



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

March 2020

VOLUME 26, ISSUE 3

www.ticenter.org

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

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

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TUCSON INDIAN CENTER LEADERSHIP CLASSES!

New Participants Welcome!

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-
Dharris@ticenter.org or
Christine Chavez-
Chavez@ticenter.org
Phone: 884-71-31 Ext 2235 or 2236



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
11/03/19 & 04/09 only

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-Aztecan 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] [bʷ] [tʃ] [d] [f] [g] [h] [k] [kt] [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 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

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.





**TAKE ⚡ DOWN
TOBACCO**
NATIONAL DAY OF ACTION

Native Youth ages 8-17

Tour Mission Garden
Time: 9:00pm—10:30 pm



When: Spring Break, Wednesday, March 18, 2020
Time: 9AM — 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 Marine F. Jose O Health Promotion Specialist & 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/ticyouthcoaliton/>

Elder Monthly Luncheon

(last Wednesday of the month)

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

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

**Elder Talking
Circle**

March 25, 2020

2:00 PM - 3:00

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



Young Warriors

Meeting dates: **March 11 & March 25**
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



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



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





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*

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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
- **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**, 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