



"56 Years Strong"

# NATIVE WELLNESS VOICE TUCSON INDIAN CENTER

National Suicide Prevention Awareness Month

September 2019

VOLUME 25, ISSUE 9

www.ticenter.org

OPEN MONDAY-FRIDAY 8:00AM-5:00PM

## The 7 Sacred Teachings...

The elders tell us how simple, powerful & beautiful the teaching are

**Respect:** due regard for the feelings, wishes, rights or traditions of other.

**Truth:** the face of the matter, sincere, candor & genuineness

**Wisdom:** the quality of having experience, knowledge & good judgment.

**Honesty:** have a character of integrity, & honor be free from fraud or deception, legitimate truthful.

**Humility:** freedom from pride or arrogance.

**Courage:** bravery, permitting one to face extreme dangers with boldness.

**Love:** unconditional affection with no limits or conditions that starts with loving yourself.

**Remembrance Wall in honor of National Suicide Prevention Week September 8 through the 14th in the Many Nations Community Room, 2nd floor**

### Inside this issue:

Tribal Practices - Horse Hair Basket Class	2
2 Spirit of Tucson, Elders Luncheon,	2
Native Youth Coalition & Native Pride Highlights	3
Native American Family Wellness Day Community Champs	3
Diabetes Prevention: Fitness Schedule,	4
Native Group Lifestyle Balance	4
Diabetes Highlights	
Recovery: AA, Native Sisters, White Bison	5
TIC Client Orientation WIOA Job Club	
Leadership Classes	6
Medication pick up &	
Staff & Board of Directors	7
Weekly Meeting Times	8

# Tribal Practices for Wellness

## Horse Hair Basket Making Class

**Classes are Every  
Tuesday  
from 5:30PM to  
7:30PM**

**No Sign up  
Required.**



### **Schedule of Classes:**

#### September Classes

September 10

September 17

September 24

#### October Classes

October 1

October 8

October 15

October 29

#### November Classes

November 5

For More Information contact Drew J. Harris; at 520 884-7131,  
or email [dharris@ticenter.org](mailto:dharris@ticenter.org)



## 2 Spirit of Tucson

Meetings are 2<sup>nd</sup> Tuesday of the month

September 10, 2019, 6:00-8:00pm

October 8, 2019, 6:00-8:00pm

For More information Contact Marlene F. Jose, Health Promotion Specialist

## Elder Monthly Luncheon

(last Wednesday of the month)

September 25, 2019, 12:00pm–2:00pm

October 30, 2019, 12:00pm–2:00pm







## TIC Native Youth Coalition and Native Pride Highlight: **Back to School Bash!**



On Saturday August 3rd families came and had fun at the back to school bash. Over 75 youth and families came out to receive school supplies and health prevention information. A special thank you to Health Educator, Susan Martinez from Pima Prevention Partnership and Pima County Health Department for their time and donations.

For more information about TIC Youth Programs contact: Angela Montiel, Youth & Community Health Educator and Tyler Smallcanyon Native Pride Coordinator at 520 884-7131

## **Tucson Indian Center's Community Champs**



Albert Baxter is from the Quechan Tribe of Fort Yuma Indian Reservation. Albert was nominated due to his active participation at TIC groups and activities. He is dependable and has shown his ability to help organize and volunteer with TIC staff at TIC events. Albert participates and assists during Wellbriety groups, walking club and community activities.



Sean Ortega, Youth Coalition Chairman and a member of the Tohono O'odham Nation. Sean has been an advocate for educating his peers on the dangers of vaping and e-cigarettes. TIC community Champs were nominated by the Wellness Department at the Native American Family Wellness Day.



## Diabetes Classes

### Fitness Classes

Tuesday—Yoga, 11:00AM—12:00PM

Wednesday—Walking Club, Step Aerobics,  
8:30AM to 10:00AM

Wednesday—Qi Gong, 11:00AM—12:00PM

### Fitness Gym

Monday 3:00PM to 5:00PM,

Tuesday through Friday 8:00AM to 5:00PM

### University of Arizona Garden Kitchen

Every 4th Thursday of the month from  
2:00PM—4:00PM

### Reflexology

Every 4th Thursday of the month from  
2:00PM—4:00PM

### Native Group Lifestyle Balance

Thursday's from 2:00PM to 3:00PM

For more information, contact Diabetes Prevention Specialist, Christine Chavez, at (520) 884 - 7131 or email: [cchavez@ticenter.org](mailto:cchavez@ticenter.org)

## Diabetes Prevention Highlights:

Tucson Indian Center held a back to school bash on Saturday August 10, 2019. Diabetes Prevention provided a healthy lunch and nutrition information. Diabetes Specialist Christine Chavez lead the students in a , Let's get moving Dance off, at the Back to School Bash.





# Our Culture Is Stronger Than Any Addiction



## WELLBRIETY MOVEMENT

### Recovery Groups

Native Sisters In Recovery (NSIR) -

AA Group

Thursdays from 4:30PM—5:30PM

White Bison

Thursdays from 5:30PM –7:30PM

American Indians In Recovery (AIR)–

AA Group

Fridays from 8:30-9:30 am

Groups are held in the Many Nations Floor

More Information contact:

Wellness Case Managers

at (520) 884-7131



## Social Services Department:

### **WIOA Job Club**

Every Friday at 10AM  
TIC, 3rd Floor

September 06, 2019 - Pascua Yaqui Tribe

September 13, 2019 - Native American Law Students

September 20, 2019 - Veterans Workforce Specialist

September 27, 2019 - Pima County

### **Leadership Classes**

Tuesday, September 3, 2019

Monday, September 9, 2019

Monday, September 16, 2019

Monday, September 23, 2019

Monday, September 30, 2019

Times: 3:00pm—5:00pm

For more information contact social services department



## **Mini Health Fair**

*Join us for our mini health fair*

**Date:** Friday, September 6, 2019

**Time:** 11 AM—2 PM

**Location:** 2nd Floor of the Tucson Indian Center (160 N. Stone Avenue Tucson, AZ 85701)

**We will have vendor/information tables, health activities, food, and speakers.**

For event questions, please contact Wellness Case Manager, Veronica Boone, at (520) 884-7131.

## **TRANSPORTATION & HOME DELIVERY SERVICES**

The Tucson Indian Center offers transportation services and prescription pick up services for clients who are registered with the Tucson Indian Center.



**Transportation Information—Monday – Friday 9:00 a.m. – 4:00 p.m.**

★ **12:00 p.m. - 1:00 p.m. CLOSED FOR LUNCH**

★ **LAST phone call for return trips is no later than 3:30 p.m.**

★ **To arrange a pick-up and/or delivery call Dearlynn Crank (520) 884-7131**

18th Annual  
Social

**POWWOW**

**Saturday, October 19, 2019**

**Location:**

\*Richey Field, 2209 N 15th Avenue, Old Pascua Community

**For more Information or Vendor forms contact:**

Angela Montiel, [amontiel@ticenter.org](mailto:amontiel@ticenter.org) (520) 884-7131



## Tucson Indian Center Staff

Executive Director  
**Jacob Bernal**  
Chemehuevi

Executive Assistant/Human Resources  
Manager  
**Evelyn Ybarra-Pablo**  
Pascua Yaqui

Administrative Human Resources  
Assistant  
**Celina Sims**  
Tohono O'odham/Pascua Yaqui

Finance Director  
**Michael E. Spotted Wolf**  
Seminole/Creek/Hidatsa

Finance Clerk  
**Alice Juan**  
Tohono O'odham

Administrative Support Resource  
Coordinator  
**Margaret Merendo**  
Hispanic

## Wellness Department

Wellness Director  
**Jennie F. Becenti**  
Tohono O'odham

Operations Manager  
**Phoebe Cager**  
Yup'ik

Wellness Case Manager  
**Dennise Ballesteros**

Wellness Case Manager  
**Veronica Boone**  
Laguna Pueblo/Navajo

Health Promotion Specialist  
**Marlene F. Jose**  
Tohono O'odham

Diabetes Prevention Specialist  
**Christine Chavez**  
Pascua Yaqui

Native Pride Project Coordinator  
**Tyler Smallcanyon**  
Navajo

Wellness Transportation/Records Specialist  
**Dearlynn Crank**  
Navajo

Community Health Representative  
**Marcella Delgado**  
Tohono O'odham

Community Cultural Specialist &  
Educator  
**Drew Harris**  
Tohono O'odham

Youth & Community Health Educator  
**Angela Montiel**  
Pascua Yaqui

Community Health Specialist  
**Christina Luna**

## Social Services Department

Social Services Director  
**Rose Grijalva**  
Latina

Intake & Supportive Services Case Manager  
**Jerry R. Romero**  
Tohono O'odham

Community Outreach Specialist  
**Jerry Romero & Bonnie DeWeaver**

Employment Case Manager  
**Estella Tarin**

Employment Case Manager  
**Bonnie DeWeaver**  
Fort Yuma Quechan

*Native Voice is Published by the American Indian Association of  
Tucson D.B.A. Tucson Indian Center*

## Tucson Indian Center Board of Directors

Chairman  
**Rodney Palimo Sr.**  
Tohono O'odham

Vice Chairman  
**Mark Bahti**

Treasurer  
**Yolanda Molina**  
Pascua Yaqui

Board Member  
**Amalia Reyes**  
Pascua Yaqui

Board Member  
**Keyna Gutierrez**  
Tohono O'odham

Board Member  
**Alexander Lewis**  
Tohono O'odham

Board Member  
**Ned Norris**  
Tohono O'odham



# American Indian Association of Tucson, Inc.



## Tucson Indian Center

160 North Stone

Tucson, AZ 85701

Phone: 520-884-7131

Fax: 520-884-0240

[www.ticenter.org](http://www.ticenter.org)

NON PROFIT ORG  
U.S POSTAGE  
**PAID**  
TUCSON, AZ  
PERMIT NO. 3341

**The Mission of the Tucson Indian Center is to lead, serve, empower and advocate for the Tucson urban American Indian Community and others by providing culturally appropriate wellness and social services.**

## Reminders & Announcements

- **White Bison Recovery Group** - Thursdays, 5:30pm - 7:30pm at TIC, 2nd floor - Contact: Dennise Ballesteros
- **AIIR (American Indians in Recovery) AA Mtgs.** - Fridays, 8:30am - 9:30am at TIC, 2nd floor - Contact: Veronica Boone
- **Native Sisters in Recovery** - Thursdays, 4:30pm - 5:30pm at TIC 2nd floor, Contact: Dennise Ballesteros
- **Elders Monthly Luncheon** - **Wednesday**, September 25, 2019, 12:00pm - 2:00pm, 2nd floor; Contact: Angela Montiel
- **Talking Circle** - **Wednesday**, September 25, 2019 2PM-3PM, @ TIC 3rd Floor - Contact: Veronica Boone
- **Walking Club** - Wednesdays, from 8:30am-10:00am, @ TIC, 2nd Floor - Contact: Christine Chavez
- **Native Lifestyle Balance** - **Thursday**, from 2PM - 3PM @ TIC 2nd floor - Contact: Christine Chavez
- **Young Warriors Project** - **Wednesdays**, Sept. 11, 2019 & Sept. 25, 2019 5:30pm-7:00pm @ TIC, 2nd Floor - Contact: Tyler Smallcanyon
- **Native Youth Coalition** - **Tuesdays**, Sept. 3, 2019 & Sept. 17, 2019 5:30pm - 7:00pm @ TIC, 3rd Floor, Contact: Angela Montiel
- **T.O.N. WIC Program** - **Friday**, Sept. 6, 2019 & **Wednesday**, Sept. 18, 2019; 10:00am-11:30am & 1:00am-3:00pm
- **Client Orientation** - Mondays, from 10:00-11:00am, at TIC 3rd Floor, *Every Monday, unless holiday, then it falls on Tuesday.*

**Visit our website to receive a digital copy of Native Wellness Voice:**  
**[www.ticenter.org](http://www.ticenter.org)**