



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

February 2021

VOLUME 27, ISSUE 2

www.ticenter.org

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

Tucson Indian Center
Healthy Heart

Date:

Feb. 12, 2021

Time:

10:00 am



*Registration is
now OPEN on our
Facebook page*

Tune in virtually through our Facebook page (www.fb.com/tucsonindiancenter) and website (www.ticenter.org). For more information, please contact Christine Chavez (cchavez@ticenter.org) or Drew Harris (dharris@ticenter.org)

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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.

STARTING TUESDAY

FEB 2



FREE COVID-19 TESTING

FOR TIC HEALTH SERVICES DEPT. CLIENTS*

AT TIC'S SIDEWALK EVERY TUESDAY

1:00PM-3:00PM AT 160 N. STONE AVE.

**CALL TYLER W. AT (520)884-7131 X.2225 OR
EMAIL HEALTH@TICENTER.ORG TO
SCHEDULE YOUR TESTING APPOINTMENT TODAY.**

*American Indians residing off-reservation in Pima County, AZ are eligible for testing and becoming a Health Services Department client.

**While waiting in line, receive a care package, information
about the vaccines, and sign up for other TIC services.**

The TIC facility will be closed. No restroom services available. All services will be provided outdoors. For more information, please call the TIC Health Services Department at (520)884-7131 or email health@ticenter.org.

Reasons to get tested for COVID-19 include

1. **Symptoms:** If you have symptoms of 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
2. **Exposure:** If you've been exposed to someone with COVID-19 or with symptoms of 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.
3. **Surveillance:** People who have been asked or referred to get testing by their healthcare provider, local or state health department.

Testing Saves Lives

Through With Chew Workshop/Field Trip!
February 16th, 2021 from 5:00 PM to 6:00 PM
LOVE YOUR SMILE ♥ BE THROUGH WITH CHEW



National campaign for Through With Chew week, kicks off on Valentine's Day. The TIC Youth Wellness group is encouraging the community to love themselves and say "no" to chewing tobacco and snuff.

- Educational workshop about the dangers of smokeless tobacco & substance abuse.
- Outdoor Physical activity to the Arizona Sonoran Desert Museum to provide risk reduction & resiliency building activity for youth & guardian.
- YOUTH AGES 8- 17 MUST PRE-REGISTER BY FEBRUARY 15TH.
- <https://www.surveymonkey.com/r/nochew>



For more information Contact:

Angela Montiel – Youth & Community Health Educator
amontiel@ticenter.org, (520) 884-7131



Freedom from Smoking: 5 Week Sessions.
First Session: February 17– March 24, 2021
Second Session: April 7 — May 5, 2021

On-line Registration
@www.ticenter.org
<https://www.surveymonkey.com/r/AirisSacred>



TUCSON INDIAN CENTER

LEADERSHIP CLASSES

VIRTUAL



**VIDEOS WILL BE POSTED
EVERY WEEK FOR THE
MONTH OF FEBRUARY 2021**

For more information, please contact Social Service Intake Manager
Jerry R. Romero: jromero@ticenter.org
Phone: (520) 884-7131 ext. 2209



Social Services Announcements

Orientation and Job Club are postponed until April 2021. We apologize for any inconvenience this may cause you. Please, reach out to our Social Services team members for additional support and questions.

Phone: (520) 884-7131

Jerry Romero: jromero@ticenter.org

Stella Tarin: starin@ticenter.org

Tiffany Santa Maria: tsantamaria@ticenter.org

WELLBRIETY MEETING

EVERY THURSDAY 5:30PM-6:30PM

VIA WEBEX

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

- Christina Luna (cluna@ticenter.org)
- Dearlynn Crank (dcrank@ticenter.org)





Young Warriors

Saturdays @ 1:00pm

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.

2 Spirit of Tucson

February 9, 2021

ONLINE

5:00 pm - 6:30 pm



For More information, contact Health Promotion Specialist, Marlene F. Jose

Phone: (520) 884-7131 ext. 2238

Email: mjose@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



Youth Programs

2021

Tuesdays | 4:30 PM

Youth Coalition

Thursdays | 4:30 PM

Native Pride

Youth ages 8-17 are invited to attend our virtual weekly meetings via WebEx. For more information, please reach out to youth program coordinators. Their contact info. is listed below.

Angela Montiel: ext. 2226

email: amontiel@ticenter.org

Tyler Smallcanyon: ext. 2227

email: tsmallcanyon@ticenter.org

Tucson Indian Center Staff

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Pascua Yaqui

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Seminole/Creek/Hidatsa

Finance Clerk
Honey Ignacio
Tohono O'odham

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Margaret Merendo

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Wellness Case Manager
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Navajo

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Diabetes Prevention Specialist
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Native Pride Project Coordinator
Tyler Smallcanyon
Navajo

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Vacant

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Tohono O'odham

Community Cultural Specialist &
Educator
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Tohono O'odham

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

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of Tucson, Inc.**

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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

- Wellbriety - **ONLINE**, Thursdays @ 5:30 pm via WebEx - Contact: Dearlynn Crank or Christina Luna
- Elders Talking Circle - **CANCELED** - Contact: Marcella Delgado
- 2 Spirit of Tucson - **ONLINE**, Tuesday, February 9, 2021 @ 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
- Young Warriors - **ONLINE**, Saturdays @ 1:30 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