



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE


October 2020

VOLUME 26, ISSUE 10

www.ticenter.org


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

Tucson Indian Center
19th ANNUAL SOCIAL POWWOW (VIRTUAL)
October 17, 2020, 10 AM—2PM



Head Man Dancer:
Mr. Allen King – Dine Pueblo Tradition
Head Woman Dancer:
Mrs. Angelina Cruz Alvarez – Yaqui/Apache
Head Southern Singer: Mr. Freedy L. Alvarado
Northern Host Drum: Wildcat Nation Drum
Eagle Staff Carrier: Mr. Robert Jacobo Jr., Yaqui/Ohlone
Arena Director: Mr. Ryan Rumley, Tohono O'odham/Navajo
Master of Ceremonies: Mr. Gabriel Ayala, Yaqui

**First 300 to register receive a t-shirt,
& be entered into the raffle
STARTS OCT. 1ST, Ends Oct. 16
www.fb.com/tucsonindiancenter
More Information Contact:
Angela Montiel, 520 884-7131, amontiel@ticenter.org**


Mr. Allen King, Dine Pueblo Tradition,
Northern Traditional Dancer

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JOIN US!

TUCSON INDIAN CENTER

VIRTUAL

FRIGHT NIGHT

OCTOBER 30 2020

5:30 PM - 8:30 PM

Registration will begin Monday, October 19

www.fb.com/tucsonindiancenter

For more info., contact: Marlene F. Jose (mjose@ticenter.org)



Beginning Monday, October 12, 2020

Tucson Indian Center's

Missing & Murdered Indigenous Women and Girls Awareness

Virtual Run

www.fb.com/tucsonindiancenter

What is a virtual run? A virtual run works exactly the same as any other type of run, but the difference is that the entered participant can run at any location, at any pace (including walking), inside on a treadmill or outside in another country! All you have to do is register for the run and provide evidence that you have done it. That's it!

*****{Disclaimer} Incentive requirements:** In order to qualify for race incentives, you must:

1. Reside in the Pima County zip code area (Sells is included)
2. Be a Tribal member. To verify, when you sign up, in the Last Name section please indicate in parentheses what Tribe you are registered with. Thank you.



Federal Emergency Management Agency

Tucson Indian Center (TIC), in collaboration with Pima County Government, is excited to announce a new financial assistance program. The Federal Emergency Management Agency (FEMA) – Coronavirus Aid, Relief, and Economic Security (CARES) Act program will assist eligible participants impacted by the economic consequences and hardships of the COVID-19 Pandemic by providing a one-month mortgage/rental and/or utility service(s).

The Tucson Indian Center will be accepting telephone calls beginning September 21, 2020, to schedule appointments for qualified applicants. For more information, please contact Jerry Romero at (520) 884-7131 x 2209. To help prepare you for your appointment, a list of required program documents are listed below.

This program is not limited to the Native American Indians. If you reside in Pima County, you may apply.

- Applicant's state-issued photo I.D.
- Copies of all current or past due Monthly Rent/Mortgage Invoice
 1. Rental or Mortgage late notice
- Copies of all current or past due Utilities Invoices

1. Gas

2. Electric

3, Water

4. Sewer

5. Propane

Tohono O'odham Language/Culture Class

Classes Start October 14th, 2020
5-week session. Wednesdays &
Fridays. 5:30-7:00pm through
Cisco WebEx.
Registration ends October 16th.

To Sign up and for more
information contact:
Drew Harris;
dharris@ticenter.org
520-884-7131 Ext 2236

Sp Adobe Spark



2 Spirit of Tucson

October 13, 2020

ONLINE

5:00 pm - 6:30 pm

For More info., contact Marlene F. Jose

Phone: (520) 884-7131 ext. 2238

Email: mjose@ticenter.org



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.

Food Pantry Program in partnership with the Community Food Bank

To continue working hard at keeping employees and community members safe we currently only serving clients and community members on an appointment basis only.

The Tucson Indian Center food pantry is expected to begin distributing emergency food bags/box in October 2020 by appointment only. If you would like to obtain a food bag/box from the Center please call and make your appointment, walk-ins will not be accepted.

To make your reservation, to pick up a food bag/box from Food Pantry Program, please **call Margie at 520-884-7131** to be scheduled. The first available appointments will open for scheduling on October 6, 2020. Appointments will range from 8:30 to 11:30 closed for lunch and 1:30 to 4:30 Mondays, Wednesday, and Fridays. While supplies last below is a list of documents you will need.

- * Picture I.D.
- * Proof of Address
- * Children(s) Birth certificate for diapers



**Feeding the
Community**

Virtual Morning Workout Group

Tuesdays and Thursdays @ 8:30 AM via WebEx

www.webex.com

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.



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
Dearlynn Crank: dcrank@ticenter.org

Elder Monthly Luncheon

NO LUNCHEON for the month of October
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

EVERY THURSDAY 5:30PM-6:30PM

VIA WEBEX

FOR ADDITIONAL INFORMATION PLEASE CONTACT:
WELLNESS CASE MANAGERS AT (520) 884-7131

OR

CHRISTINA LUNA: CLUNA@TICENTER.ORG
DEARLYNN CRANK: DCRANK@TICENTER.ORG





**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



Tucson Indian Center Diaper & Incontinence Program

Diaper & Incontinence Program in partnership with the Southern Arizona Diaper Bank

To continue working hard at keeping employees, community safe we currently only serving clients and community on an appointment basis only.

Tucson Indian Center Diaper & Incontinence Program will begin distributing emergency Diapers & Incontinence supplies as available and while supplies last in October 2020 by appointment only. If you would like to obtain assistance from the Center please call and make your appointment, walk-ins will not be accepted.

To make your reservation to pick up diapers or Incontinence supplies from the Program please **call Margie at 520-884-7131** to be scheduled. The first available appointments will open for scheduling on October 6, 2020. Appointments will range from 8:30 am to 11:30 am closed for lunch and 1:30 pm to 4:30 pm Mondays, Tuesday, Thursdays, and Fridays. Wednesday from 8:30 am to 11:30 am

While supplies are available, documents you will need are listed below.

* Picture I.D.

* Proof of address

* Household information for family distribution for family of 2 or more



Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

Operations Director
Evelyn Ybarra-Pablo
Pascua Yaqui

Admin Support & Resources Clerk
VACANT

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
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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. October 13, 2020 @ 5:00 pm via WebEx - Contact: Marlene F. Jose
- Walking Club - **CANCELED** - Contact: Christine Chavez
- VIRTUAL Morning Work Outs - **ONLINE**, Thursday's @ 10:00 am 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**
- 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