

# NATIVE WELLNESS VOICE TUCSON INDIAN CENTER

# "56 Years Strong" National Native American Heritage Month

November 2019

VOLUME 25, ISSUE 11

wwwticenter.org

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





Live Radio Remote at Jacome Plaza (in front of the downtown library)



2pm to 3pm Native Group Lifestyle Balance-Tobacco and Diabetes

For more information Contact: Angel Montiel—Youth & Community Health Educator Christine Chavez—Diabetes Prevention Coordinator (520) 884-7131

Inside this issue:	
Social Pow Wow Highlights	2
Horse Hair Basket Class, Elders Luncheon,	2
Moccasin & Bolo Gala Highlights	3
Christmas Food Boxes 2 Spirit of Tucson Dates	3
Active Shooter Training	4
Native Group Lifestyle Balance Diabetes Prevention: Fitness Schedule	4
Library Night Out: <i>The Warrior Tradition</i> Recovery: AA, Native Sisters, White Bison	5
WIOA Job Club Leadership Classes Dates Affordable Care Act Info. RX pick up & Transportation	6

Staff & Board of

**Weekly Meeting Times** 

**Directors** 

# 18th Annual Social Fow Wow Highlights

The Tucson Indian Center hosted its 18th annual Social Pow Wow, October 19th at the Old Pascua Community. With over 60 vendors that ranged from arts & crafts to health education, this year's social pow wow attracted over 600 community members & participants from southern Arizona & around the world. The purpose of TIC's annual pow wow is to promote cultural identity, which is a protective factor that prevents substance abuse to those who identify with Indigenous culture. This powwow was the 1st ever powwow held in the Old Pascua community at Richey field within the Old Pascua Community. The San Ignacio Council began the powwow with a blessing from the Yaqui Colencia, deer dancer and deer singers at 10:00am. Our annual Social Powwow is dedicated to highlighting health and wellness. Thank you to our head staff: Angelina Cruz Alvarez, Robert Jacobo Jr., Rupert Encinas, Eagle Staff Carrier- Augustine Lopez. The Pas-

cua Yaqui Tribe, Pascua Yaqui Facilities Management. The American Legion Yoeme Post 125. Thank you four MC, Gabriel Ayala. Our Host southern drum singer, Freedy L. Alvarado, and our Northern Host Drum, The Wildcat Nation Drum Group. Thank you to all in attendance and your continued valuable support of TIC, your presence is very meaningful to our community. We hope to see you all in 2020! (Photos taken by Augustine Lopez. The American Legion Yoeme Post 125. Thank you four MC, Gabriel Ayala. Our Host southern drum singer, Freedy L. Alvarado, and our Northern Host Drum The Wildcat Nation Drum Group. Thank you to all in attendance and your continued valuable support of TIC, your presence is very meaningful to our community. We hope to see you all in 2020! (Photos taken by Augustine Lopez)

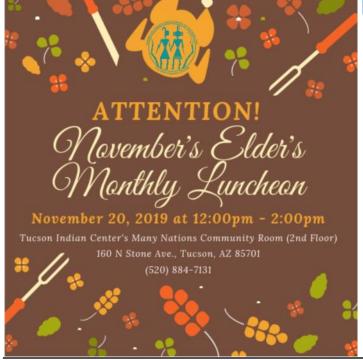












# **Tribal Practices for Wellness**

**Horse Hair Basket Making Class** 



## **Tuesday's** 5:30PM - 7:30PM

More info., contact Drew Harris: (520) 884-7131 dharris@ticenter.org

## **Schedule of Classes:**

November 05
November 12

Page 2 Native Wellness Voice

# Moccasin & Bolo Gala

On Saturday, September 28, 2019, the Tucson Indian Center celebrated its 56<sup>th</sup> year anniversary of incorporation as an American Indian governed 501(c)(3) nonprofit serving the urban American Indian community of Tucson! The purpose of the event was to celebrate our 56-year anniversary, fundraise for TIC, and recognize the valuable support of many friends & partners of TIC. This event was an inspiring success, attended by more than 150 people, with successful fundraising, and was hosted and organized by the Board of Directors, with Alex Lewis & Keyna Gutierrez serving as Co-Chairs. The event was also made possible by multiple generous sponsors, with special recognition of the Desert Diamond Casino



and the Tohono O'Odham Nation Executive Office for their key sponsorship. Our Executive Director, Jacob Bernal, was also awarded a Lifetime Achievement Award, recognizing his nearly 30 years of service at the Tucson Indian Center, including 21 years as the Executive Director. The evening's activities included Tohono O'Odham Basket Dancers, live & silent auctions, and a delicious dinner. The Tucson Indian Center thanks all who were able to attend and sponsor this special event, and we look forward to continuing into 57th year of serving you!



Christmas is just around the corner and TIC is here to help those families who need help this year. Starting *Nov.* 1st – Nov. 15, 2019 we will be having sign-up sheet at the front desk. Please remember that if you have received a Holiday box within the last two years you will not be eligible for one this year. You can contact Margie Merendo (520) 884-7131; if you have any questions or check if you do not remember receiving a box in the recent years.



# 2 Spirit of Tucson

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

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

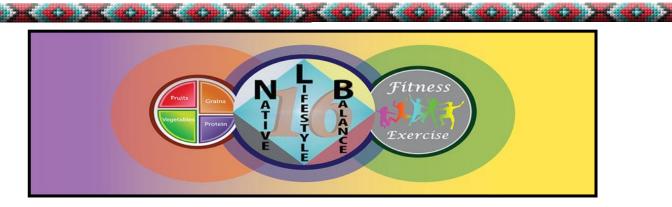
December 10, 2019, 6:00-8:00pm

For More info., contact Marlene F. Jose, Health Promotion Specialist

>> x( ) x x( ) x x( ) x x( ) x x( ) x



On Wednesday, October 16<sup>th</sup>, 2019 the Tucson Indian Center staff received an active shooter training from Officer Brandt from the Tucson Police Department. The training entailed increasing awareness of environment & possible dangers, developing an emergency action plan, and how to react to an active shooter. In addition to providing training on this topic, Officer Brandt also provided insightful information regarding effective risk assessment and violence prevention by understanding that an individual's human function is driven by thinking, feeling, behavior patterns and potential reactions to negative events which can be critical in preventing a possible mass shooting. Furthermore, the golden rule to treat others how one would like to be treated & standing up to wrong doing should be a goal we all should strive towards everyday. The Tucson Indian Center would like to thank Officer Brandt for leading by example & training our staff.



## **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

NO Garden Kitchen November 2019 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

Page 4 Native Wellness Voice

5:15 pm / Color Guard and Blessing

5:30 pm / Introduction and showing of Kwanamii: Protectors of the Quechan

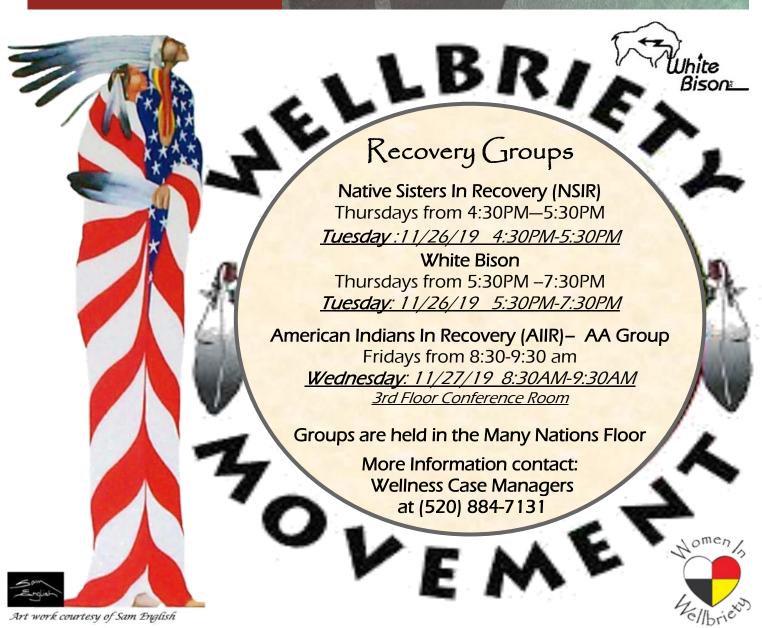
5:45 pm / Refreshments served

6:10 pm / Panel discussion

6:30 pm / Introduction and showing of The Warrior Tradition

7:30 pm / Color Guard retreats

# LIBRARYNIGHT OUT OLD PASCUA DOCUMENTARY FILM SCREENING 5-7:30PM WEDNESDAY, NOVEMBER 13TH @ RICHEY RESOURCE CENTER 2209 N. 15TH AVENUE Refreshments will be served



VOLUME 25, ISSUE 11 Page 5

# **Social Services Department:**

# WIOA Job Club

Every Friday at 10AM TIC, 3rd Floor November 01, 2019 - Desert Diamond Casino

November 08, 2019 - Pascua Yaqui Tribe

November 15, 2019 - Veterans Workforce

November 22, 2019 - Pima County

November 29, 2019 - TIC will be CLOSED

# **Leadership Classes**

TIC, 3rd Floor 2:00 pm - 4:00 pm

Tuesday November 05, 2019 Tuesday November 26, 2019

Tuesday November 12, 2019 Tuesday December 10, 2019

Tuesday November 19, 2019 Wednesday December 18, 2019

For more info., contact Jerry Romero @ (520) 884-7131 • jromero@ticenter.org

Do you need medical insurance? Do you need help applying for health insurance? Confused by the different medical coverage programs (Medicare, Medicaid, CHIP, and the Affordable Care Act)? Confused by Open Enrollment?

Medicare is health insurance for:

People 65 or older

People under age 65 who are disabled as determined by the Social Security Administration

People of any age with End-Stage Renal Disease (ESRD); permanent kidney failure requiring dialysis or a kidney transplant

<u>Medicaid</u> is a federal-state health care program for individuals and families with low income and limited resources as determined by the state where they live. For Arizona, Medicaid is called AHCCCS (Arizona Health Care Cost Containment System). Those that may be eligible include:

Pregnant women Children (21 and under) Former foster care children Older adults (65 or older)
Parents and other caretaker relatives
Individuals with certain disabilities
Individuals in states that expanded Medicaid to people
under age 65 (including parents and adults without
dependent children with income below 133% of the
Federal Poverty Level)

Children's Health Insurance Program (CHIP) is a state-run federal health insurance program for uninsured children up to age 19 in families with too much income to qualify for Medicaid (i.e., AHCCCS) and that cannot afford to purchase health insurance.

Affordable Care Act (ACA) is the regulation that health insurance companies must follow.

IF you need medical coverage, please contact Shannon Norris, Tohono O'odham Nation Health Care – San Xavier Health Center Patient Benefits Coordinator. Shannon can help you apply for AHCCCS (Arizona Health Care Cost Containment System) and other possible programs to meet your health coverage needs. She can be reached at (520) 295-2491.

## 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.

<u>Transportation Information—Monday – Friday 9:00 a.m.. – 4:00 p.m.</u>

\* 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

### **Tucson Indian Center Staff**

Executive Director

Jacob Bernal

Chemehuevi

Executive Assistant/Human Resources
Manager/Operations Director
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
Phoebe Cager
Yup'ik

Wellness Operations Manager
Vacant

Wellness Case Manager Christina Luna

Wellness Case Manager Veronica Boone Laguna Pueblo/Navajo

Health Promotion Specialist

Marlene F. Jose

Tohono O'odham

Diabetes Prevention Specialist

Christine Chavez

Pascua Yagui

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

**Drew Harris** Tohono O'odham

Youth & Community Health Educator

Angela Montiel

Pascua Yaqui

Community Health Specialist Vacant

## 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

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

VOLUME 25, ISSUE 11 Page 7

# American Indian Association of Tucson, Inc.

### **Tucson Indian Center**

160 North Stone Tucson, AZ 85701 Phone: 520-884-7131

Fax: 520-884-0240



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
- AllR (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, November 20, 2019, 12:00pm 2:00pm, @ TIC, 2nd floor; Contact: Marlene F. Jose
- Elders Talking Circle Wednesday, November 20, 2019 2PM-3PM, @ TIC, 3nd 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 Wednesday, November 13, 2019 5:30pm-7:00pm @ Richey Center Contact: Tyler Smallcanyon
- Native Youth Coalition Tuesdays, Nov. 5, 2019 & Nov. 19, 2019 5:30pm 7:00pm @ TIC, 2nd Floor, Contact: Angela Montiel
- T.O.N. WIC Program Friday, Nov. 1, 2019 & Wednesday, Nov. 20, 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