



# TUCSON INDIAN CENTER

## NATIVE WELLNESS VOICE

### *Healthy Heart Month*

February 2020

VOLUME 26, ISSUE 2

wwwticenter.org

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

**Healthy Heart**  
2020

**Healthy Heart Walk**  
Wednesday February 12, 2020  
2:00 p.m. to 4:30 p.m.  
160 N. Stone Avenue

2:00 p.m.— Welcome,  
Blessing by Eldred Waterman

2:15 p.m.—3:00 p.m.—Walk to TIC Garden,  
**Diabetes Prevention Talk**  
w/Christine Chavez & Leon Ramon  
Walk Back to Tucson Indian Center.

3:30 p.m.—Free **Food, Mini Health Fair,**  
**Traditional Arts,** (TIC 2nd floor)

4:00 p.m.— Presentations: (TIC 2nd Floor)  
**Commercial Tobacco & the Heart,**  
By Serina Mendoza & Sean Ortega,  
TIC Native youth Coalition Executive members  
**Substance Abuse & the Heart,**  
by Angela Montiel, Health Educator  
**Traditional Foods Systems,** by  
Drew Harris, Cultural Specialist

Join us!

Prevention

Health Information

Food, Music!

Sponsored by the Special Diabetes Programs for Indians

For more information contact:  
Christine Chavez, Diabetes Coordinator  
520 884-7131, Cchavez@ticenter.org

#### Inside this issue:

Rattle Making/ Traditional Song Workshop Pascua Yaqui Lang. Class	2
Comm. Health Rep. Program	2
NEW Leadership Class Dates	3
Healthy Heart: GO RED Elder Monthly Luncheon	3
WIOA Job Club Schedule	4
Young Warriors dates	4
Diabetes Prevention: NEW CLASSES	4
Fitness Schedule	5
Two Spirit of Tucson Dates & Times	5
Recovery: AA, Native Sisters, White Bison	6
Freedom From Smoking Date Sessions	6
Rx & Transportation	7
Staff & Board of Directors	7
Weekly Meeting Times	8

# PASCUA YAQUI LANGUAGE CLASS

## Yaqui (Yoem Noki)

Yaqui or Yoeme is an Uto-Afrecan language with about 16,000 speakers in Sonora and Sinaloa in Mexico, and in Tucson and Guadalupe in Arizona in the USA. The majority of Yaqui speakers, or Pascua-Yaqui, live in Mexico.

### Yaqui pronunciation

These are the letters used to write Yaqui in Arizona.

#### Vowels

a e i o u aa ee ii oo uu  
[a] [e] [i] [i] [u] [a:] [e:] [i:] [o:] [u:]

#### Consonants

b bw ch d f g h k kt l  
[b-β] [b~] [tʃ] [d] [f] [g] [h] [k] [kʰ] [l]  
m n p r s t v w y '  
[m] [n] [p] [r] [s] [t] [β] [w] [j] [ʔ]

Come and join the Tucson Indian Center as we will be providing **free** Pascua Yaqui language classes. Open to everyone and of all skill levels.

### Where:

Tucson Indian Center's 3<sup>rd</sup> FL.  
160 N. Stone Ave Tucson, AZ 85701



**Class Time:**  
Thursday's  
5:30-6:30pm

### Class Schedule:

#### January:

01/23, 01/30.

#### February:

02/06, 02/13,  
02/20, 02/27.

#### March:

03/05, 03/12.



**TO SIGN-UP OR FOR MORE INFORMATION CONTACT:**

Drew J. Harris

520-884-7131 ext. 2236

Dharris@ticenter.org



## RATTLE MAKING/TRADITIONAL SONG WORKSHOP

\*\*\*Limit to the class. First 25 to sign-up will receive a gourd to make. Must be able to commit to all 8 classes or at least 6 out of 8 classes.

Come and learn how to make your own traditional gourd rattle. We will also be inviting the Tohono O'odham Student Association (TOSA) to come and teach our group traditional Tohono O'odham songs.

### WHERE:

TUCSON INDIAN CENTER'S 2<sup>ND</sup> FL.  
160 N. STONE AVE TUCSON, AZ 85701



**Class Time:**  
Tuesday's  
5:30-7:30pm

### Class Schedule:

#### January:

01/21, 01/28.

#### February:

02/04, 02/11,  
02/18, 02/25.

#### March:

03/03, 03/10.

**TO SIGN-UP OR FOR MORE INFORMATION CONTACT:**

Drew J. Harris  
520-884-7131 ext. 2236

Dharris@ticenter.org



## Tucson Indian Center Community Health Representative Program

Assisting elder clients 55 years plus and home bound clients

Home pickup for medical transport

Food box deliveries if applicable

Home delivery of medications

Referrals and home health education

Assisting with medical supplies as needed

Call Marcella Delgado, CHR at 520-884-7131 ext. 2230 for more information or to get registered.



## TUCSON INDIAN CENTER LEADERSHIP CLASSES!

### Dates

Tuesday March 03, 2020

Tuesday March 10, 2020

Tuesday March 17, 2020

Tuesday March 24, 2020

Tuesday March 31, 2020

### Times

3:00 pm-5:00 pm

### Where

3rd Floor Tucson Indian Center



marguerite casey foundation

FOR MORE INFO., CONTACT JERRY R. ROMERO  
PHONE: (520) 884-7131 EMAIL: JROMERO@TICENTER.ORG



American Heart Month, is a federally recognized event and it is also an ideal time to remind people to focus on their hearts and encourage them to get their families, friends and communities involved.

**Heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined.**

**G: GET YOUR NUMBERS**

Ask your doctor to check your blood pressure & cholesterol.

**O: OWN YOUR LIFESTYLE**

Stop smoking, lose weight, exercise and eat healthy.

**R: REALIZE YOUR RISK**

We think it won't happen, but heart disease kills 1 of 3 women.

**E: EDUCATE YOUR FAMILY**

Make healthy food choices for you & your family. Teach your family the importance of staying active.

**D: DON'T BE SILENT**

**Elder Monthly Luncheon**

(last Wednesday of the month)

February 26, 2020: 12:00pm - 2:00pm

March 25, 2020: 12:00pm - 2:00 pm



# Social Services Department

**WIOA Job Club**  
Every Friday at 10AM  
TIC, 3rd Floor

February 07, 2020 - Desert Diamond

February 14, 2020 - CENSUS/DN FED

February 21, 2020 - Veterans Workforce

February 28, 2020 - Pima County

For more info., contact Stella (520) 884-7131 or [starin@ticenter.org](mailto:starin@ticenter.org)



**YOUNG WARRIORS**  
**Ice Cream Social**  
February 12, 2020  
5:00 pm - 7:00 pm  
Tucson Indian Center 160 N. Stone Ave.  
Young adult ages 18-24 are welcome to participate in a group for young individuals looking for a community to support one another & address issues in Native American countries.  
Come & enjoy ice cream with other young adults looking for fellowship, games and arts & craft projects.  
For more info., contact TIC's Native Pride Coordinator: Tyler Smallcanyon phone: (520) 884-7131 or email: [tsmallcanyon@ticenter.org](mailto:tsmallcanyon@ticenter.org)



**Young Warriors**  
Meeting dates: Feb. 12 & Feb 26  
Time: 5:00 pm - 7:00 pm  
Where: Tucson Indian Center  
160 N. Stone Ave. 1st Floor  
For more info., contact: Tyler Smallcanyon email: [tsmallcanyon@ticenter.org](mailto:tsmallcanyon@ticenter.org)

## Diabetes Classes

### **Fitness Classes**

Tuesday—Chair Volleyball,

11:00AM—12:00PM

Wednesday—Walking Club,

8:30AM to 10:30AM

Thursday—Band Resistance & Step Aerobics,

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 February*

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)



# 2 Spirit of Tucson

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

February 11, 2020, 6:00-8:00pm

March 10, 2020, 6:00-8:00pm

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



## 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





**AMERICAN LUNG ASSOCIATION.**

# 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

# FREEDOM FROM SMOKING®

- BENZENE**  
Found in gasoline
- BUTANE**  
Used in lighter fluid
- AMMONIA**  
Used in household cleaner
- TOLUENE**  
Used in paint thinners
- CADMIUM**  
Used in making batteries
- HYDROGEN CYANIDE**  
Used in chemical weapons

**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.

**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

**January 22- Feb. 26, 2020**

**April 15- May 20, 2020**

**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**

## 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

## 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 Talking Circle** - **Wednesday**, February 26, 2020, 2PM - 3PM, @ TIC, 1st Floor - Contact: Veronica Boone
- **2 Spirit of Tucson** - Tuesday, February 11, 2020 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**, Feb. 12, 2020 & Feb. 26, 2020 5:30pm-7:00pm @ TIC, 2nd Floor - Contact: Tyler Smallcanyon
- **Native Youth Coalition** - **Tuesdays**, Feb. 4, 2020 & Feb. 18, 2020 5:30pm - 7:00pm @ TIC, 3rd Floor, Contact: Angela Montiel
- **T.O.N. WIC Program** - **Friday**, Feb. 7, 2020 & **Wednesday**, Feb. 19, 2020; 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)**