



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

December 2020

VOLUME 26, ISSUE 12

www.ticenter.org

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

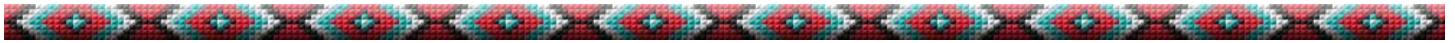

TUCSON INDIAN CENTER
WINTER WELLNESS WONDERLAND
VIRTUAL
DECEMBER 11, 2020
5:30 PM - 8:30 PM
REGISTRATION IS OPEN NOW
WWW.TICENTER.ORG
VISIT OUR FACEBOOK PAGE TO WATCH LIVE
WWW.FB.COM/TUCSONINDIANCENTER
For more information, please contact TIC's
Health Promotion Specialist: Marlene F. Jose
email: mjose@ticenter.org phone: (520) 884-7131

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Phoebe Cager is happy to share with you that as of Monday, November 16, 2020, I am serving as the Health Services Director at the Tucson Indian Center and I congratulate Veronica Boone on her new position as Interim Wellness Director! I am very fortunate to have worked with the Tucson Indian Center for over 9 years, primarily as the Wellness Director, and I am excited about the upcoming, new Health Services that will be available to our Tucson American Indian community. The Health Services Department is a brand-new department at the Tucson Indian Center which will provide COVID-19 testing and other related services to the Tucson urban American Indian community. In the upcoming newsletters, please watch for announcements with more details about these upcoming COVID-19 services. In the meantime, please stay healthy and safe over the holidays. Remember that the safest way to celebrate the holidays is to celebrate at home with the people you live with!



Greetings TIC Community! I am pleased and honored to announce that I will be serving as the Interim Wellness Director for the Tucson Indian Center (TIC). My primary job duties will be coordinating all wellness services that include program planning, budgeting, public relations, grant writing, and performance analysis. The Wellness Department has grants from Indian Health Service (IHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Centers for Disease Control and Prevention (CDC), Pima County Health Department, University of Arizona College of Medicine, and the National Council of Urban Indian Health (NCUIH). I have worked in a similar capacity at TIC in the past as the Social Services Director and am eager and ready to undertake this opportunity. I look forward to maintaining, continuing, and expanding wellness services. I am also excited of the launching of TIC's new department, the Health Services Department, by fellow management member, Phoebe Cager. Thank you and be well, safe, and healthy!



WEBEX Job Club Meeting

The Tucson Indian Center (TIC) Job Club meetings will be every Tuesdays and Thursdays from 10:00 am –11:00 am, in the large conference room on the 1st floor.

A mandatory client screen testing for the COVID-19 is required 24hrs before entering the center. Once you arrive for your scheduled appointment, you must check-in with the front desk and pass a COVID-19 screening.

November 19, 2020 — Veterans Workforce Specialist; Arizona @ Work
Innovative Workforce Solutions

Xavier Plelaez

10:00 am - 11:00 am via Webex

December 8, 2020 — Desert Diamond

Cheryl Lorentine: Talent Acquisition Specialist

10:00 am - 11:00 am via Webex

December 17, 2020 — Pima County

Brenda Trujillo

10:00 am - 11:00 am via Webex

For more information, contact Stella Tarin
Phone: (520) 884-7131 ext. 2223
Email: starin@ticenter.org



2 Spirit of Tucson

December 8, 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

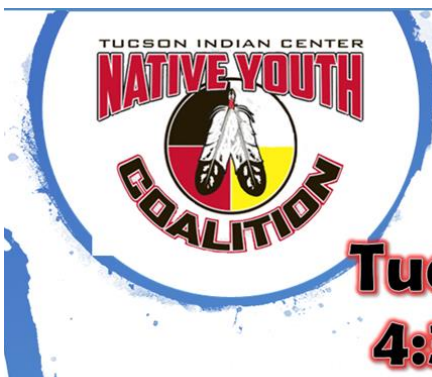


Young Warriors

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.



Tuesday
4:30 PM



Thursday
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



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/](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
Dearlynn Crank: dcrank@ticenter.org

Virtual Leadership Classes

CLASSES WILL RESUME FEBRUARY 2021

for more info., contact Jerry R. Romero

phone: (520) 884-7131 ext. 2209

email: jromero@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)



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 Indian Center, 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. The ages that we can serve are 0 years to 14 years of age and you must provide qualifying information and fill out a request form. Considering the COVID -19 pandemic, your toy request will be filled for you. We will not be allowing anyone to choose the toys. You will need to follow the steps 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 **it will be on a first come/first serve basis.**
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 from the box at the main lobby entrance.
3. You can 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 where we can contact you.

Phone line to request toys is open

Call 520-884-7131 and ask for "Toy Request contact"





Tucson Indian Center

Holiday Food Box

Christmas

2020



Each year the Center for several years works at making the holidays brighter for families in the community. Unfortunately, we cannot serve everyone. The Center will be registering twenty-five families (25) for a Christmas food box.

As every year goes by, we understand that serving twenty-five families does not fill the need in the community. We are asking that if the Center has already assisted you, that 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 Christmas, call in to register. A maximum of 25 families and 1 food box per household will be provided. After 25 families are served, 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

Interim Wellness Director
Veronica Boone
Laguna Pueblo/Navajo

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
Vacant

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

Health Services Department

Health Director
Phoebe Cager
Yup'ik

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
Tucson D.B.A. Tucson Indian Center*

Tucson Indian Center Board of Directors

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Tohono O'odham

Vice Chairman

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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

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Tucson, AZ 85701

Phone: 520-884-7131

Fax: 520-884-0240

www.ticenter.org

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The Tucson Indian Center leads, serves, strengthens, and advocates for the people of the greater Tucson Area with a special emphasis on the Urban Native American Community.

Reminders & Announcements

- White Bison Recovery Group - **ONLINE**, Thursdays @ 5:30 pm via WebEx - Contact: Christina Luna
- AIIR (American Indians in Recovery) AA Mtgs. - **ONLINE**, Thursdays @ 5:30 pm via WebEx - Contact: Dearlynn Crank
- Native Sisters in Recovery - **ONLINE**, Thursdays @ 5:30 pm via WebEx - Contact: Christina Luna
- Elders Talking Circle - **CANCELED** - Contact: Marcella Delgado
- 2 Spirit of Tucson - **ONLINE**, Tuesday, December 8, 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**, Tuesdays @ 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 - Dec. 4, 2020 and Dec. 23, 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