



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

June 2020

VOLUME 26, ISSUE 6

www.ticenter.org

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

Inside this issue:

Traditional Practices: Basket Weaving	
UofA Caregiver Study	2
2 Spirit of Tucson Date	
Freedom from Smoking ONLINE dates	3
Social Service Announcement	
Native Group Lifestyle Balance Dates	4
Diabetes Prevention: Modified Classes	
Fitness Schedule	4
Rx & Transportation: Service Announcement	
Elder Monthly Luncheon & Talking Circle CANCELED	5
Recovery: AA, Native Sisters, White Bison ONLINE info.	
Youth Wellness Program ONLINE Dates	6
Staff & Board of Directors	7
UPDATED Weekly Meeting Times	8

**It's okay to not feel normal.
These are not normal times.**

**Reach out to us.
We're here for you.**



Tucson Indian Center: (520)884-7131

Mon-Fri 8am-5pm

Local Crisis Line: 1-866-495-6735

Daily 24hours



Basket Weaving Class

Class Schedule:

June:
06/02/20 **Tuesdays**
06/09/20
06/16/20 **ONLINE**
06/23/20

Videos will be uploaded on our TIC website & Facebook page

For more information or to sign-up

contact: Drew J. Harris

Community Cultural Specialist

520-884-7131 Ext. 2236

Dharris@ticenter.org

@tucsonindiancenter • www.ticenter.org

SURVEY FOR CAREGIVERS

Study Overview

This is a research study to determine the experiences, stress, and resilience of urban American Indian caregivers (those that take care of a family member that has cancer, chronic health condition, disability or elderly).

Participants will be asked to participate in:

-a 45 minute-1 hour telephone survey asking questions related to being a caregiver

Eligibility

- Over the age of 18
- Member of an American Indian/Alaska Native tribe
- Providing care to a family member (paid or unpaid) that has cancer, a chronic health condition, disability, or elderly
- Live in Tucson or another urban area.

What Participants Receive

-\$25 VISA e-giftcard (or mailed giftcard) or \$25 grocery store e-giftcard

For Questions or to Schedule your Survey Interview

Dr Felina Cordova-Marks, DrPH, MPH
felina@email.arizona.edu
520-241-8780

An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.



Cancer Center

2 Spirit of Tucson

June 9, 2020, ONLINE at 5:00 pm - 6:30 pm

www.webex.com

Meeting number (access code): 620.410.794

Meeting password: B3DiRuzTN67 (23347898 from phones and video systems)

More ways to join

Join by **phone: +1-408-418-9388** United States Toll

Join from a **video system: 620410794@meetingsamer8.webex.com**

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

Email: mjose@ticenter.org

Phone: (520) 884-7131 ext. 2238





**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®



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



Classes ONLINE Wednesdays @ 5 PM

www.webex.com

Meeting number (access code): 294 290 796

Meeting password: F326pmmSUBW (33267667)

Phone: +1-408-418-9388

Video system: 94290796@meetingsamer15.webex.com

For more information, contact Angela Montiel
amontiel@ticenter.org • (520) 884-7131 ext. 2226

The Social Services Department will not have any group meetings during this time. They will resume weekly classes and meetings upon further notice. Until then, the TIC Social Service team will continue to provide telephonic assistance.

Jerry R. Romero: *Intake & Supportive Services Case Manager*

Email: jromero@ticenter.org • Phone: (520) 884-7131 ext. 2209

Stella Tarin: *Employment Case Manager*

Email: starin@ticenter.org • Phone: (520) 884-7131 ext. 2223

Native Group Lifestyle Balance

EVERY Thursday @ 2:00 PM via WebEx

www.webex.com

Meeting number (access code): 294 771 076

Meeting password: jqGfyAZp293 (57439297 from phones and video systems)

More Ways to Join

Join by phone: +1-408-418-9388 United States Toll

Join from a video system: dial 294771076@meetingsamer8.webex.com

You can also dial 173.243.2.68 and enter your meeting number.

**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,
CANCELED

Wednesday - Walking Club
CANCELED

Thursday - Band Resistance/Step Aerobics
ONLINE @ www.ticenter.org and
www.fb.com/tucsonindiancenter/

Fitness Gym
CLOSED

University of Arizona Garden Kitchen
CANCELED

Reflexology
CANCELED

Native Group Lifestyle Balance
ONLINE via WebEx

TIC Gardening Club
ONLINE @ www.ticenter.org and
www.fb.com/tucsonindiancenter/

TRANSPORTATION & HOME DELIVERY SERVICES

If you are in need of transportation services, please contact one of our Wellness Case Managers to learn more about transportation services during the COVID-19 Pandemic.

Christina Luna: cluna@ticenter.org

Dearlynn Crank: dcrank@ticenter.org



★ **San Xavier Clinic is supplying EVERYONE 60-Day supply for medication.**

Elder Monthly Luncheon

NO LUNCHEON for the month of JUNE
Elder Talking Circle CANCELED

If you need food or supplies, please contact Marcella Delgado,
Community Health Rep. (CHR) • (520) 884-7131 ext. 2230 • mdelgado@ticenter.org



Wellbriety Meetings



Native Sisters In Recovery (NSIR)

White Bison

American Indians In Recovery (AIR)– AA Group

EVERY Thursday @ 5:30-6:30 PM via WebEx

www.webex.com

Meeting number (access code): 627 142 395

Password: YrTjYPMm833 (97859766 from phones & video systems)

More ways to join

Join by video system: dial 627142395@meetingsamer8.webex.com

Host Key: 897021

You can also dial 173.243.2.68 and enter your meeting number.

Join by phone: dial +1-408-418-9388 United States Toll

Access code: 627 142 395

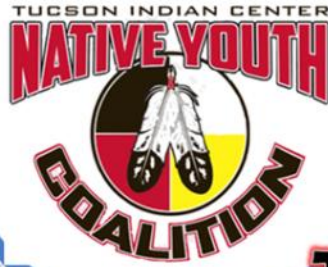
**For additional assistance please contact: Wellness Case Managers at
(520) 884-7131**



Christina Luna: cluna@ticenter.org

Dearlynn Crank: dcrank@ticenter.org





**Tuesday's
4:30 PM**



**Thursday's
4:30 PM**



Native Youth Coalition

To join the online meeting link email Angela Montiel, amontiel@ticenter.org:

Meeting number (access code): **628 098 631**

Meeting password: **nPvVPm3JY33** (67887635 from phones and video systems)

Join by Phone: **1-408-418-9388**

Join from video system: dial **628098631@meetingsamer15.webex.com**

You can also dial **173.243.2.68** and enter your meeting number.

Native Youth Wellness

To join the online meeting link email Angela Montiel or Tyler Smallcanyon:

Meeting number (access code): **297 432 971**

Meeting password: **JNzCVQ6Ep33** (56928763 from phones & video systems)

More ways to join:

Join by phone: **+1-408-418-9388**

Join from a video system: dial **297432971@meetingsamer15.webex.com**

You can also dial **173.243.2.68** and enter your meeting number

For more info., please contact TIC youth program coordinators:

Angela Montiel: Youth & Community Health Educator
amontiel@ticenter.org • (520) 884-7131 ext. 2226

Tyler Smallcanyon: Native Pride Project Coordinator
tsmallcanyon@ticenter.org • (520) 884-7131 ext. 2227

Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

Operations Director
Evelyn Ybarra-Pablo
Pascua Yaqui

Admin Support & Resources Clerk
Celina Sims
Tohono O'odham/Pascua Yaqui

Finance Director
Michael E. Spotted Wolf
Seminole/Creek/Hidatsa

Finance Clerk
Honey Ignacio
Tohono O'odham

Admin Support & Resources
Coordinator
Margaret Merendo

Wellness Department

Wellness Director
Phoebe Cager
Yup'ik

Wellness Case Manager
Christina Luna

Wellness Case Manager
Dearlynn Crank
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 Operations Manager
Veronica Boone
Laguna Pueblo/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

Wellness Transportation/Records Specialist
Vacant

Social Services Department

Social Services Director
Rose Grijalva

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

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 - **ONLINE**, Thursday's @ 5:30 pm via WebEx - Contact: Christina Luna
- AIIR (American Indians in Recovery) AA Mtgs. - **ONLINE**, Thursday's @ 5:30 pm via WebEx - Contact: Dearlynn Crank
- Native Sisters in Recovery - **ONLINE**, Thursday's @ 5:30 pm via WebEx - Contact: Christina Luna
- Elders Monthly Luncheon - **CANCELED**
- Elders Talking Circle - **CANCELED** - Contact: Dearlynn Crank
- 2 Spirit of Tucson - **ONLINE**, Tues. June 9, 2020 @ 5:00 pm via WebEx - Contact: Marlene F. Jose
- Walking Club - **CANCELED** - Contact: Christine Chavez
- Native Lifestyle Balance - **ONLINE**, Thursday's @ 2:00 pm via WebEx - Contact: Christine Chavez
- Native Youth Coalition - **ONLINE**, Tuesday's @ 4:30 pm via WebEx - Contact: Angela Montiel
- T.O.N. WIC Program - **CANCELED**
- Diapers: **CANCELED**, to request items contact Pio Decimo Center @ (520) 622-2801
- Food Boxes: **CANCELED**, to request items contact: Community Food Bank @ (520) 622--0525
- Client Orientation - **CANCELED**, Contact: Case Managers

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