

TUCSON INDIAN CENTER

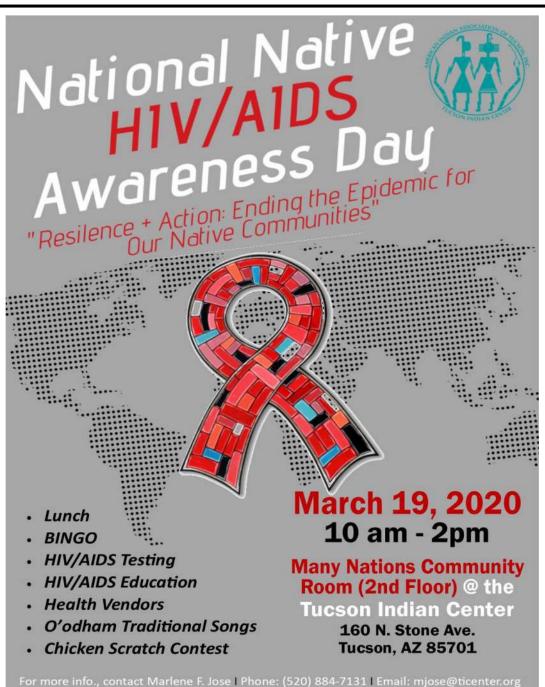
NATIVE WELLNESS VOICE

March 2020

VOLUME 26, ISSUE 3

wwwticenter.org

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



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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 For More Information Contact: Drew Harris-<u>Dharris@ticenter.org</u> or Christine Chavez-<u>Cchavez@ticenter.org</u>

Phone: 884-71-31 Ext 2235 or





Garden Kitchen





Tucson Indian Center's Garden Kitchen Schedule:

Wednesdays

2nd Floor Community Room

11:00am-12:00pm Thursdays

12:30pm-2:30pm

Fridays

Iron Horse Community
Garden
10:00am-12pm

March

WEEK 1: 03/11-03/13 WEEK 2: 03/18-03/20 Week 3: 03/25-03/27

April

WEEK 4: 04/01-04/03 WEEK 5: 04/08-04/10 WEEK 6: 04/15-04/17

In partnership with the University of Arizona's Garden Kitchen

PASCUA YAQUI LANGUAGE CLASS

Yaqui (Yoem Noki

Yaqui or Yoeme is an Uto-Adecan language with about 15,000 speakers in Sonora and Sinatoa i Mexico, and in Tuccon and Guadalupe in Arizona in the USA. The majority of Yaqui speakers, or Paccina Xanui, live in Mexico.

Yanui 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*] [t] [d] [f] [g] [h] [k] [kt] [t]

[m] [n] [p] [r] [s] [t] [β] [w] [j] [?]

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 3rd 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

Dharris@ticenter.org



Tucson Indian Center Community Health Representative Program

Assisting elder clients 55 years plus and home bound clients

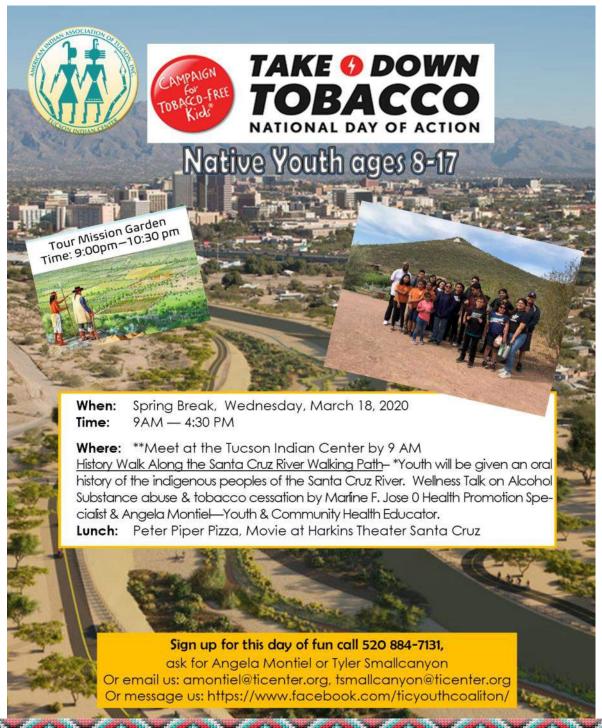
Home pickup for medical transport
Food box deliveries if applicable
Home delivery of medications
Referrals and home health education

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

Assisting with medical supplies as needed



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Elder Monthly Luncheon

(last Wednesday of the month)

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

April 29, 2020: 12:00pm - 2:00 pm



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Social Services Department

WIOA Job Club

Every Friday at 10AM TIC, 3rd Floor

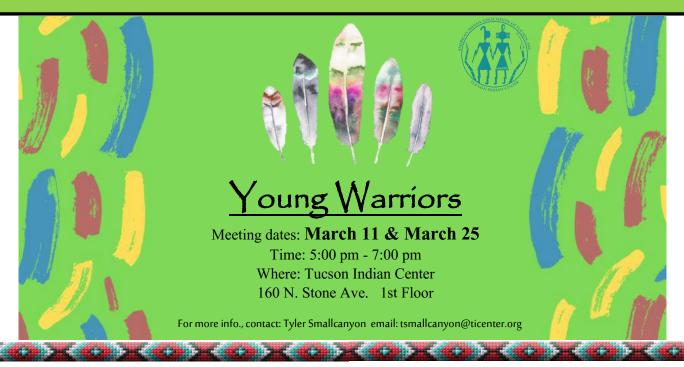
March 06, 2020 - Desert Diamond

March 13, 2020 - Truck Driving Institute

March 20, 2020 - Veterans Workforce

March 27, 2020 - Pima County

For more info., contact Stella (520) 884-7131 or starin@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

March 12, 2020 @ The Garden Kitchen 2205 S. 4th Ave. Tucson, AZ 85713 12:30PM—2:30PM

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

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2 Spirit of Tucson

Meetings are 2nd Tuesday of the month

March 10, 2020, 6:00-8:00pm April 14, 2020, 6:00-8:00pm

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



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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

If you're not comfortable quitting

cold turkey, just cut down by a few

cigarettes a day. Keep cutting down

April 15- May 20, 2020

Angela Montiel

Youth & Community Health Educator Facilitator of Freedom from Smoking amontiel@ticenter.org, 520 884-7131

amontiel@ticenter.org 53

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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. <u>CLOSED FOR LUNCH</u>

* 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

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Tohono O'odham

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Pascua Yaqui

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Tohono O'odham

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Tohono O'odham

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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

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 Talking Circle Wednesday, March 25, 2020, 2PM 3PM, @ TIC, 3rd Floor Contact: Veronica Boone
- 2 Spirit of Tucson Tuesday, March 10, 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, March 11, 2020 & March 25, 2020; 5pm-7pm @ TIC, 2nd Floor Contact: Tyler Smallcanyon
- Native Youth Coalition Tuesdays, March 3 & March 17, 2020 5:30pm 7:00pm @ TIC, 3rd Floor, Contact: Angela Montiel
- T.O.N. WIC Program Friday, March 6, 2020 & Wednesday, March 25, 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

We are happy to share the monthly Native Wellness Voice with you. If you would like to receive an electronic copy or if you experience any problem related to this mailing, such as receiving more than 1 copy or the wrong name, please contact Tyler Smallcanyon at (520) 884-7131 ext. 2227 or tsmallcanyon@ticenter.org