



NATIVE WELLNESS VOICE TUCSON INDIAN CENTER

"56 Years Strong"

Domestic Violence Prevention Month

October 2019

VOLUME 25, ISSUE 10

www.ticenter.org

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

18th Annual Social POWWOW
Saturday, October 19, 2019

Native Art & Jewelry
Fun Run/Walk: 8am
Powwow Start Time: 10am
Closing: 4pm
Head Staff:
Head Southern Singer: Freedy L. Alvarado
Northern Host Drum: Wildcat Nation Drum
Head Dancers:
Robert Jacobo Jr. (Yaqui/Ohlonne)
Angelina Cruz Alvarez (Yaqui/Apache)
Powwow MC: Mr. Gabriel Ayala
Arena Director: TBA

Food Vendors

Health & Wellness Information
All dancers & Drum
Welcome

Wash Tah Basket Dancers
Photo by
Alejandro Higuera

Location:
*Richey Field, 2209 N 15th Avenue
Old Pascua Community
For more information or Vendor forms contact:
Angela Montiel, amontiel@ticenter.org

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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:

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



2 Spirit of Tucson

Meetings are 2nd Tuesday of the month

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

November 12, 2019, 6:00-8:00pm

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



Elder Monthly Luncheon

(last Wednesday of the month)

October 30, 2019, 12:00pm–2:00pm

November 27, 2019, 12:00pm–2:00pm



FRIGHT NIGHT

HAUNTED HOUSE GAMES COSTUME CONTEST HEALTH EDUCATION
ARTS & CRAFTS FOOD SALE LIGHT MEAL MUSIC

October 25, 2019
6PM - 8PM

HA-SAN PREPARATORY & LEADERSHIP SCHOOL
1333 East 10th Street

For more info. contact: MARLENE F. JOSE
(520) 884-7131 ext. 2238 mjose@tcenter.org

Costume Contest:

- Five age groups
(ages 0-5; 6-12; 13-18; 19-54; 55+)
- Three costume categories
Cutest • Scariest • Most Creative

Haunted House Hours:

- 6:00 PM - 8:00 PM
Last group @ 7:45 pm

** FIRST 200 people will receive a trick-or-treat goodie bags*



HOLIDAY DINNER DONATIONS

Thanksgiving is just around the corner and TIC is here to assist families who need help this year. TIC will be accepting donations that will go towards our Holiday Food Drive for our community. These donations will be given to 25 families this year. Starting Oct. 25th - Nov. 1st we will have a sign-up sheet at the front desk; where you can also leave donated items and general questions can be answered by Margie & Celina. TIC is asking for these store-bought items to donate: canned vegetables, cranberries, yams, instant potatoes, bread rolls, stuffing, gravy and hams.

**If you received a Holiday Box within the last 2 years, you will not be eligible this year.*



For more information, please call TIC @ (520) 884-7131



Parents and Guardians come sign up your children for toys this year. Sign up starts October 1st - October 25th remember to bring a picture ID and the child's birth certificates or award letters stating that these are your children, the ages are 0-14 years old. We need all documents in order to receive two toys per child this year. You may contact Celina Sims 520-884-7131 if you have any questions.



Diabetes Classes

Fitness Classes

Tuesday—Yoga or Band Resistance,

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

Our Culture Is Stronger Than Any Addiction



WELLBRIETY

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**

MOVEMENT



POW WOW 101

Tuesday, October 15, 2019

Tucson Indian Center, 2nd floor @ 5:30 PM—7:30 PM

Come meet our pow wow head staff, learn about the pow wow etiquettes, & form fun fellowships

Light snacks will be provided

For more information, contact Angela Montiel at (520) 884-7131 or email amontiel@ticenter.org

Social Services Department:

WIOA Job Club

Every Friday at 10AM
TIC, 3rd Floor

October 04, 2019 - Talent Acquisition

October 11, 2019 - Pascua Yaqui Tribe

October 18, 2019 - AZ Workforce Solutions

October 25, 2019 - Pima County

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**



October is
Domestic Violence Awareness Month

**#ViolenceIsNotMyTradition
& #NativeDVAM**

If you or a loved one is experiencing domestic violence, we can help.
Please contact Veronica or Christina at (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
Vacant

Wellness Operations Manager
Vacant

Acting Wellness Director
Phoebe Cager
 Yup'ik

Wellness Case Manager
Vacant

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 R. Romero

Employment Case Manager
Estella Tarin

Employment Case Manager
Vacant

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

Tucson Indian Center Board of Directors

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American Indian Association of Tucson, Inc.



Tucson Indian Center

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Tucson, AZ 85701

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www.ticenter.org

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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: Christina Luna
- **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: Christina Luna
- **Elders Monthly Luncheon** - **Wednesday**, October 30, 2019, 12:00pm - 2:00pm, 2nd floor; Contact: Marlene F. Jose
- **Talking Circle** - **Wednesday**, October 30, 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** - Tues., Oct. 08, 2019 & Wed., Oct. 23, 2019 5:30pm-7:00pm @ TIC, 2nd Floor - Contact: Tyler Smallcanyon
- **Native Youth Coalition** - **Tuesdays**, Oct. 01, 2019 & Oct. 15, 2019 5:30pm - 7:00pm @ TIC, 2nd Floor, Contact: Angela Montiel
- **T.O.N. WIC Program** - **Thursday**, Oct. 3, 2019 & **Wednesday**, Oct. 23, 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**