National Native HIV/AIDS Awareness Day

"Resilience + Action: Ending the Epidemic for Our Native Communities"

March 19, 2020
10 am - 2pm

Many Nations Community Room (2nd Floor) @ the Tucson Indian Center
160 N. Stone Ave.
Tucson, AZ 85701

- Lunch
- BINGO
- HIV/AIDS Testing
- HIV/AIDS Education
- Health Vendors
- O’odham Traditional Songs
- Chicken Scratch Contest

For more info., contact Marlene F. Jose | Phone: (520) 884-7131 | Email: mjose@ticenter.org
Garden Kitchen

Tucson Indian Center’s Garden Kitchen

Schedule:

Wednesdays
2nd Floor Community Room
11:00am - 12:00pm

Thursdays
Transportation to Garden Kitchen
12:30pm - 2:30pm

Fridays
Iron Horse Community Garden
10:00am - 12:00pm

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.

Native Wellness Voice

PASCUA YAQUI LANGUAGE CLASS

Yaqi (Toom Nok)

Yaqi or Yaqui is an Oto-Manguean language with about 10,000 speakers in Sonora and Sinaloa in Mexico, and in Tucson and Guadalupe in Arizona in the USA. The majority of Yaqui speaks, or Pascua Yaqui, live in Mexico.

Yaqui pronunciation

Vowels

\a \i \o \u \a \i \o \u

Consonants

b c d f g h k l m n p r s t w y

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

Where:
Tucson Indian Center’s 3rd Floor
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

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.
Native Wellness Voice

CAMPANADE!

TOBACCO
NATIONAL DAY OF ACTION

Native Youth ages 8-17

Tour Mission Garden
Time: 9:00 am - 10:30 pm

When: Spring Break, Wednesday, March 18, 2020
Time: 9 AM — 4:30 PM

Where: **Meet at the Tucson Indian Center by 9 AM
History Walk Along the Santa Cruz River Walking Path—*Youth will be given an oral
history of the indigenous peoples of the Santa Cruz River. Wellness Talk on Alcohol
Substance abuse & tobacco cessation by Martine F. Jose 0 Health Promotion Spe-
cialist & Angela Montiel—Youth & Community Health Educator.
Lunch: Peter Piper Pizza, Movie at Harkins Theater Santa Cruz

Sign up for this day of fun call 520-884-7131,
ask for Angela Montiel or Tyler Smallcanyon
Or email us: amontiel@ticenter.org, tsmallcanyon@ticenter.org
Or message us: https://www.facebook.com/ticyouthcoalition/

Elder Monthly Luncheon
(last Wednesday of the month)
March 25, 2020: 12:00 pm - 2:00 pm
April 29, 2020: 12:00 pm - 2:00 pm
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

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

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
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

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
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 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 Smalcanyon
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

Tucson Indian Center Board of Directors

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Rodney Palimo Sr.
Tohono O’odham

Vice Chairman
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Pascua Yaqui

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Board Member
Alexander Lewis
Tohono O’odham

Board Member
Ned Norris
Tohono O’odham

Native Voice is Published by the American Indian Association of Tucson D.B.A. Tucson Indian Center
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