



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

January 2021

VOLUME 27, ISSUE 1

www.ticenter.org

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



Tucson Indian Center

NEW YEAR! NEW YOU!

January 20th, 2021 @10AM

TUNE IN VIRTUALLY THROUGH OUR FACEBOOK PAGE AND WEBSITE:

www.fb.com/tucsonindiancenter

www.ticenter.org

REGISTRATION WILL BE OPEN JANUARY 4TH, 2021 @8AM

MORE INFORMATION WILL BE PROVIDED SOON

For more information, please contact TIC's Wellness Case Manager : Dearlynn Crank
email: dcrank@ticenter.org phone: (520)884-7131 ext.2232

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The Tucson Indian Center office building is currently closed, due to the COVID-19 public health emergency, all Tucson Indian Center staff are still available to serve you over the phone, email, video, and mail. Please let us know how we can help you by calling (520) 884-7131. Also, please visit our website to stay current on the latest updates from the Tucson Indian Center.



What are COVID-19 Symptoms?

One of the reasons to get tested for COVID-19 is if you have symptoms.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear *2-14 days after exposure to the virus*. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come. The best way to prevent infection is to avoid being exposed to the virus. More information about differences between flu and COVID-19 is available.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. These paragraphs compare COVID-19 and flu, given the best available information to date.





Provided by the brand-new TIC Health Services Department:

COVID-19 testing

TIC provides COVID-19 testing and related services in partnership with Pima County Health Department. According to the CDC, the following are 3 primary reasons to get tested:

- **DIAGNOSIS:** People who have symptoms of COVID-19.
- **EXPOSURE:** People who have had close contact (within 6 feet for a total of 15 minutes or more) with someone with confirmed or suspected COVID-19, or have taken part in activities that put them at higher risk for COVID-19, such as travel, attending large social or mass gatherings, or being in crowded indoor settings.
- **SURVEILLANCE:** People who have been asked or referred to get testing by their healthcare provider, local or state health department.

TESTING SAVES LIVES

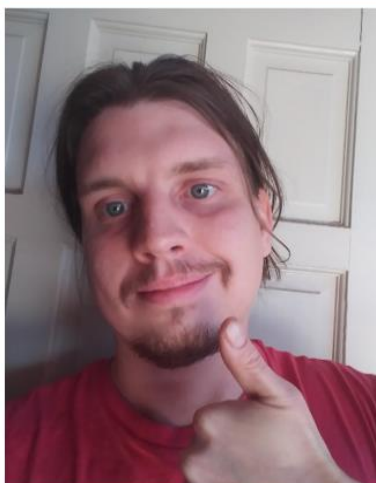
You can help stop the pandemic by getting tested when you experience one of the above situations. Testing helps prevent the spread of COVID-19 by,

- Identifying people who are in need of care in a timely fashion.
- A positive test early in the course of the illness enables individuals to isolate themselves – reducing the chances that they will infect others and allowing them to seek treatment earlier, likely reducing disease severity and the risk of long-term disability, or death.

ENROLL TODAY

If you are in need of COVID-19 testing, please call Tyler Weiszbrod to enroll in our department: (520)884-7131 x.2225 or email health@ticenter.org.

Meet our newest TIC staff members



Greetings and a happy New Year TIC, community! My name is Tyler Wieszbrod and I have just joined the TIC team as Medical Clerk & Screener, working in the newly formed Health Services department. I have lived in, worked in and loved Tucson my whole life and I am looking forward to meeting many new people while working my role here at TIC. My job will be to get people enrolled with the Health Services department, ensure access to our services as well as offer referrals to other services. Health Services will initially be focused on getting our people access to COVID-19 testing and other COVID-19 related services but expect to see more available from us in the months to come. To contact us about an intake into Health Services, call me at 520-884-7131 ext. 2225 or email health@ticenter.org. I look forward to hearing from you!

Meet our newest TIC staff members

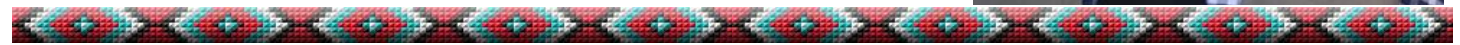


Hello,

My name is Tiffany SantaMaria. I was born and raised in Tucson, Arizona. I am the new Case Manager/Outreach Specialist for the Tucson Indian Center's Social Service department. I graduated from the University of Arizona, with a Bachelor's in Family Studies and Human Development. I have worked in case management for foster care, and I have always found it rewarding to work and be an advocate for families in need. I have three beautiful cats, which I adore and love. I am an advocate for all animals and the environment; therefore I consume a plant-based diet. I enjoy traveling, weight lifting, and spending time with my significant other. I have always had a passion and drive to help others in need, and I am eager and excited to be a part of the Tucson Indian Center family.



Hello, my name is Jorge Molina and I am very honored to be the new Operations Administrative Assistant of the Tucson Indian Center. I was born and raised in Douglas, Arizona and have called Tucson my home since 2008. My professional administrative development stems from my enlistment with the United States Army, where I proudly served for six years and separated with an honorable discharge. During my enlistment I learned to strengthen my discipline, organizational skills, multicultural awareness, and integrity in various work aspects. I also have over ten years of experience as a Certified Massage Therapist, including a period of self-employment. I am extremely enthusiastic and look forward to contributing my professional administrative and customer service skills to this great community!



We are pleased to share that Samantha Turner joined TIC as the Native Connections Project Coordinator, effective Monday, December 21st. Samantha brings a wealth of project management experience to the TIC team including three years with the Community Food Bank of Southern Arizona and four years with the Johns Hopkins Center for American Health in Whiteriver, Arizona, where she coordinated nutrition and wellness programming in partnership with local community organizations and the Hopi, Navajo, White Mountain Apache, Yavapai, and Tohono O'odham tribes. In her current role on the Wellness Department at TIC, Samantha will coordinate the 5-year Substance Abuse and Mental Health Services Administration (SAMHSA) Native Connections grant and will report to Veronica Boone. She will directly facilitate an inter-agency taskforce, review TIC policies, promote services for the prevention of suicide and substance misuse, and deliver suicide prevention curriculum to youth.

Samantha has a master's degree in Development from the University of Arizona, and recently supported the Fetal Alcohol Spectrum Disorders Prevention Project at TIC with Professor Nicole Yuan. Samantha resides in Tucson and looks forward to engaging with and learning from the TIC community

NAVAJO LANGUAGE CLASSES

When:

Starting January 19th, 2021
Every Tuesday, from 5:30pm-7:00pm

Where:

100% Virtual through
Cisco WebEx

Instructor: Junior Goh

To sign-up for classes

Drew J. Harris
Community Cultural Specialist
Phone: 520-884-7131 Ext. 2236
Email: dharris@ticenter.org

**JANUARY
SCHEDULE:**

Class time:

5:30-7:00pm

01/19/21,

01/21/21,

01/26/21.

01/28/21

**FEBRUARY
SCHEDULE:**

Class time:

5:30-7:00pm

02/02/21,

02/04/21,

02/09/21,

02/11/21,

02/16/21,

02/18/21



Orientation & Job Club

Every Thursdays

10:00 AM—11:00 AM

Tucson Indian Center 1st Floor

New presenters every Thursday morning.

To register for these in-person meetings, you must contact Social Service department and complete a COVID-19 screening form 24 hours before attending.

Phone: (520) 884-7131

Stella Tarin: (starin@ticenter.org)

Jerry Romero (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)





2 Spirit of Tucson

January 12, 2021

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.

WE WANT TO HEAR FROM YOU

On How to Develop an Alcohol-Exposed Pregnancies and Fetal Alcohol Spectrum Disorders Prevention Program for TIC!

We are seeking young adults, men, women, and elders for Virtual Community Forum Meetings

Individuals will receive a \$5 gift card for completing an online survey before the meeting and \$15 gift card for participating in the 1 ½ hour virtual meeting by video conference or telephone

If interested, please contact:
Dr. Nicole Yuan at (520) 626-7215
or Tara Chico-Jarillo at tchico@arizona.edu

Young Adults ages 18-24
Men ages 25-54
Women ages 25-54
Elders 55 and older

An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.

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/

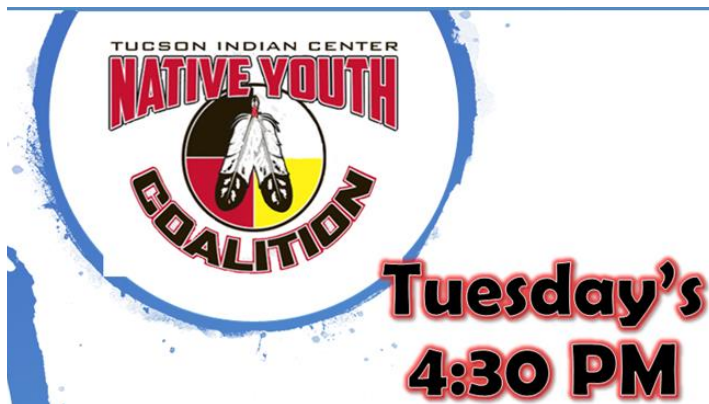
TRANSPORTATION & HOME DELIVERY SERVICES



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

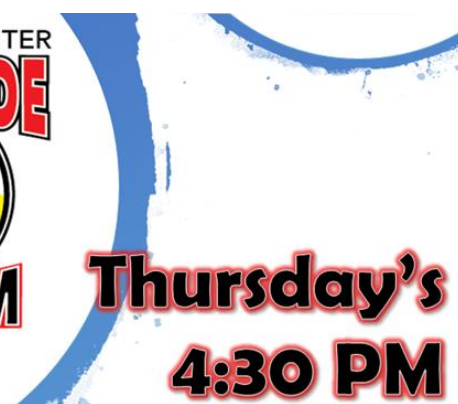
Dearlynn Crank: dcrank@ticenter.org



**Tuesday's
4:30 PM**



PROGRAM



**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



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



Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

Operations Director
Evelyn Ybarra-Pablo
Pascua Yaqui

Admin Support & Resources Clerk
Jorge Molina

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

Native Connections Project Coordinator
Samantha Turner

Health Services Department

Health Director
Phoebe Cager
Yup'ik

Medical Clerk & Medical Screener
Tyler Wieszbrod

Social Services Department

Social Services Director
Rose Grijalva

Intake & Supportive Services Case Manager
Jerry R. Romero
Tohono O'odham

Employment Case Manager
Estella Tarin

Case Manager & Community Outreach
Specialist
Tiffany SantaMaria

*Native Voice is Published by the American Indian Association of
Tucson D.B.A. Tucson Indian Center*

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American Indian Association of Tucson, Inc.

Tucson Indian Center

160 North Stone

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, January 12, 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 - 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