

TEXAS NATIVE HEALTH
NEWSLETTER

January 2026







Happy New Year

As we reflect on the past year, these moments remind us why we do what we do. Every smile, every gathering, every connection shared with our community has made 2025 truly meaningful. We are deeply grateful for the trust you place in us as your healthcare home.

Everything we do is for you!

As we begin 2026, we look forward to continuing to serve you with care and commitment. Thank you for being part of the Texas Native Health family. We can't wait to grow together!



1ST ANNUAL TNH ART MARKET

APRIL 18, 2026

11AM-3PM

Save the Date



[REGISTER AS A VENDOR](#)

HOUSTON EXPANSION

Through our partnership with the Harris Center for Mental Health and IDD, Texas Native Health is expanding mental health support to the Houston community. Additional details will be announced soon.



[Learn More about The Harris Center](#)

ATTEND ALL 3 COOKING CLASSES

one class per month

(January, February, & March)

AND BE ENTERED
INTO A DRAWING TO
WIN:

Mixing Bowls w/
Airtight Lids &
Kitchen Gadget Set

+

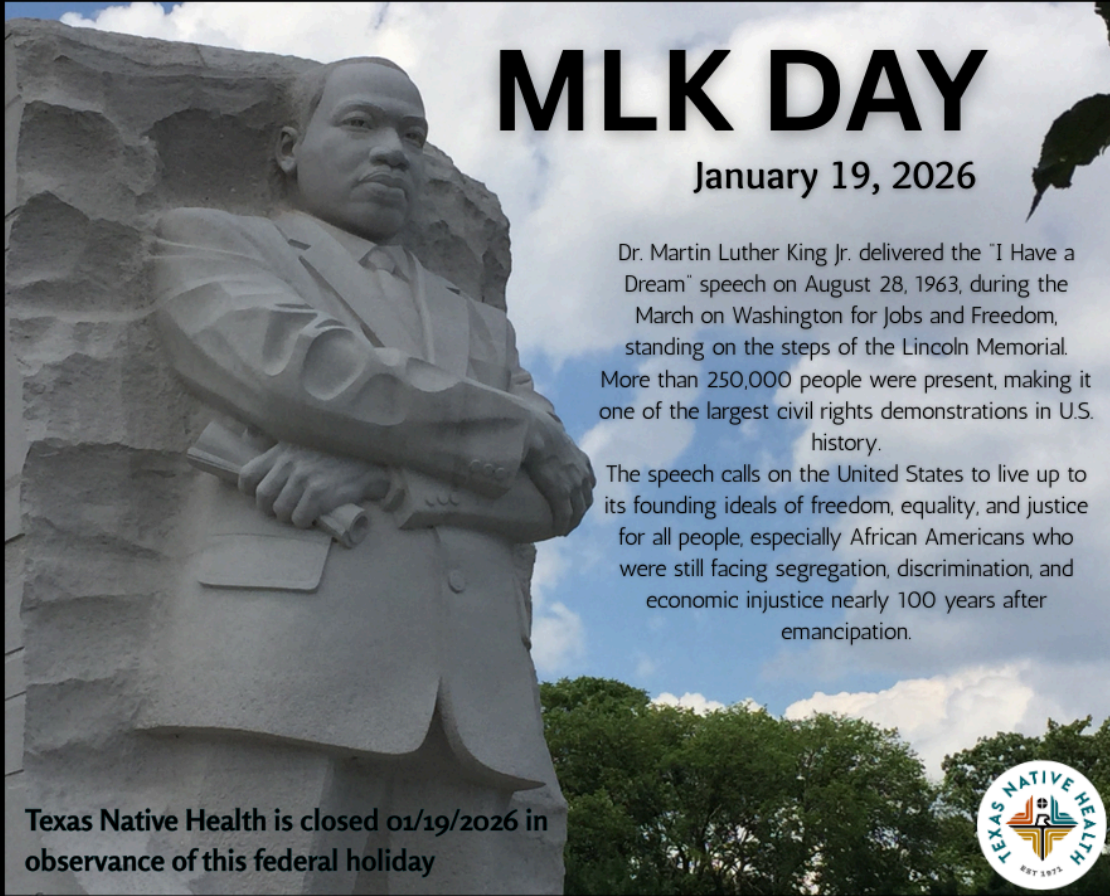
Knife Set

Drawing will
take place on
March 16th

The odds are in your
favor!

Each class is limited to
10 Participants





MLK DAY

January 19, 2026

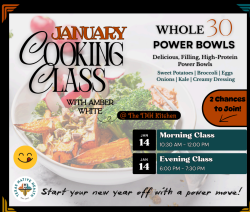
Dr. Martin Luther King Jr. delivered the "I Have a Dream" speech on August 28, 1963, during the March on Washington for Jobs and Freedom, standing on the steps of the Lincoln Memorial. More than 250,000 people were present, making it one of the largest civil rights demonstrations in U.S. history.

The speech calls on the United States to live up to its founding ideals of freedom, equality, and justice for all people, especially African Americans who were still facing segregation, discrimination, and economic injustice nearly 100 years after emancipation.

Texas Native Health is closed 01/19/2026 in observance of this federal holiday



Community Events & Activities



January Cooking Class

Wednesday, January 14th
Morning Class: 10:30AM
Evening Class: 6:00pm

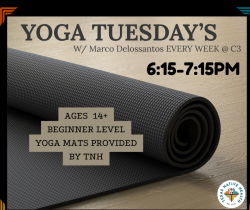
Register For
Morning
Class

Join this month's cooking class with Amber White, where we will be making Whole 30 Power Bowls!

Register For
Evening
Class

****Spots are limited! Please only register if you are likely to attend****

*Registration is required.



Yoga Classes

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

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

Yoga mats will be provided by TNH. This is a beginner level class for ages 14+. Classes held at C3.

Register Here

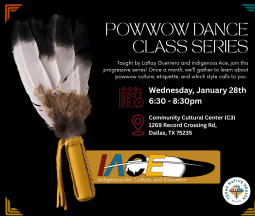


All Levels Fitness Classes

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

Register Here



January Powwow Dance Class

Wednesday, 01/28/2026
6:30 - 8:30pm
Hosted by LaRay Guerrero

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

All Ages Welcome

Register Here

Elder Program Activities



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.

- Closed on 01/19 in observance of MLK Day
- Unavailable on 01/28 due to Elder's Circle trip

Register for Free Lunch



Native Connections @ C3 Chair Exercises w/ Marco

Every Tuesday
10:00am-11:00am

Adults only.



Native Connections @ C3 Arts & Crafts W/ Terry & Priscilla

Wednesday, January 14
10am - 12pm

Adults only.



Native Connections @ C3 Coffee & Computers w/ Stephanie

Computer basics workshop
Wednesday, January 21
10am - 11am

Adults only.



Elder's Matinee Monday

Monday, January 26th
12pm-2pm @ C3
Elder's Matinee Monday is a new initiative for Native Connections @ C3. On the last Monday of each month, a movie will be screened and refreshments will be provided for participants.
Adults only.



Elder's Circle Day Trip

Wednesday, January 28th
This month, we will be visiting the Dallas Museum of Art!
Details will be available soon.
Adults only.

Native Pathways Program Activities

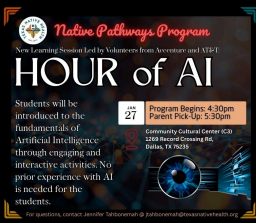


Frontiers of Flight Museum Trip

Saturday, January 17th
9:30am - Student Drop Off @ Museum
1:00pm - Parent Pick Up

Native Pathways Program Participants Only.

Register
Student for
Trip



Hour of AI Workshop

Tuesday, January 27th
4:30pm - Program Begins @ C3
5:30pm - Parent Pick-Up

Native Pathways Program Participants Only.

Register for Workshop

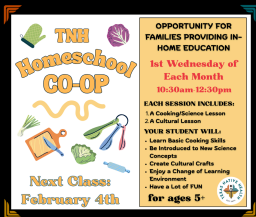


2026 Upcoming Activities

The Native Pathways program gives students more than just activities. It builds confidence, strengthens cultural identity, and creates a sense of belonging. By participating, students gain academic support, exposure to new experiences, and valuable life skills that help them succeed in school and beyond. This program encourages curiosity, leadership, and pride in who they are, while connecting students to positive mentors, resources, and opportunities that support their growth at every stage.

Register New Student for Program

Coming Up in February



TNH Homeschool Co-Op

Wednesday, February 4th
10:30am-12:30pm

Ages 5+

Register Student for Co-Op

(Registration is for entire series, not individual classes)



First Friday Films - February

Friday, February 6th
7:00pm

NOW SHOWING:
More Than Frybread

22 Arizona tribal representatives convene in Flagstaff, Arizona to compete for the first ever annual State of Arizona frybread championship.

Casting Director: Pyn Francisco
Rated PG

RSVP

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

YOUR HEALTH IS ALWAYS OUR TOP PRIORITY!



January is Human Trafficking Awareness Month

Human trafficking affects people of all ages and backgrounds and can happen in both urban and rural communities. Awareness is one of the strongest tools we have to protect ourselves and others.

Important Facts & Tips:

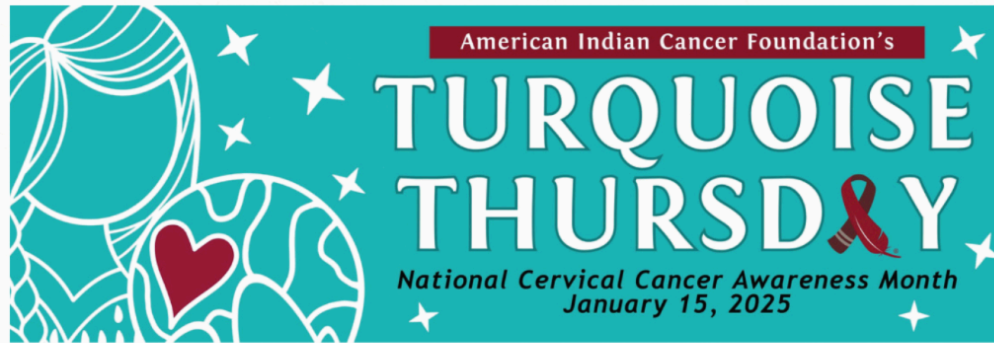
- Trafficking does not always involve kidnapping. Many victims are manipulated through trust, financial need, or emotional control.
- Native American and Indigenous communities are disproportionately affected due to systemic barriers and lack of access to resources.
- Warning signs may include someone being controlled by another person, sudden changes in behavior, or limited contact with family and friends.
- Trust your instincts! If something feels off, it's okay to ask questions or seek help.
- If you or someone you know needs support, confidential help is available through the National Human Trafficking Hotline at 1-888-373-7888 or by texting BEFREE (233733).

ESSENTIAL CONTACT NUMBERS TO KEEP ON HAND

988 <i>Call or Text</i>	Suicide & Crisis Lifeline
1-800-799-7233 <i>call or text START to 88788</i>	National Domestic Violence Hotline
1-844-762-8483 <i>Call or Text</i>	StrongHearts Native Helpline 24/7, confidential, anonymous domestic and sexual violence helpline specifically for Indigenous peoples.
888-373-7888 <i>call or text INFO to 233733</i>	National Human Trafficking Hotline
1-800-222-1222 <i>Call</i>	Poison Control Hotline
1-800-422-4453 <i>Call or Text</i>	National Child Abuse Hotline
1-800-662-4357 <i>Call</i>	SAMHSA NATIONAL HELPLINE Treatment referrals and information for mental health and substance use (24/7)
211 <i>Call</i>	Health & Human Services Contact for essential community services, including housing, food assistance, and disaster-related info.
1-800-784-8669 <i>Call</i>	Smoking Cessation National toll-free smoking cessation resources, coaching, and quit plans for tobacco and vaping

Texas Native Health: (214)-941-1050 | www.texasnativehealth.org

SPREAD THE WORD ABOUT TURQUOISE THURSDAY



Use our Turquoise Thursday social media graphics to help us spread the word about turning Turtle Island Turquoise on January 15th!

Right-click the image to save now or email communications@aicaf.org for a copy.

PROTECT OUR FUTURE

Empower, Educate, and Prevent Cervical Cancer

Know your family history & TALK about it!

Connecting with our family is one of the most powerful ways to strengthen and protect our well being.

Get screened regularly for cervical cancer.

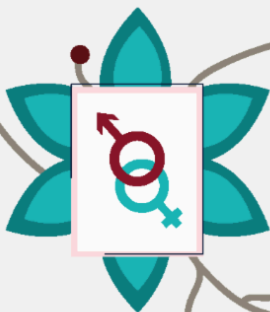
Talk to your doctor about how often you should get screened and what type of screening is right for you.



HPV vaccination in children and young adults can help protect against cervical cancer.

Start the conversation with our youth early to honor our bodies and prevent cancer.

What is HPV? HPV is short for Human Papillomavirus and is a very common virus. Some types of the virus may cause cancer. You can safely and effectively protect your body against these types by receiving the HPV vaccine.



Practice safe sex!

Practicing safe sex protects our bodies by reducing the risk of HPV and other diseases, including preventable cancers like cervical, anal, and oropharyngeal.

Embrace the cultural teachings from our traditional plants and medicine.

Use them as a source of strength to avoid the harms of commercial tobacco while fostering wellness and connection to our ancestral traditions.

Reclaim Indigenous health by drawing strength from our community, cultural traditions, and wellness practices to protect against cancer.



American Indian and Alaska Native children are at an increased risk of severe illness from RSV.

- ➔ Keep our future storytellers safe, ask your provider about protecting your child from RSV.





Southwest Black Bean, Corn & Avocado Bowl

INGREDIENTS

- ½ cup low-sodium black beans, rinsed
- ¼ cup corn (fresh or frozen; avoid canned or rinse well)
- ¼–½ cup quinoa or cauliflower rice
- ¼–½ avocado, sliced
- ¼ cup sautéed onion (yellow or red)
- Cherry tomatoes
- Fresh cilantro
- Lime juice
- Cumin, garlic powder, black pepper (no salt)



DIRECTIONS

1. Lightly sauté onions in olive oil until soft and fragrant.
2. Add corn and black beans; warm gently with cumin and garlic powder.
3. Assemble bowl with quinoa or cauliflower rice.
4. Top with avocado, tomatoes, cilantro, and fresh lime juice.

TIPS:

1. Keep corn to ¼ cup max (it's a starchy vegetable).
2. Choose cauliflower rice for a lower carb option.
3. Eat slowly. Fiber + fat helps prevent spikes.
4. Skip salt; rely on lime, cumin, and herbs.
5. Use no-salt-added beans and corn or rinse thoroughly.
6. Avocado provides potassium, which supports healthy BP.

**Diabetes &
High Blood
Pressure
Friendly
Recipe**

What we eat has a direct and powerful impact on our health, especially when it comes to diabetes and high blood pressure. Diets high in added sugars, refined carbohydrates, and sodium can cause frequent blood sugar spikes, insulin resistance, and increased strain on the heart and blood vessels. Over time, these patterns raise the risk of developing Type 2 diabetes and hypertension or make them harder to manage. On the other hand, choosing whole foods like vegetables, fruits, lean proteins, whole grains, and healthy fats helps regulate blood sugar, reduce inflammation, and support healthy blood pressure. Small, consistent food choices can lead to meaningful improvements in long-term health and overall well-being. Start your new year off making well informed food choices!

**Opportunities from our
PARTNERS at the Fort Worth
ISD Indian Education Program &
Cedar Health Research**

Free
Open to the Public



2026 PANTHER CITY

BENEFIT POWWOW

Saturday, January 10, 2026
Paschal High School
3001 Forest Park, Fort Worth, TX 76110

Experience the vibrant traditions, artistry, and spirit of Native American culture at our Benefit Powwow, supporting Native American youth and the Fort Worth ISD Indian Education Program. Everyone is welcome to this day of unity, learning, and celebration.

Enjoy:

- Authentic Native American art and craft vendors
- Interactive workshops for kids
- Tasty treats at the concession stand
- Inspiring guest speakers
- A rich tapestry of cultural presentations from tribes across the country

This traditional benefit powwow promises a joyful atmosphere filled with friendship, education, and cultural treasures.

Come be part of something truly special!

Hosted by:

Fort Worth ISD Indian Education Program & Parent Advisory Committee

Masters of Ceremonies: Harold Rogers, Michael Tongkeamha, & Oliver Zuniga

Arena Directors: Sampson Dewey & CJ Pollak

Head Man Dancer: Desi Voice

Head Lady Dancer: Clarissa Yellowfish

Head Gourd Dancer: Will Walking Sky

Head Singer: Steven Toya Jr.

Honor Guard: FWISD Color Guard

Eagle Staff: Kasey Reynolds

PAC PRINCESS: Claudia Figueroa

PAC BRAVE: Giovanni Figueroa

Honored Elders: Patricia Peterson & Eddie Sandoval

Cedar Ceremony: 12 PM

Gourd Dance: 1:00 PM

Grand Entry: 3:00 PM

Super Break: 4:30 PM

Open Discussion with Authors of
"Being In Relation"

Gourd Dance: 5:30 PM

Grand Entry: 6:30 PM

Closing Song: 9:00 PM



Contact information: Elizabeth.Gravelle@fwisd.org

Vendor Information: Terry Hunter (682) 474-8784

No drugs, alcohol, firearms allowed.
Not responsible for lost or stolen items.

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!](#)



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
Podiatry
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 Student Educational Services
Family & Cultural Activities

Freebies

TNH has Narcan available for free @ our pharmacy.
Safe sex items such as condoms and dental dams are available for free in the clinic.



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](#)

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