resolution list, but without a plan, it's hard to follow through.



If You're Struggling, Know This: Life Is Worth Living

Circumstances can shift in an instant, and the world is so much bigger than what today feels like.

Give yourself time. Give yourself grace.

There are places you have not yet been, people you have not yet met, and joys you have not yet discovered.

Your story is still unfolding. Don't end it before the best chapters arrive.



If you or someone you love is struggling, reach out to Texas Native Health, or call or text 988.



Leave Smoking in 2025

Craving-Quieting Tips:

- Chew gum, sunflower seeds, or cinnamon sticks to keep your mouth busy.
- Practice slow breathing when a craving hits. It passes in 3–5 minutes.
- Change routines that trigger smoking (like smoking after meals).
- Try nicotine replacement therapies if needed.
- Celebrate every milestone. Every smoke-free hour counts.



Cravings are temporary. Your health is long-term.

Take Care of Your Heart



5 Most Effective Ways to Control High Blood Pressure:

- Cut back on salt. Choose low-sodium foods and season with herbs instead of salt.
- Move more. A simple 20–30 minute walk most days helps lower blood pressure.
- Eat heart-healthy. Add fruits, veggies, whole grains, and lean proteins to your meals.
- Manage stress. Deep breathing, stretching, journaling, or talking to someone you trust can lower tension.
- Know your numbers. Check your BP regularly at home or with your provider so you can catch changes early.

Follow A Daily Dental Routine



Morning:

- Brush for 2 full minutes with fluoride toothpaste.
- Rinse with a fluoride or antibacterial mouthwash.
- Avoid sugary drinks first thing in the morning (they coat your teeth when saliva is low).

Midday:

- Drink water after meals to rinse away sugars and acids.
- Chew sugar-free gum for 20 minutes to boost saliva and protect enamel.

Evening:

- Floss once before bed to remove plaque your brush can't reach.
- Brush for 2 minutes again.
- Avoid eating after brushing to prevent overnight bacteria growth.

TNH Dental is here to help keep your smile strong all year long! Schedule cleanings every 6 months to prevent bigger issues.

Know Your Screenings



Recommended Screenings:

- Breast cancer screening (mammogram; recommended starting at 40 or earlier if high-risk).
- Cervical cancer screening (Pap test & HPV testing).
- Colorectal cancer screening (colonoscopy or alternatives starting at 45).
- Skin cancer checks (especially if you have high sun exposure).
- Prostate cancer screening (talk to your provider about timing).
- Lung cancer screening for current/former heavy smokers.
- Testicular self-exams monthly for early detection.
- Any follow-up screenings your provider recommends based on family history.



Don't Carry Depression Alone



Therapy helps you:

- Understand patterns that fuel depression.
- Learn coping tools that reduce symptoms.
- Build structure, support, and perspective.
- Feel less alone during the challenging moments.
- Improve sleep, mood, motivation, and relationships.



If you're struggling, get help! Counseling truly works, and you deserve support.



Protect Your Sexual Health



Quick Tips:

- Carry protection and store it in cool, dry places (wallet heat shortens condom lifespan).
- Check expiration dates regularly.
- Get tested at least once a year or between partners.
- Have open, honest conversations with partners about sexual health.
- Stay aware of emergency contraception options and STI symptoms.



Break Free From Substance Abuse

JUST
SAY NO

If you're ready to change:

- Reach out for help. Support makes success more likely.
- Replace old routines with healthy alternatives.
- Detox safely with medical guidance if needed.
- Join counseling to work through deeper causes.
- Trust TNH to walk with you through treatment and recovery.



A new year can mean a new start. Recovery is possible!



Be Safe. You Always Deserve Safety



If you are currently in a domestic violence situation, understand that you are not alone, and help exists. You deserve safety, dignity, and a life free from harm.

Small First Steps:

- Confide in one trusted friend or family member.
- Document incidents and keep the record safe.
- Identify one safe place you can go in an emergency.
- Memorize or save hotline numbers in disguised ways.
- Make a quiet plan to leave when ready. Small steps count.



If someone you love is experiencing abuse, offer support without judgment, listen, and help them find resources when they're ready.

**Opportunities from our
PARTNER at Cedar Health
Research**

EXCITING NEWS!

**CEDAR HEALTH RESEARCH
IS COMING TO TEXAS NATIVE HEALTH**

We're excited to announce that Cedar Health Research will soon have a new dedicated location at Texas Native Health. This expansion will make it even easier for families to learn about and participate in clinical research opportunities. More to come as we get closer to our early-2026 launch!



New clinical research studies coming to your community!

Be the first to hear about new studies coming to Texas Native Health—click the link below to learn more and stay updated!

Weight Loss

Be part of research studies exploring different approaches to weight management and healthy living.

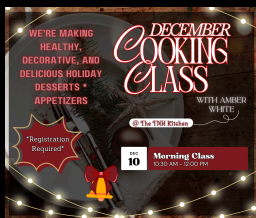


Cardiovascular Health

Participate in research studies exploring heart health. This study aims to better understand cardiovascular wellness, including Lipoprotein(a) levels.

[Click Here to Learn More!](#)

Events & Activities



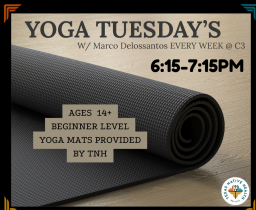
December Cooking Class

Wednesday, December 10th
10:30 AM

Join this month's cooking class with Amber White, where we will be making healthy, decorative, and delicious holiday desserts & appetizers!

*Registration is required.

[Register For December Class](#)



Yoga Classes

Every Tuesday | 6:15 PM-7:15PM
Hosted by Marco Delossantos

Yoga mats will be provided by TNH. This is a beginner level class for ages 14+. Classes held

Registration is not necessary if you have registered to a previous class

at C3.

NOT AVAILABLE Dec 22nd through 26th

[Register Here](#)



All Levels Fitness Classes

Every Thursday | 6:15 PM-7:15PM
Hosted by Marco Delossantos
Ages 14+

Registration is not necessary if you have registered to a previous class

*NOT AVAILABLE Dec 11th or Dec 22nd through 26th *

[Register Here](#)



Native Connections @ C3

OPEN DAILY | 9:00AM-2:00PM
w/ Stephanie Villanueva
Free Lunch with Registration -->

[View Calendar of Activities](#)

A safe space for older adults to enjoy free time, socializing, board and card games, puzzles, arts & crafts, lite exercises, painting, and group activities with others at our Community Cultural Center (C3). **Adults only.**

[Register for Free Lunch](#)

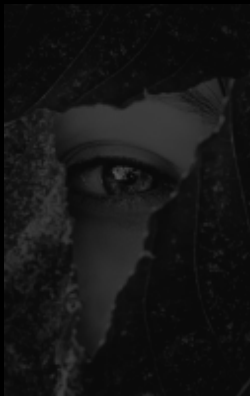
*NOT AVAILABLE Dec 19 or Dec 22nd through 26th *

RSV season is here.



RSV is a highly contagious respiratory virus and can harm elders and babies.

Keep our circle strong this season and talk to your provider about RSV prevention.



Youth human trafficking is a hidden crisis affecting thousands of young people across the country, including Native communities. Traffickers often target vulnerable youth (those experiencing poverty, abuse, housing instability, or lack of support) and exploit them through manipulation, coercion, or violence. Victims may be forced into labor or sex trafficking, often without realizing they are being exploited. Awareness, education, and community support are key to prevention and early intervention. It's important to know the signs and speak up when something feels wrong. Texas Native Health offers confidential, culturally sensitive, and personalized resources for victims of human trafficking.

National Human Trafficking Hotline:
Call: 888-373-7888 or text INFO to 233733





TNH Behavioral Health Services

Ready to take the first step
toward feeling better?



[Start Services](#)

JOIN OUR

Download our app:
HEALTHELIFE
by Cerner Corporation



Ask a member of our Patient Relations team to create your account prior to logging in

PATIENT PORTAL

The TNH Patient Portal is a secure online platform that allows you to access your personal health information. Through our patient portal, you may:

- Update address, contact information, and insurance information.
- View, download, and send medical records.
- View your health profile, current medications, allergies, and health issues.
- View your lab results, medical history, and immunization records.
- Send and receive messages to and from our Patient Relations team.
- Request an appointment.
- Request prescription refills.
- Learn information about your prescription medication, instructions, side effects, interactions, cautions, and uses.
- Access additional features

[View Patient Portal](#)

Programs and Services



Location

1283 Record Crossing Rd
Dallas, Texas 75235

Medical

Primary Care
Dental Services
Pharmacy
Diabetes Education & Management
Immunizations

Behavioral Health

Mental Health Services
Substance Abuse Treatment
Individual/Family Counseling
Victim Services
Human Trafficking Assistance

Operating Hours

Monday - Friday
8:00 AM - 5:00 PM

Need to make an appointment?

[Call us](#)

Community Development

Career & Tuition Assistance
K-12 Tutoring Services
Family & Cultural Activities

Monthly Activities

Elders Circle
Wellness Warriors
Cooking Classes



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](#)

How did you like this email?



Texas Native Health | 1283 Record Crossing Rd | Dallas, TX 75235 US

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



Try email marketing for free today!