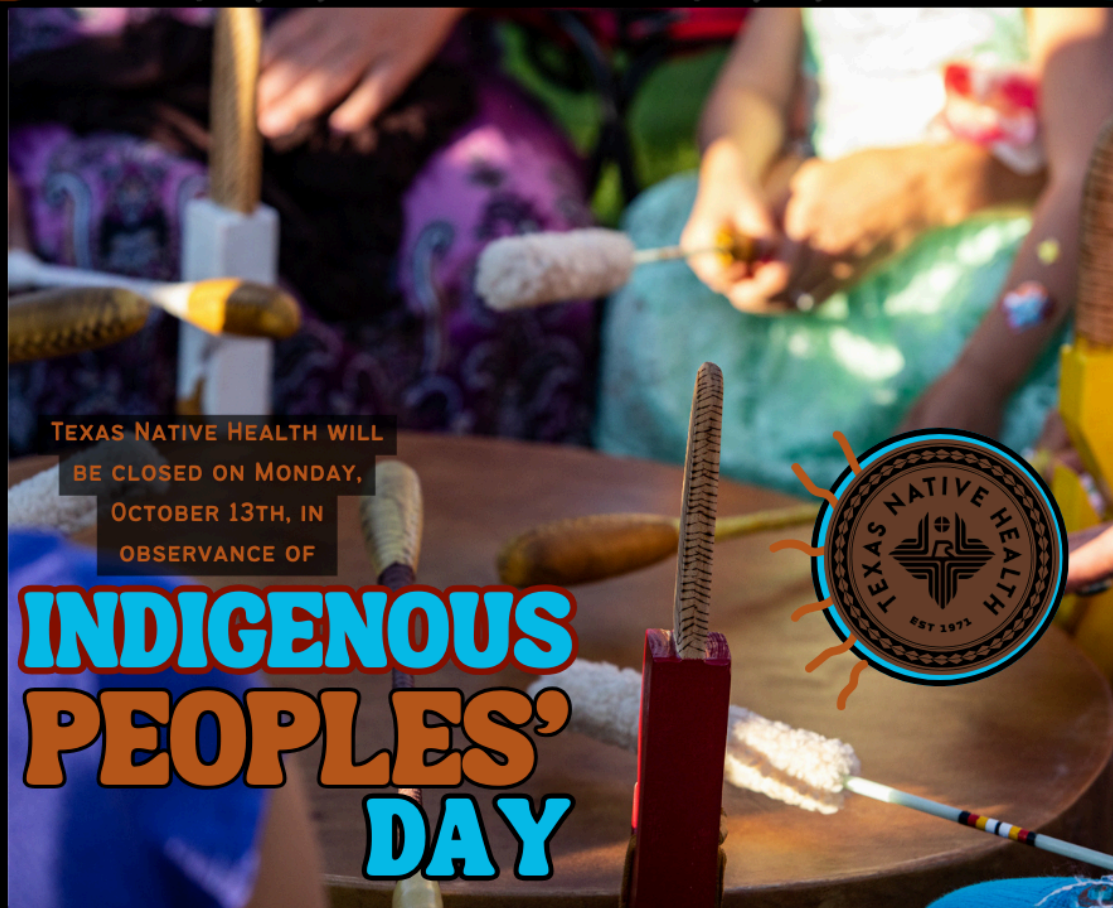


TEXAS NATIVE HEALTH NEWSLETTER

OCTOBER



**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.

-SPOOKY STORYTIME-

In many Native stories, there is a spirit known as Deer Woman. She appears as a beautiful young woman, but a closer look reveals her deer hooves. She lures wrongdoers away from dances, gatherings, or lonely roads at night. At first, they are enchanted by her beauty, but once they follow her, she leads them deep into the woods, never to be seen again.

Deer Woman is both a cautionary tale about respecting women and a spirit of vengeance against those who harm them. Her story is told in many Native communities, especially during autumn nights, when the line between the spirit world and ours feels thin.

The Deer Woman

She waits where shadows kiss the trees,
A beauty drifting on the breeze.

Her eyes are dark, her smile is kind,
But danger hides if you're unkind.

Her footsteps light, her laughter sweet,
Yet cloven hooves replace her feet.

She calls you softly, "Come, my dear..."
But follow, and you'll disappear.

She walks for those who've felt the pain,
Of broken trust, of cruel disdain.

A spirit fierce, her vengeance true,
She finds the ones who wound and bruise.

Respect the women, strong and wise,
Their strength is where true honor lies.

For Deer Woman hunts when nights grow long,
Her justice swift, her warning strong.

So heed the stories elders weave,
Protect, uplift, and still believe.

For those who harm, beware her eyes—
Her haunting steps may be your demise.

In Honor of Domestic Violence Awareness Month



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

DOMESTIC VIOLENCE AWARENESS MONTH

SILENCE
ALLOWS
VIOLENCE

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



BREAST CANCER AWARENESS MONTH @ TNH



Clinical Breast Exams

- Available now through October 16th at TNH.
- After completing your appointment and Screen Our Circle paperwork, you'll be scheduled for a mammogram at Parkland.

Special Giveaways

- Gift Bags for all scheduled patients.
- Raffle Drawing: Complete your mammogram for a chance to win a basket full of goodies!

About the Program

- Mammograms are available through the "Screen Our Circle" program, offered by the American Indian Cancer Foundation (AICAF).
- This program helps make screening more accessible for our Native community.



Eligibility Guidelines

- Ages 40–64 for breast cancer screening (exceptions for high-risk or symptomatic clients under 40).
- Ages 21–64 for cervical cancer screening.
- Uninsured clients with income at or below 200% of the Federal Poverty Level.
- Must complete the Client Eligibility & Enrollment Form.
- New participants will need to register as a TNH patient before services.



American Indian
Cancer Foundation.



connected

LEARNING CENTERSM



OFFICIALLY

OPEN

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

**FOR APPOINTMENTS OR QUESTIONS, PLEASE CONTACT
JENNIFER TAHBONEMAH @ (214)-446-3631**

Daily Schedule

MONDAY-FRIDAY

9:00 AM - 2:00 PM *OPEN TO ANYONE -
NO APPOINTMENT NECESSARY*

3:00 PM - 6:00 PM *NPP STUDENTS -
BY APPOINTMENT ONLY*





WE ARE HIRING

QUALITY IMPROVEMENT (QI) MANAGER

LEAD REGISTERED NURSE (RN)

VIEW TNH WEBSITE FOR BENEFIT SUMMARY

Apply for QI Manager

Apply for Lead RN

Coming Up @ TNH...



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, October 15th
6:30 - 8:30pm



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



[Register for Class](#)

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

ALL LEVELS FITNESS

W/ Marco Delossantos

**SPECIAL
THEME**

10/16

back to the
80'S

**HAPPY
BIRTHDAY**

MARCO



ALL LEVELS FITNESS

W/ Marco Delossantos

SPECIAL THEME



10/30

**SPOOKY WORKOUT
PLAYLIST**

GALAXY FRIGHTS OVERNIGHT

SPACE CENTER HOUSTON

An overnight adventure

Oct 18. - Oct 19, 2025



Grab a sleeping bag and your pillow (We will be sleeping indoors).
We will spend the night at Space Center Houston where we will have:

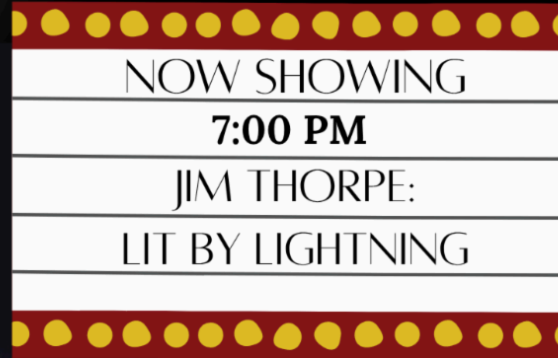
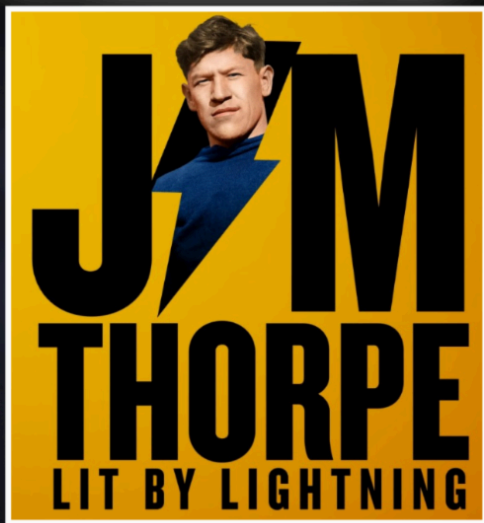
- Exciting, hands-on STEM experiences.
- Dinner, snack, and breakfast served at Space Center Houston.
- A general admission ticket to explore Space Center Houston exhibits.
- A NASA Tram Tour to Johnson Space Center the morning of the 2nd Day.

For Native Pathways Program students ages 10-17/18

Native Pathways Program
... on behalf of the seven generations.

Registration Closed

FIRST FRIDAY FILMS @ TNH



NOVEMBER 7TH

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.

7:00pm-8:30pm - Jim Thorpe: Lit By Lightning

Follows the first Native American Olympic gold medalist, tracing his baseball,
football and basketball careers through his journey to become a champion.

Directed by Chris Eyre
Rated TV-PG

Register for November Movie Night

Join us!

Students will be detectives and explore one small square of a riparian forest. There's lots to see on the surface, but what if you take a closer look? Clues are waiting to be found.



RIVER LEGACY NATURE CENTER

**ONE SMALL SQUARE:
WOODS**

Snacks &
Water
provided

NOVEMBER 24

1PM-3PM

FOR AGES 6-10

Questions?

Jennifer Tahbonemah

jtabonemah@texasnativehealth.org

214-446-3631

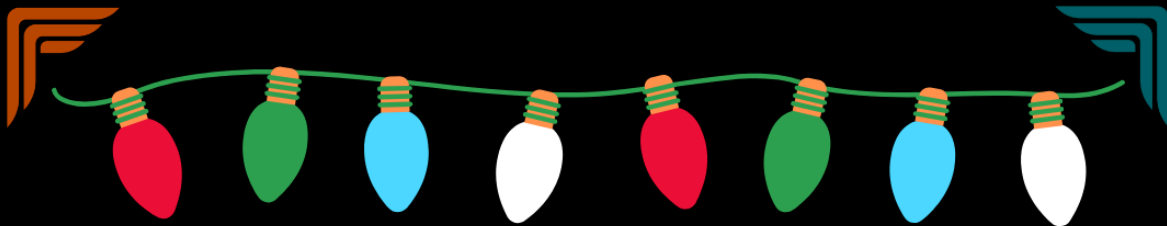
We will meet at:

C3

1269 Record Crossing Rd

Dallas Texas 75235

Registration Opens Soon



TEXAS NATIVE HEALTH PRESENTS

WINTER FEST 2025

REGISTER AS
A VENDOR
BELOW

SAVE THE DATE

06 DEC, 2025

12:00PM - 3:00PM

FOOD | GIFTS | VENDORS | ACTIVITIES

COMMUNITY CULTURAL CENTER (C3)

1269 RECORD CROSSING RD, DALLAS, TX 75235

[REGISTER AS A VENDOR](#)



We will meet at:

C3

1269 Record Crossing Rd
Dallas Texas 75235

Snacks & Water provided

For ages 6-10

RIVER LEGACY NATURE CENTER

ARACHNOPHILIA

A LOVE OF SPIDERS

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 exhibit: The Art & Science of Arachnids.

DEC 30
1PM - 3PM

Questions?

Jennifer Tahbonemah

jtabonemah@texasnativehealth.org

214-446-3631

Registration Opens Soon

NATIONAL BULLYING PREVENTION MONTH

October is National Bullying Prevention Month, a time to recognize the serious impact bullying has on children and teens, including its strong connection to youth suicide. For many young people, the pain of being bullied—whether at school, online, or even within peer groups—can lead to feelings of isolation, hopelessness, and despair. As parents, we play a vital role in breaking this cycle by fostering open conversations, listening without judgment, and teaching our children empathy and respect. Paying close attention to changes in mood, social behavior, or school performance can help us spot warning signs early. Most importantly, creating a safe space at home where kids feel supported and valued gives them the courage to speak up, seek help, and know they are never alone.



DENTAL HYGIENE AWARENESS MONTH

October is Dental Hygiene Awareness Month, a reminder of how important professional cleanings are for both oral health and confidence. One of the most common but often overlooked issues is bad breath, which can be caused by plaque buildup, bacteria, and tartar that brushing and flossing alone can't always remove. Regular dental cleanings not only freshen breath but also prevent gum disease, cavities, and other long-term oral health problems. Beyond health, fresh breath can make a big difference socially—whether in the workplace, at school, or in personal relationships—helping us feel more comfortable and confident when connecting with others. Schedule your dental cleanings with Texas Native Health to keep your breath fresh and your mouth sparkling clean!





World Food Day

World Food Day reminds us that the food we choose can be powerful medicine for our bodies. Hypertension, or high blood pressure, is one of the most common yet preventable health conditions, often linked to what we eat. Reducing sodium, limiting processed foods, and incorporating more fresh fruits, vegetables, lean proteins, and whole grains can make a big difference. Foods rich in potassium—like bananas, sweet potatoes, and spinach—help balance sodium levels and support heart health. This World Food Day, take a moment to honor your body by making choices that nourish your heart!

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Child Health Day

Child Health Day reminds us that one of the best ways to keep our children healthy is through timely immunizations. Vaccines protect kids from serious and preventable diseases, helping them grow strong, stay in school, and enjoy the activities they love most. By keeping up with your child's vaccination schedule, you're not only safeguarding their health but also protecting your family and community. This Child Health Day, take a moment to check your child's immunization records and talk with your healthcare provider @ TNH to ensure they're up to date, because every healthy child means a healthier future for all.

OCTOBER

brings two important observances that shine a light on emotional well-being—National Depression Screening Day and World Mental Health Day. These days remind us that mental health is just as vital as physical health, and that early intervention can save lives. Depression affects millions of people but often goes unrecognized and untreated, sometimes leading to thoughts of suicide. Screening for depression is a simple, confidential way to identify symptoms early and connect with help before the struggle becomes overwhelming. By talking openly about mental health, supporting those in need, and reducing the stigma surrounding depression and suicide, we can build stronger, more compassionate communities. If you or someone you know is struggling, reach out for support—help is available, and recovery is possible.



988 | SUICIDE & CRISIS
LIFELINE



World Homeless Day: Addressing Substance Abuse with Compassion and Care

World Homeless Day serves as a global reminder of the struggles faced by individuals experiencing homelessness, and one of the most pressing challenges among them is substance abuse. Many who live without stable housing turn to drugs or alcohol as a way to cope with trauma, mental illness, or the harsh realities of life on the streets. At the same time, substance use can make it even harder to find and keep housing, creating a painful cycle that's difficult to break. Addressing homelessness and substance abuse requires compassion, access to treatment, and community support rather than judgment. By expanding outreach programs, recovery services, and safe spaces, we can help individuals rebuild their lives, find stability, and regain hope for a healthier, brighter future. If you or a loved one suffer from addiction and need treatment, please call Texas Native Health Behavioral Health Services at (214)-941-1050.

October 10th



**TNH offers
Narcan for
FREE.**

Narcan helps counteract the life-threatening effects of an opioid overdose. Since most accidental overdoses occur in a home setting, it was developed for family, friends, and caregivers – with no medical training required. Help save lives in your community with NARCAN!



Please ask front desk receptionist or staff in Behavioral Health department.

SAVE A LIFE
STOP AN OVERDOSE WITH NARCAN



Quit Smoking – Breathe Easier, Live Longer

QUICK FACTS

- Smoking damages nearly every organ in the body.
- Within 20 minutes of quitting, heart rate and blood pressure drop.
- After 2 weeks to 3 months, lung function begins to improve.
- Quitting lowers your risk of heart disease, stroke, and cancer.

TIPS TO QUIT

- Set a quit date and tell your friends or family for support.
- Replace the habit with healthy activities—walk, chew gum, or journal.
- Avoid triggers like stress, alcohol, or being around other smokers.
- Remember—every attempt to quit brings you closer to success!

NEED HELP?

Ask Texas Native Health about our Smoking Cessation options!

We're here to help you take the first step toward a healthier, smoke-free life.



Protect Your Health, Protect Your Future

Texas Native Health now offers free safe sex supplies at our clinic—including condoms, dental dams, and more—to support your right to make informed, empowered choices about your sexual health.

Practicing safe sex helps prevent the spread of HIV, Hep C, and other STIs, and it's an important part of caring for yourself and your partners. No judgment, no cost—just accessible resources for a healthier community.

Stop by today or ask a staff member discreetly. We've got you covered!



NATIONAL PUMPKIN DAY

OCTOBER 26TH

PUMPKINS AREN'T JUST FOR CARVING—THEY'RE A POWERHOUSE OF NUTRITION AND HEALTH BENEFITS! RICH IN VITAMINS A, C, AND E, PUMPKINS HELP STRENGTHEN YOUR IMMUNE SYSTEM, SUPPORT EYE HEALTH, AND PROMOTE GLOWING SKIN. THEY'RE ALSO HIGH IN ANTIOXIDANTS LIKE BETA-CAROTENE, WHICH HELPS FIGHT INFLAMMATION AND PROTECT AGAINST CHRONIC DISEASES.

A SINGLE CUP OF COOKED PUMPKIN CONTAINS:

- 49 CALORIES
- 2 GRAMS OF PROTEIN
- 3 GRAMS OF FIBER
- 245% OF YOUR DAILY VITAMIN A
- 19% OF YOUR DAILY VITAMIN C

PUMPKINS ARE ALSO LOW IN FAT AND SODIUM WHILE PROVIDING POTASSIUM, WHICH SUPPORTS HEART HEALTH AND BLOOD PRESSURE REGULATION. WHETHER ROASTED, PUREED IN SOUPS, OR BLENDED INTO SMOOTHIES, PUMPKIN IS A DELICIOUS WAY TO NOURISH YOUR BODY THIS SEASON.



HUMAN TRAFFICKING CAN HAPPEN ANYWHERE

Native Americans living in urban areas are at higher risk of being targeted. Stay alert. Stay safe.

Learn the signs and protect our community. Ask Texas Native Health about Project Beacon, helping survivors find safety and healing.



Events & Activities



September Cooking Classes

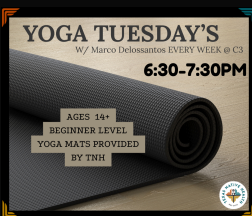
Wednesday, October 8th
Morning Class: 10:30 AM
Evening Class: 6:00 PM

Join this month's cooking class with Amber White, where we will learn to make Turkey Pumpkin Chili & Healthy Pumpkin Spice Cake

*Registration is required.

Register For
Morning
Class

Register for
Evening
Class



Yoga Classes

Every Tuesday | 6:30 PM-7:30PM
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

[Register Here](#)



All Levels Fitness Classes

Every Thursday | 6:30 PM-7:30PM
Hosted by Marco Delossantos
Ages 14+

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

Special Theme 10/16: 80's Workout Playlist
Special Theme 10/30: Spooky Workout Playlist

[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](#)

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



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](#)

How did you like this email?



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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