



"56 Years Strong"

# NATIVE WELLNESS VOICE TUCSON INDIAN CENTER

## National Native American Heritage Month

November 2019

VOLUME 25, ISSUE 11

www.ticenter.org

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

Tucson Indian Center & the Tucson Indian Center Native Youth Coalition

Present:

# BLACKOUT TOBACCO



Great American Smoke Out (GASO) Events:

Friday, November 15, 2019

Thursday, November 21, 2019

### FRIDAY, NOVEMBER 15TH AGENDA:

2nd Floor Many Nations Community Room

4:30pm to 6:30pm

Wellness Information tables/pledge wall

Food ♡ Music 🎵 Fun

Wellness Presentation:

Diabetes & Tobacco a Dangerous Mix

### THURSDAY, NOVEMBER 21ST AGENDA:

11:00 to 1pm

Informational table

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



**DIABETES PREVENTION  
MONTH**



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# 18th Annual Social Pow 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 Pascua 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)



**ATTENTION!**  
*November's Elder's Monthly Luncheon*  
**November 20, 2019 at 12:00pm - 2:00pm**  
 Tucson Indian Center's Many Nations Community Room (2nd Floor)  
 160 N Stone Ave., Tucson, AZ 85701  
 (520) 884-7131

## Tribal Practices for Wellness

### Horse Hair Basket Making Class



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

**Schedule of Classes:**

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

November Classes

**November 05**  
**November 12**

## 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 57<sup>th</sup> year of serving you!



# Christmas



# Food Boxes

Christmas is just around the corner and TIC is here to help those families who need help this year. Starting Nov. 1<sup>st</sup> – 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



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](mailto:cchavez@ticenter.org)

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

books | food | culture | fun

# LIBRARY NIGHT OUT @ OLD PASCUA DOCUMENTARY FILM SCREENING 5-7:30PM

## WEDNESDAY, NOVEMBER 13TH

@RICHEY RESOURCE CENTER  
2209 N. 15TH AVENUE  
Refreshments will be served



Art work courtesy of Sam English



**WELLBRIETY**

**MOVEMENT**

**Recovery Groups**

**Native Sisters In Recovery (NSIR)**  
Thursdays from 4:30PM–5:30PM  
Tuesday: 11/26/19 4:30PM-5:30PM

**White Bison**  
Thursdays from 5:30PM –7:30PM  
Tuesday: 11/26/19 5:30PM-7:30PM

**American Indians In Recovery (AIIR)– AA Group**  
Fridays from 8:30-9:30 am  
Wednesday: 11/27/19 8:30AM-9:30AM  
3rd Floor Conference Room

Groups are held in the Many Nations Floor

More Information contact:  
Wellness Case Managers  
at (520) 884-7131

**Women In Wellbriety**

# 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](mailto: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

**Medicaid** 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.



**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**

## 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 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  
**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

# 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)

**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**, November 20, 2019, 12:00pm - 2:00pm, @ TIC, 2nd floor; Contact: Marlene F. Jose
- **Elders Talking Circle** - **Wednesday**, November 20, 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** - **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](http://www.ticenter.org)**