

# TEXAS NATIVE HEALTH NEWSLETTER

## March Edition

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**INTERNATIONAL  
WOMEN'S DAY**

Throughout history, Native American women have been the backbone of their communities as leaders, warriors, healers, and keepers of tradition. In many pre-colonial societies, women wielded immense influence and shaped governance, economy, and spirituality. They cultivated the land, preserving agricultural knowledge that sustained entire nations, while also crafting the tools, clothing, and art that reflected the soul of their people. Many tribes followed matrilineal traditions, where lineage and leadership passed through women, reinforcing their status as decision-makers and community pillars. These women were not just caretakers; they were educators, storytellers, and spiritual guides, safeguarding the cultural identity of their people with unwavering strength.

Yet their power extended beyond daily survival. Many fought to protect their people, serving as warriors, scouts, and strategists. As medicine women and spiritual leaders, they harnessed the forces of nature to heal and guide, ensuring the well-being of generations.

March is Women's History Month, a time to honor their perseverance, wisdom, and unshakable spirit. Their legacy is not confined to the past. It lives on in the voices of Native women today, who continue to lead, inspire, and break barriers!

# 1ST ANNUAL TNH ART MARKET

**OPEN TO PUBLIC**

**APRIL 18, 2026**

**11AM-3PM**



Texas Native Health  
Community Cultural Center (C3)

1269 Record Crossing Rd,

Dallas, TX 75235

**TNH's 1st Art Market is an opportunity for local Native artists to showcase their art, and a chance for DFW residents to purchase authentic Native American-made art, just in time for Mothers Day!**

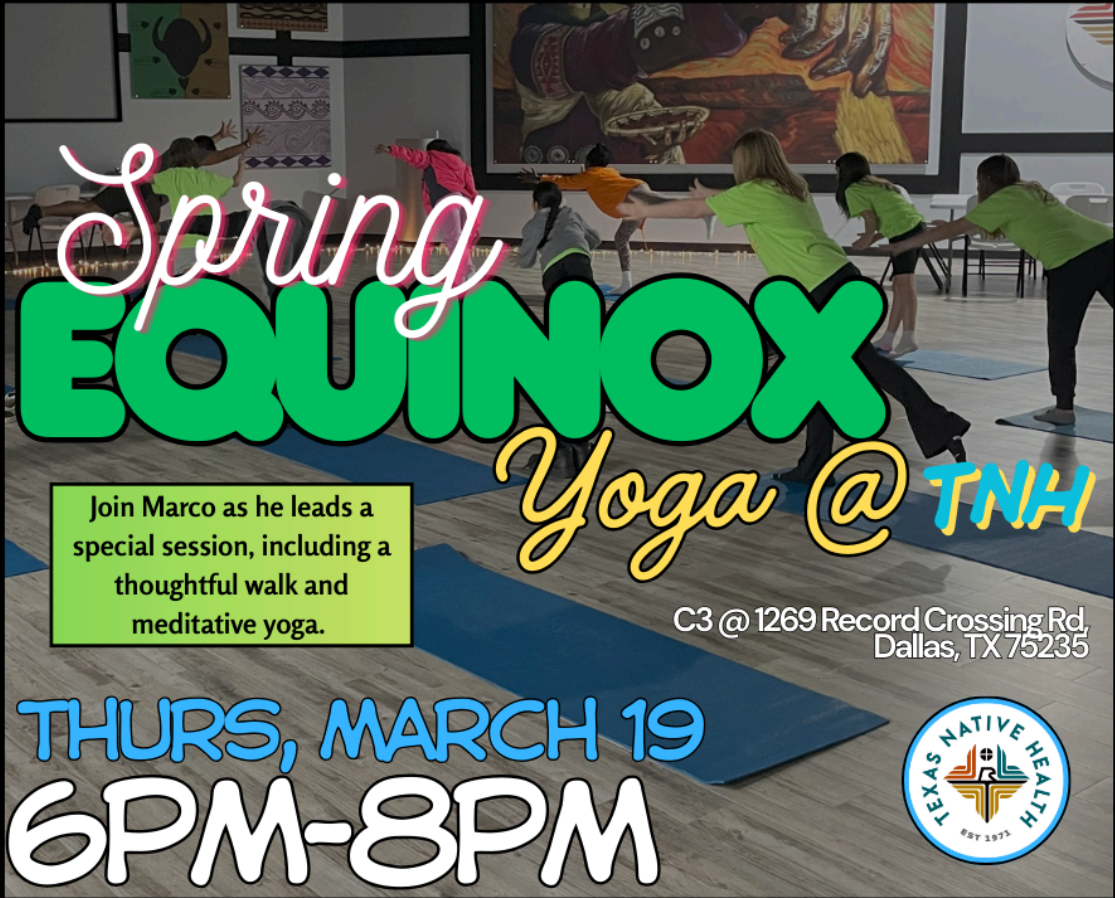
**AUTHENTIC NATIVE ART VENDORS**

**DOOR PRIZES + RAFFLES**

**FREE HEALTHY SNACKS &**

**FREE DRINKS PROVIDED BY TRIBAL ALL DAY**

[REGISTER AS A VENDOR](#)



# Spring EQUINOX Yoga @ TNH

Join Marco as he leads a special session, including a thoughtful walk and meditative yoga.

C3 @ 1269 Record Crossing Rd,  
Dallas, TX 75235

THURS, MARCH 19  
6PM-8PM



RSVP NOW

# WORLD WATER DAY

World Water Day, observed each year on March 22, is a time to recognize the vital importance of clean and accessible water for communities around the world. For many Native American tribes, water is more than a natural resource. It is sacred. Water is life, and it is deeply connected to culture, spirituality, health, and the well-being of future generations. Across Indian Country, Native communities have long been leaders in advocating for the protection of rivers, lakes, and aquifers from pollution, overuse, and environmental harm. These efforts are not only about environmental preservation but about protecting cultural traditions, sacred sites, and the health of Native families. Movements led by Native water protectors have helped bring national attention to the responsibility we all share to safeguard water.

## Community Events & Activities



### March Cooking Class

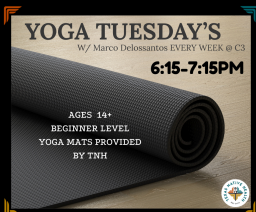
Wednesday, March 11th  
10:30AM-12:00PM

Join this month's cooking class with Amber White, where we will be making Skillet Ratatouille!

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

\*Registration is required.

Register For  
Cooking  
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 at C3.

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

Register Here

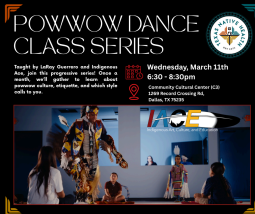


## All Levels Fitness Classes

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



## March Powwow Dance Class

Wednesday, 03/11/2026  
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 03/16-3/20 for Native Pathways Program Spring Break Camp

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, March 11th  
10am - 12pm

Adults only.



## Elder's Matinee Monday

Monday, March 30th  
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.

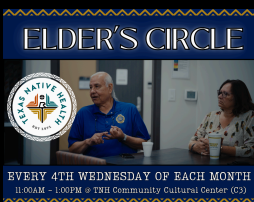
Adults only.

This Month's Movie is Rated PG13



## Digital Literacy Open Hour

A Drop In Program for Elder's  
Every 3rd Wednesday of the Month  
10AM - 11:00AM

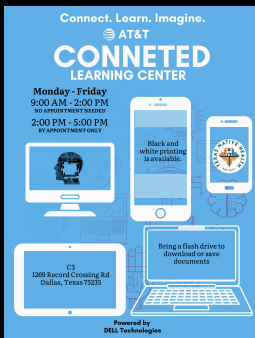


## Elder's Circle NTX Master Naturalists Class

Wednesday, March 25th  
11:00AM

Arts & Crafts w/ Nature in the Courtyard

# Native Pathways Program Activities



# AT&T Connected Learning Center

Open Daily M-F

9:00am-2:00pm - No Appointment Needed  
2:00-5:00 - By Appointment Only



## 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**

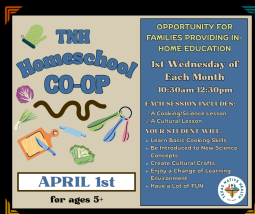


## SAVE THE DATE!

Bigfoot Mini-Festival

09/19/2026

## Coming Up in April



## TNH Homeschool Co-Op

Wednesday, April 1st  
10:30am-12:30pm

Ages 5+

**Register  
Student for  
Co-Op**

(Registration is for entire series, not individual classes)



## First Friday Films - April

RSVP

Friday, April 3rd  
7:00pm-9pm

### NOW SHOWING: **Lakota Nation VS UNITED STATES**

The Lakota fight to protect their sacred land. A provocative, visually stunning testament to a land and a people who have survived removal, exploitation, and genocide - and whose best days are yet to come.

Directed by Jesse Short Bull  
Produced by: Jodi Archambault, Amber Mornings Star Byars, Sarah Eagle Heart, Kevin Killer, and Willi White

\*\*\*Rated PG-13 for some strong language, violent images, and thematic elements\*\*\*

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



## Native Connections Sock Hop @C3

RSVP

Saturday, April 25th  
2:00pm-6:00pm

Music, Food, Fun, Dancing!  
**\*Adults Only**

# Opportunities from Community Organizations



# **SCHOOL OF HEALTH SCIENCES**

## **SECOND ANNUAL COMMUNITY HEALTH & WELLNESS FAIR**



**April 17, 2026  
10 AM to 2 PM**



**DALLAS COLLEGE  
WEST DALLAS CENTER  
3330 N HAMPTON RD.  
DALLAS, TEXAS 75212**



**FREE EVENT – NO REGISTRATION REQUIRED!**

**EXPLORE A VARIETY OF HEALTH & WELLNESS SERVICES**

**Join Dallas College School of Health Sciences  
community for a fun and informative event  
featuring wellness tips, preventive care, free  
health screenings, and live fitness demos!**



**Questions? [CCarter@DallasCollege.edu](mailto:CCarter@DallasCollege.edu)**

**EQUAL OPPORTUNITY EDUCATIONAL INSTITUTION**

**CEDAR HEALTH RESEARCH**

# 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 Lipoprotien(a) levels.



[Learn More](#)

**CHR Recap from Grand Opening @ C3**



**A Message From Cedar Health Research:**

*Thank you to everyone who joined us last month to celebrate the grand opening of Cedar Health Research at Texas Native Health. We are truly honored by the warm welcome and are excited to bring clinical research opportunities directly to Texas Native Health. The event was full of learning, connection, and celebration, and we are grateful to all who made the day so special. We look forward to standing alongside Texas Native Health in bringing clinical research opportunities to the community and look forward to helping create a healthier future together.*

**YOUR HEALTH IS ALWAYS OUR TOP PRIORITY!**

March is...

# NATIONAL NUTRITION MONTH



March is National Nutrition Month. Healthy eating plays a massive role in overall well-being! Good nutrition helps fuel the body, strengthen the immune system, and reduce the risk of chronic conditions such as heart disease, diabetes, and high blood pressure. By choosing balanced meals that include fruits, vegetables, whole grains, and lean proteins, individuals can support both their physical and mental health. National Nutrition Month is a reminder that small, mindful changes to daily eating habits can make a lasting difference in long-term health.

*In honor of*  
**WOMEN'S HISTORY MONTH**

*Women's Health Checklist*

- **Well Women Exams.** Women should begin scheduling annual well-woman exams around age 21. These preventive visits include important screenings that help with early detection and prevention of cervical cancer and breast cancer. Texas Native Health offers well-woman exams and preventive care to help women stay healthy at every stage of life.
- **Mammograms.** Women are generally encouraged to begin annual mammogram screenings around age 40, though some may need to start earlier depending on their personal or family health history. Regular mammograms help detect breast cancer early, when treatment is most effective.
- **Maintain Vaccinations.** Recommended vaccines for adult women may include the annual flu vaccine, COVID-19 vaccine, Tdap (tetanus, diphtheria, and pertussis) booster every 10 years, and the HPV vaccine for those who did not receive it earlier in life. Depending on age and health history, women may also need vaccines such as shingles (age 50+), pneumococcal (typically age 65+), and hepatitis A or B. Your TNH healthcare provider can help determine which vaccines are appropriate based on age, lifestyle, and medical history.
- **Schedule Your Dental Cleanings & other Dental Maintenance @ TNH.** It is recommended to get dental cleanings every 6 months.
- **Check on Your Sexual Health.** Sexually active women are recommended to receive STI screenings at least once per year. Women under 25, those with new or multiple partners, or with higher risk should screen every 3-6 months.
- **If you smoke, QUIT NOW.** Smoking poses serious health risks for women and can increase the chances of developing heart disease, lung disease, and several types of cancer. It can also affect reproductive health, pregnancy outcomes, and overall well-being. Quitting smoking is one of the most powerful steps women can take to protect their health and improve their quality of life.

## Depression Doesn't Always Look Like Sadness

Depression can also  
look like:

- Constant exhaustion
- Irritability
- Loss of motivation
- Feeling numb
- Trouble concentrating
- Withdrawing from others



## Myths vs. Facts About Suicide

**Myth:** Talking about suicide puts the idea in someone's head.

**Fact:** Talking openly can actually help someone feel supported and less alone.



Call, Text, or Chat 988.  
No Judgment. Just Help.



# What Actually Helps Someone in Recovery from Substance Abuse?

*Listening without judgment*

Encouraging professional help

**Checking in regularly**

CELEBRATING SMALL WINS

*Being patient*





**In recognition of Women's History Month, we honor the strength, resilience, and contributions of women throughout history while also acknowledging the challenges many women continue to face today. Domestic violence remains a painful reality for many women, and it often overlaps with other forms of abuse, including human trafficking and exploitation. No woman deserves to live in fear, manipulation, or control. Texas Native Health offers supportive services and resources to help individuals experiencing violence or exploitation find care, safety, and a path forward.**



## **TNH Behavioral Health Services**

Ready to take the first step  
toward feeling better?



Texas Native Health is proud to announce a new partnership with the Harris Center for Mental Health and IDD in Houston, Texas.

Through this partnership, Native American community members in the Houston area can access Behavioral Health services at the Harris Center's Houston clinic.

## Psychotherapy Services

- Assistance with Recovery Plan goals.
- Psychotherapy services.
- Medication skills training
- Assistance with medication request and/or refills, if requesting a psychiatric provider as part of treatment.
- Assistance with case management referral or resources.



## MEET YOUR THERAPIST



Jacquelin "Jackie" Pulliam is a Licensed Professional Counselor (LPC) practicing in the Houston area. She earned her bachelor's degrees in Psychology and English from the University of Texas at San Antonio and her master's degree in Counseling from Houston Christian University. Jackie brings over eight years of experience working in mental health and currently serves at the Southwest Clinic of the Harris Center for Mental Health & IDD. She is passionate about supporting individuals from diverse backgrounds in reaching their wellness goals and addressing challenges such as anxiety, depression, mood instability, trauma, and psychosis. Outside of work, Jackie enjoys staying active, spending time in nature, and connecting with loved ones.

[Learn More about The Harris Center](#)

[Download Appointment Information](#)

# 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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