Native American Family Wellness Day
Virtual Days
November 17, 18, 19, 2020
5:30pm - 6:30 pm

Join us via facebook
@tucsonindiancenter
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
Stay active.
• Any amount of physical activity is good.
• Try walking at least 3-4 times a week.
  Start with 5-10 minutes and work up to 30 minutes or more.
• Choose an activity you enjoy. Take a walk with family or friends. Go for a bike ride. Dance. Play ball. Work in the garden.

Make healthy food and drink choices.
• Eat healthy foods, such as vegetables, fruits, beans, whole grains, fish, wild game, and other lean meats.
• Select foods that have less salt, fat, and sugar.
• Grill or bake instead of frying.
• Drink plenty of water.

2 Spirit of Tucson
November 10, 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 @ 100 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.

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
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

<table>
<thead>
<tr>
<th>Fitness Classes</th>
<th>University of Arizona Garden Kitchen</th>
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<tbody>
<tr>
<td>Tuesday - Virtual Morning Workout</td>
<td>CANCELED</td>
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<tr>
<td>8:30 am—9:30 am</td>
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<tr>
<td>Wednesday - Walking Club</td>
<td>Reflexology</td>
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<tr>
<td>CANCELED</td>
<td>CANCELED</td>
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<tr>
<td>Thursday - Virtual Morning Workout</td>
<td>Native Group Lifestyle Balance</td>
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<tr>
<td>8:30am—9:30am</td>
<td>ONLINE via Webex</td>
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<tr>
<td>Fitness Gym</td>
<td>TIC Gardening Club</td>
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<td>CLOSED</td>
<td>ONLINE @ <a href="http://www.ticenter.org">www.ticenter.org</a> and</td>
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<td><a href="http://www.fb.com/tucsonindiancenter/">www.fb.com/tucsonindiancenter/</a></td>
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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’s Holiday Care Package

Due to the pandemic, this event will take place through the TIC’s care package distribution. If you’re 55 and older and would like to receive a care package, please contact Stella Tarin or Rose Grijalva

Employment Case Manager • (520) 884-7131 ext. 2223 • starin@ticenter.org
Social Services Director • (520) 884-7131 ext. 2216 • rgrijalva@ticenter.org

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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
Tucson Indian Center

Christmas Toys Distribution

Through a partnership with Tucson Marines Toys for Tots

2020

Each year the Center works at making the holidays brighter for families in the community. Unfortunately, we cannot serve everyone in the community. The Tucson Center Indian in partnership with Marine Toys for Tots will be registering families for toys for the Christmas Holiday in the community.

As every year goes by we understand that we cannot reach all families in need in the community. We are asking if you wish to receive toys for the Christmas Holiday that you register your family. The ages that we can serve are 0 years to 14 years of age and you must provide qualifying information and fill out request form. Considering the COVID-19 pandemic toys request will be filled for you, we will not be allowing any one to choose the toys. What you will need to do is listed below.

1. Call and put your name on the request list. We will take calls until we reach the limit of families we can serve and will be on a first come first serve bases.

2. You will need to fill out a request form that can be mailed, emailed to you or you can come by and pick up a registration form the box at main lobby entrance doors.

3. You can only request toys for your children only. If you are a guardian and have court documents, we will gladly accept those requests.

4. You will need to provide a valid I.D.

5. You will have to provide proof of address. You can utilize a bill, government letter, Personal letter mailed to you.

6. You will need to provide each child’s name, age, and sex. This will help us determine the toys that will be provided for each child.

Once you have completed the required form and provide the necessary documents you will receive a call in December to tell you the date and time you can come and pickup toys. You must make sure you have a working number or message number to be contacted.

Phone line to request toys will open on November 4, 2020. At 9:00 am

Call 520-884-7131 ask for Toy Request contact
Each year, the Center works towards making the holidays brighter for families in the community. Unfortunately, we cannot serve everyone, but the Center will be registering twenty-five families (25) for a holiday box. Twenty-five for Thanksgiving and twenty-five for Christmas.

As every year goes by, we understand that serving only twenty-five families does not fill the need in the community. We are asking if the Center has previously assisted you, please allow other families who have not received a holiday box before be given this opportunity to get their family registered.

If you wish to be considered for a holiday box for either holiday, **since you can only be a recipient of one per household.** Call in on November 4, 2020 to register, once the twenty-five families have been registered for Thanksgiving and Christmas, we will not be taking any more calls and registration will be closed, this is a first come first serve registration.
**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 Director**
- Phoebe Cager
  - Yug’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

**Tucson Indian Center Board of Directors**

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  - Tohono O’odham

**Vice Chairman**
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**Treasurer**
- Yolanda Molina
  - Pascua Yaqui

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  - Pascua Yaqui

**Board Member**
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  - 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
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 Holiday Luncheon - Care package distribution - Contact: Rose Grijalva
- Elders Talking Circle - CANCELED - Contact: Marcella Delgado
- 2 Spirit of Tucson - ONLINE, Tues. November 10, 2020 @ 5:30 pm via WebEx - Contact: Marlene F. Jose
- Walking Club - CANCELED - Contact: Christine Chavez
- VIRTUAL Morning Work Outs - ONLINE, Tuesdays and Thursdays @ 10:00 am via WebEx - Contact: Christine Chavez
- Native Youth Coalition - ONLINE, Tuesday’s @ 4:30 pm via WebEx - Contact: Angela Montiel
- Native Pride - ONLINE, Thursdays @ 4:30 pm via WebEx - Contact: Tyler Smallcanyon
- T.O.N. WIC Program - Nov. 6, 2020 and Nov. 25, 2020 - Telephonic services ONLY - Contact: T.O.N. WIC Program (520) 383-6217
- 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