



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

"56 Years Strong" Merry Christmas & Happy New Year!

December 2019

VOLUME 25, ISSUE 12

www.ticenter.org

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

TUCSON INDIAN CENTER

Winter Wellness Wonderland

December 13, 2019

6:00 pm - 8:00 pm

Armory Park Center

220 S. 5th Ave Tucson, AZ 85701

Activities:

Games

Arts & Crafts

Raffles

Snacks

Vendors

Health Education

Bags for first 150
people

Pictures with Santa



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MORE INFO., CONTACT MARLENE F. JOSE (520) 884-7131 MJOSE@TICENTER.ORG



Wednesday, January 22, 2020

1 pm-4 pm

Desert Diamond Casino

on Old Nogales Hwy

FREE RESUME REVIEW



Elders Talking Circle

December 18, 2019

12:00 PM - 1:00 PM

@ TIC 1st Floor

Social Services Department

WIOA Job Club

Every Friday at 10AM

TIC, 3rd Floor

December 06, 2019 - Desert Diamond Casino

December 13, 2019 - Truck Driving Institute

December 20, 2019 - Workforce Solutions

December 27, 2019 - Pima County

Leadership Classes

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

Tuesday December 3, 2019

Wednesday December 18, 2019

Tuesday December 10, 2019

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



2 Spirit of Tucson

Meetings are 2nd Tuesday of the month

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

January 14, 2019, 6:00-8:00pm

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



I want to quit.
How do I start?

Quitting smoking can be difficult.

It may take more than one try, but don't give up!
Here are some tips to help you on your journey:

Set a quit date

Pick a day, and write it down or circle in a calendar

Get support

From Elders, family members, friends, or your Community Health Representative or healthcare provider

Cut down before you cut out

If you're not comfortable quitting cold turkey, just cut down by a few cigarettes a day. Keep cutting down until you're at zero.

Create "smoke-free" zones

Telling yourself "I will not smoke in my car" or "I will not smoke in my home" can really help



Freedom From Smoking: 7 Week Sessions To Help You Quit Smoking
Sessions Start Wednesday January 15th 2020

Sign up by January 10, 2020 Contact:
Angela Montiel

Youth & Community Health Educator
Facilitator of Freedom from Smoking
amontiel@ticenter.org, 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



The Indoor El Tour De Tucson was a collaboration with the Pima County Health Department. The purpose of the Indoor El Tour De Tucson is to offer individuals a chance to participate in the El Tour De Tucson in a more controlled safe environment. Indoor El Tour is a stationary cycling event—no traffic, no safety hazards, no headwinds, but still loads of fun. Ride for minutes instead of miles! Indoor El Tour begins one week prior to the main event and may be ridden anywhere on the planet on any stationary bike!



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 in December

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



WELLBRIETY MOVEMENT

Recovery Groups

Native Sisters In Recovery (NSIR)
Thursdays from 4:30PM—5:30PM

White Bison
Thursdays from 5:30PM –7:30PM

American Indians In Recovery (AIIR)– 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





Christmas Word Search

O B E A Y H A R E E S P G L R T
 F R Q N G L E T O B A R N R V I
 C W N I A I I T N Y M E I U S N
 M O E A N C E M E A T S F D T S
 Y L O D M L Y N A U S E F O H E
 S L E K T E M D R F I N U L G L
 O E L S I I N K N U R T T P I C
 R U I O H E E T T A H S S H L A
 F M H C H Y S S T O C K I N G S
 S E I R R E B N A R C S E V L E

- candycane
- chimney
- Christmas
- cookies
- cranberries
- elves
- family
- holly
- lights
- mistletoe
- ornament
- presents
- reindeer
- Rudolph
- Santa
- sleigh
- stockings
- stuffing
- tinsel
- turkey

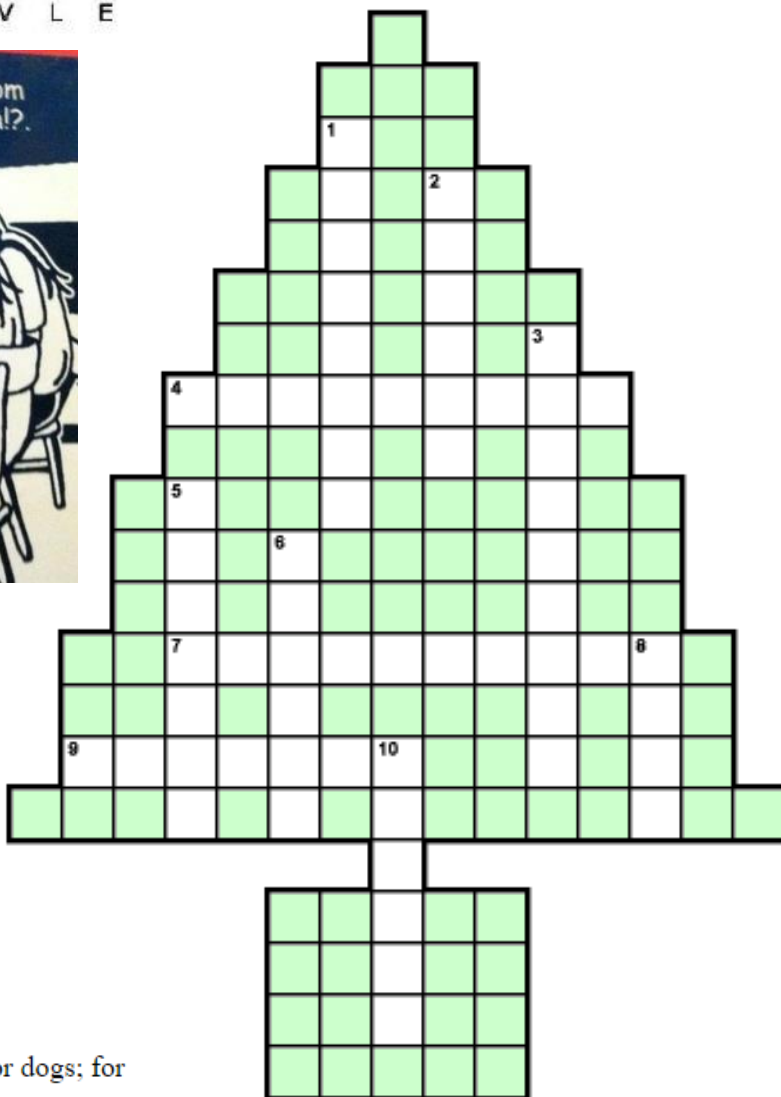



Across

- 4 Merry _____! (9)
- 7 Brings presents to good boys and girls. (5,5)
- 9 These are made of wax and have wicks. (7)

Down

- 1 A sock filled with goodies on Christmas day. (8)
- 2 Circular decoration often hung on doors (6)
- 3 A red and white treat (5,4)
- 5 A gift (7)
- 6 The sound bells make. (6)
- 8 Ice crystals (4)
- 10 A vehicle mounted on runners and pulled by horses or dogs; for transportation over snow. (6)





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
Vacant

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*

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American Indian Association of Tucson, Inc.



Tucson Indian Center

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Tucson, AZ 85701

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Fax: 520-884-0240

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 Talking Circle** - **Wednesday**, December 18, 2019, 12PM - 1PM, @ TIC, 1st Floor - Contact: Veronica Boone
- **2 Spirit of Tucson** - Tuesday, December 10, 2019 6PM—8PM, @ TIC, 2nd Floor - Contact: Marlene F. Jose
- **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**, Dec. 4, 2019 & Dec. 17, 2019 5:30pm-7:00pm @ TIC, 2nd Floor - Contact: Tyler Smallcanyon
- **Native Youth Coalition** - **Tuesdays**, Dec. 3, 2019 & Dec. 17, 2019 5:30pm - 7:00pm @ TIC, 2nd Floor, Contact: Angela Montiel
- **T.O.N. WIC Program** - **Friday**, Dec. 6, 2019 & **Wednesday**, Dec. 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**