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 and TIC’s Facebook page at www.fb.com/ticenter and our email listserv for news regarding the reopening of our building.
Young adults, ages 18-25, are welcome to join via WebEx. Incentives will be available to those that are eligible. Email tsmallcanyon@ticenter.org for an invite & login information.
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

<table>
<thead>
<tr>
<th>Fitness Classes</th>
<th>University of Arizona Garden Kitchen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday - Chair Volleyball,</td>
<td>CANCELED</td>
</tr>
<tr>
<td>CANCELED</td>
<td></td>
</tr>
<tr>
<td>Wednesday - Walking Club</td>
<td></td>
</tr>
<tr>
<td>CANCELED</td>
<td></td>
</tr>
<tr>
<td>Thursday - Band Resistance/Step</td>
<td></td>
</tr>
<tr>
<td>Aerobics (ONLINE)</td>
<td></td>
</tr>
<tr>
<td>ONLINE @ <a href="http://www.ticenter.org">www.ticenter.org</a> and</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.fb.com/tucsonindiancenter/">www.fb.com/tucsonindiancenter/</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fitness Gym</th>
<th>Native Group Lifestyle Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLOSED</td>
<td>ONLINE via WebEx</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reflexology</th>
<th>Native Group Lifestyle Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>CANCELED</td>
<td>ONLINE via WebEx</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TIC Gardening Club</th>
<th>Native Group Lifestyle Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONLINE @ <a href="http://www.ticenter.org">www.ticenter.org</a> and</td>
<td>ONLINE via WebEx</td>
</tr>
<tr>
<td><a href="http://www.fb.com/tucsonindiancenter/">www.fb.com/tucsonindiancenter/</a></td>
<td></td>
</tr>
</tbody>
</table>

### 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
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 24th, 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
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 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

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

Wellness Department

Wellness Operations Manager
Veronica Boone
Laguna Pueblo/Navajo

Community Health Representative
Marcela 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

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

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

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