



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

September 2020

VOLUME 26, ISSUE 9

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 the phone, video, email, and mail Monday-Friday (8am to 5pm), and weekly evening groups 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.

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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 for an invite & login information.

Virtual Tohono O'odham Language Classes

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

520-884-7131 ext. 2236



2 Spirit of Tucson

September 8, 2020, ONLINE

5:00 pm - 6:30 pm

www.webex.com

For More info., contact Marlene F. Jose

Phone: (520) 884-7131 ext. 2238

Email: mjose@ticenter.org

Get the Vote Out!

Election Day:

Tuesday, November 3, 2020.

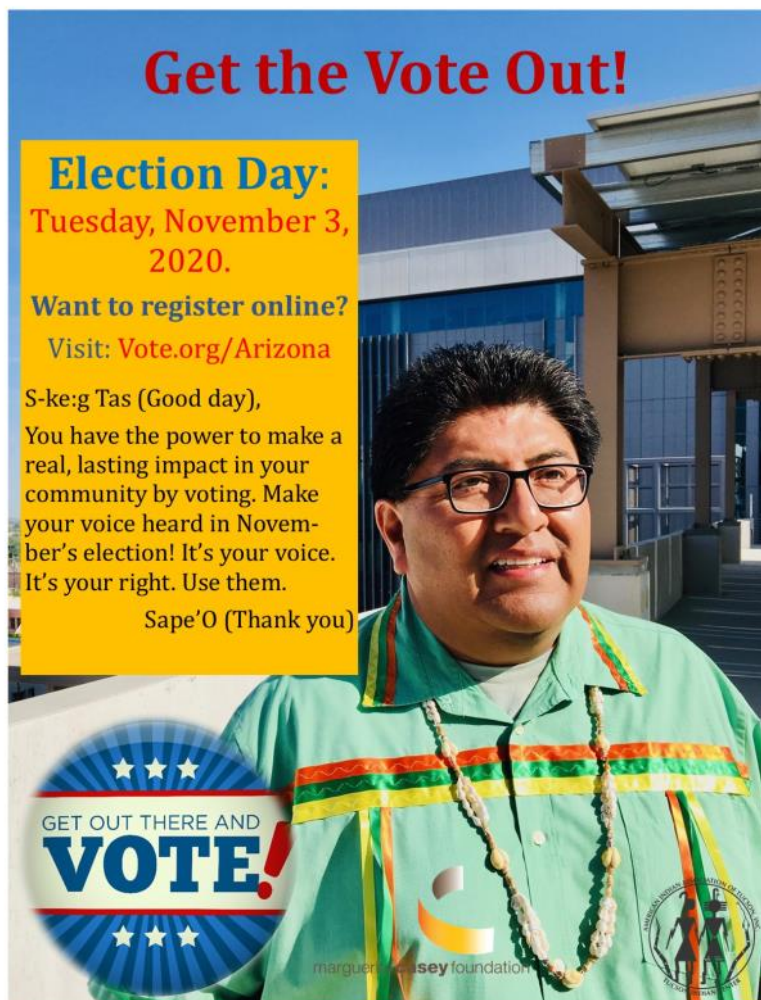
Want to register online?

Visit: Vote.org/Arizona

S-ke:g Tas (Good day),

You have the power to make a real, lasting impact in your community by voting. Make your voice heard in November's election! It's your voice. It's your right. Use them.

Sape'O (Thank you)



Hope For Life Day


September 10, 2020

5:30 pm

Virtual event - via Webex

The Tucson Indian Center will be honoring September 10th, as a day for individuals who've been affected by suicide to join us online as we commemorate those who've moved onto their next journey.

For registration, please contact TIC's Native Pride coordinator: Tyler Smallcanyon @ (520) 884-7131 or email: tsmallcanyon@ticenter.org



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

Virtual Morning Workout Group

Starting Thursday, September 10, @ 8:30 AM via WebEx

www.webex.com

Starting September 10, every Tuesday & Thursday, TIC will have a virtual morning workout group. The group will consist of step-aerobics, upper lower & core strengthening, as well as nutrition and exercise education. The first 25 to signup, will receive workout incentives to follow along with the group. Classes will start at 8:30 am to 9:30 am and will be a 6-week class.



To Sign Up, contact Drew Harris or Christine Chavez, at (520) 884 - 7131
or email: dharris@ticenter.org cchavez@ticenter.org

Diabetes Classes

Fitness Classes

Tuesday - Virtual Morning Workout

8:30 am—9:30 am

Wednesday - Walking Club

CANCELED

Thursday - Virtual Morning Workout

8:30am—9:30am

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
Dearllynn Crank: dcrank@ticenter.org

Elder Monthly Luncheon

NO LUNCHEON for the month of SEPTEMBER

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 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 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

Dearlynn Crank: dcrank@ticenter.org

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





**Tuesday's
4:30 PM**

**Thursday's
4:30 PM**



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

The Tucson Indian Center's 19th Annual Virtual Pow-Wow

Virtual powwow information coming soon. For more info. regarding this online event, please contact TIC's Youth and Community Health Educator, Angela Montiel at (520) 884-7131 or amontiel@ticenter.org

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

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Coordinator
Margaret Merendo

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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
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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. September 8, 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