



# TUCSON INDIAN CENTER

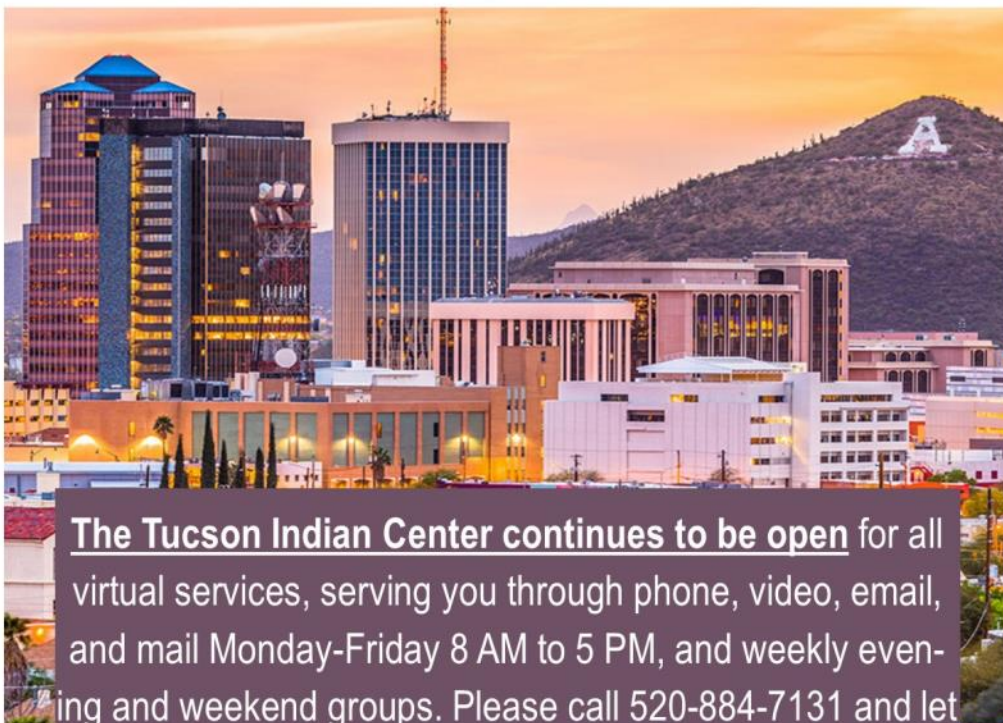
## NATIVE WELLNESS VOICE

August 2020

VOLUME 26, ISSUE 8

[www.ticenter.org](http://www.ticenter.org)

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



**The Tucson Indian Center continues to be open** for all virtual services, serving you through phone, video, email, and mail Monday-Friday 8 AM to 5 PM, and weekly evening and weekend groups. Please call 520-884-7131 and let us know how we can help you. Additionally, TIC will be resuming face-to-face visits at our facility in the future. Stay informed for details on the date and what to expect via TIC's website at [www.ticenter.org](http://www.ticenter.org) and TIC's Facebook page at [www.fb.com/ticenter](http://www.fb.com/ticenter) and our email listserv for news regarding the reopening of our building.



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# Young Warriors

SATURDAYS @ 1:00 PM

Young adults, ages 18-25, are welcome to join via WebEx. Incentives will be available to those that are eligible. Email [tsmallcanyon@ticenter.org](mailto:tsmallcanyon@ticenter.org) for an invite & login information.

## 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.



## Virtual Tohono O'odham

### Language Classes

Starting August 26<sup>th</sup>, 2020

This will be a ten-week class held through WebEx (Web Conferencing). For more details please see contact info below.

To sign-up contact:

Drew Harris – Community Cultural Specialist

[Dharris@ticenter.org](mailto:Dharris@ticenter.org)

520-884-7131 ext. 2236



## 2 Spirit of Tucson

August 11, 2020, ONLINE  
at 5:00 pm - 6:30 pm via WebEx  
[www.webex.com](http://www.webex.com)

Contact Marlene F. Jose, for login invitation

Email: [mjose@ticenter.org](mailto:mjose@ticenter.org)

Phone: (520) 884-7131 ext. 2238



# WELLBRIETY MEETING

TUCSON INDIAN CENTER



**EVERY THURSDAY 5:30PM-6:30PM**  
**Meeting Information**

**Meeting link:** <https://3rd-floor-conference-room-tucson.webex.com/3rd-floor-conference-room-tucson/j.php?MTID=m26ddef2e3d52d2303bf27801010d5e79>  
or please email Dearlynn Crank at [dcrank@ticenter.org](mailto:dcrank@ticenter.org) for meeting link.

**Meeting number:** 132 352 0165

**Password:** T!c2020 (946081 from phones and video systems)

**Join by phone**

+1-408-418-9388

Access code: 132 352 0165

Password: 946081

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

Christina Luna: [cluna@ticenter.org](mailto:cluna@ticenter.org)

Dearlynn Crank: [dcrank@ticenter.org](mailto:dcrank@ticenter.org)

Case Mangers will be available 30 minutes prior to meeting time to assist with any connection difficulties.

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

Stella Tarin: *Employment Case Manager*

Email: [starin@ticenter.org](mailto: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](http://www.ticenter.org) and

[www.fb.com/tucsonindiancenter/](http://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](http://www.ticenter.org) and

[www.fb.com/tucsonindiancenter/](http://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](mailto:cluna@ticenter.org)  
Dearlynn Crank: [dcrank@ticenter.org](mailto:dcrank@ticenter.org)

# Elder Monthly Luncheon

NO LUNCHEON for the month of AUGUST  
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



## TIC's VIRTUAL 5K/10K Run/Walk

Registration Opens August 24<sup>th</sup>, 2020

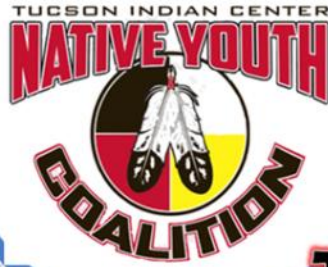
To register go to the Tucson Indian Center Facebook page. This is a free event and for the first 100 people to sign-up you will receive a free event t-shirt and medal for your participation.

For more information contact:

**Drew Harris** (dharris@ticenter.org) or **Christine Chavez** (cchavez@ticenter.org)

Phone: 520-884-7131 Ext 2236





**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](mailto: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](mailto:amontiel@ticenter.org) • (520) 884-7131 ext. 2226

Tyler Smallcanyon: Native Pride Project Coordinator  
[tsmallcanyon@ticenter.org](mailto: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

Employment Case Manager  
**Estella Tarin**

Community Outreach Specialist  
**Jerry R. Romero**

*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

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**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: Marcella Delgado
- 2 Spirit of Tucson - **ONLINE**, Tues. August 11, 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](http://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](mailto:tsmallcanyon@ticenter.org)*