



# TUCSON INDIAN CENTER

## NATIVE WELLNESS VOICE

November 2020

VOLUME 26, ISSUE 11

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

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



### **Native American Family Wellness Day**

#### **Virtual Days**

**November 17, 18, 19, 2020**  
**5:30pm - 6:30 pm**

**Join us via facebook**  
**@tucsonindiancenter**



THE UNIVERSITY OF ARIZONA

**Mel & Enid Zuckerman**  
**College of Public Health**



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Protect yourself and others with the help of a

# Safety Checklist



Wash your hands with soap and water for 20 seconds or more.



If your hands are not visibly dirty, clean them frequently with alcohol-based hand sanitizer.



Cover your mouth and nose when coughing or sneezing. Use tissue or your flexed elbow.



Wear a mask or face shield when outside your house.



Seek medical care early if you have a cough, fever, or are experiencing difficulty breathing.



Practice social distancing by keeping a 2m or 6ft distance from others.

**We are committed to your health and safety.**

**Let's stop the spread together!**



TUCSON INDIAN CENTER

VIRTUAL



# LEADERSHIP CLASS

NOV. 04, 2020 | 2:00 PM NOV. 13, 2020 | 2:00 PM

NOV. 11, 2020 | 2:00 PM NOV. 18, 2020 | 1:00 PM

Join us via TIC Facebook page.

@tucsonindiancenter

IN HONOR OF NATIVE AMERICAN HERITAGE MONTH, THE MARGUERITE CASEY FOUNDATION WILL BE SHOWCASING LOCAL TRIBES TO SHARE THEIR HERITAGE.



## 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



## National Diabetes Awareness Month



# KEEP YOUR HEART HAPPY!

- 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](mailto: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](mailto:tsmallcanyon@ticenter.org) for an invite & login information.



**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](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

# 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](mailto:dharris@ticenter.org)    [cchavez@ticenter.org](mailto: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](http://www.ticenter.org) and

[www.fb.com/tucsonindiancenter/](https://www.facebook.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'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](mailto:starin@ticenter.org)

Social Services Director • (520) 884-7131 ext. 2216 • [rgrijalva@ticenter.org](mailto:rgrijalva@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](mailto:CLUNA@TICENTER.ORG)  
DEARLYNN CRANK: [DCRANK@TICENTER.ORG](mailto: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.

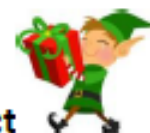
As every year goes by we understand that we cannot reach all families in need in the community. We are asking if you wish to receive toys for the Christmas Holiday that you register your family. The ages that we can serve are 0 years to 14 years of age and you must provide qualifying information and 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**





**Tucson Indian Center**  
**Holiday Food Box**  
Thanksgiving **or** Christmas  
2020



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 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**

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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

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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 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](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)*