



# TUCSON INDIAN CENTER

## NATIVE WELLNESS VOICE

April 2021

VOLUME 27, ISSUE 4

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

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

**TAKE ⚡ DOWN TOBACCO**  
NATIONAL DAY OF ACTION  
**VIRTUAL WORKSHOP,**  
**REGISTER TODAY!**  
**April 1, 2021 @ 5:00 PM to 6:00 PM**  
**Native Youth ages 8-17**

Take Down Tobacco, is formally known as Kick Butts Day, is a day to empower people to stand & speak out against commercial tobacco. TIC Native Youth Coalition will bring awareness about the health hazard & impact on our environment.

**Outdoor activity:** Mission Gardens short workshop on Saturday, April 3, 2021  
946 W. Mission Ln, Tucson, AZ 85745, free plant for participation.  
**Register at:** <https://www.surveymonkey.com/r/KeepTobaccoSacred>

**Door Prizes!**  
**Free Gardening Kits!**

**@TIC #KeepTobaccoSacred, #airislife, #nocommercialtobacco**

Register online or Sign up with:  
Angela Montiel, Youth & Community Health Educator,  
520 884-7131, Or email: [amontiel@ticenter.org](mailto:amontiel@ticenter.org)

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# **TUCSON INDIAN CENTER SPECIAL HEALTH EVENT!**

**RECEIVE YOUR FREE COVID-19  
TEST**

**OR  
RECEIVE YOUR FREE COVID-19  
VACCINATION**

**The Johnson & Johnson  
vaccine will be  
administered,  
so recipients will be fully  
vaccinated with 1 dose**



## **WHEN**

**Saturday, April 3, 2021:** Testing: 12pm – 2pm / Vaccination: 4pm – 6pm

**Saturday, April 10, 2021:** Testing: 12pm – 1:30pm / Vaccination 2pm – 6pm

## **WHERE**

**Tucson Indian Center**

**160 N. Stone Ave., Tucson, AZ 85701**

*(Free parking will be available on the street in front of TIC on Alameda and on Stone)*

## **Eligibility Requirements to receive the vaccination:**

- Must be 18 years or older
- Member of American Indian/Alaska Native Tribes (regardless of employment status or medical diagnoses)
- Non-Native persons who reside in a household with a member of a tribe or a TIC essential worker
- TIC essential workers

**As an incentive you will receive a COVID-19 care package, including hand sanitizer, face masks, hygiene supplies, etc.!**

**TIC IS PROUD TO  
PARTNER WITH PIMA  
COUNTY HEALTH  
DEPARTMENT TO  
MAKE THIS SERVICE  
AVAILABLE TO OUR  
COMMUNITY**



**CALL TIC'S HEALTH  
SERVICE**

**DEPARTMENT TO  
RESERVE A SPOT:**

**520-884-7131**

**DYLAN – EXT. 2243**

**ALLEN – EXT. 2242**

**TYLER W. – EXT. 2225**

**OR EMAIL US AT**

**[HEALTH@TICENTER.ORG](mailto:HEALTH@TICENTER.ORG)**

**TUCSON INDIAN  
CENTER**

**160 N. STONE AVE**

**TUCSON, AZ 85701**

**520-884-7131**

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

**Facebook:**

**@TucsonIndianCenter**

# Office of Urban Indian Health Programs visits TIC

On Tuesday, March 23, 2021, Rodney Palimo, TIC Board Chair; Jacob Bernal, TIC Executive Director; Phoebe Cager, TIC Health Services Director; and Veronica Boone, TIC Wellness Director were pleased to welcome the following leadership from Indian Health Services Office of Urban Indian Health Programs (OUIHP) and Tucson Area Office (TAO): Dr. Rose Weahkee, OUIHP Director; Ms. Debi Nalwood, OUIHP Health System Specialist, Mark



Bigby; TAO Executive Officer; Dixie Gaikowski, TAO Director; TAO Chief Contracting Officer, Susan Protho; and TAO Urban Program Coordinator, Loretta Billie-Encinas. The purpose of the visit was to share the services that the Tucson Indian Center is providing during the COVID-19 pandemic, which include testing, vaccinations (beginning in April), weekly health education and outreach, CHR services, and care packages. Please call the TIC Health Services Department to learn more at (520)884-7131 or email [health@ticenter.org](mailto:health@ticenter.org). We look forward to serving you!



**Freedom from Smoking: 5 Week Sessions.**  
**Second Session: April 7 — May 5, 2021**

**On-line Registration**  
**@[www.ticenter.org](http://www.ticenter.org)**

**[https://www.surveymonkey.com/r/](https://www.surveymonkey.com/r/AirisSacred)**  
**AirisSacred**





Workforce Innovation & Opportunity Act  
(WIOA)  
SOCIAL SERVICES DEPARTMENT

## NEED A JOB?

Social Services can assist you and  
offer enrolled clients:

- RENTAL
- BUS FARE
- UTILITIES
- RESUME
- CLOTHING
- JOB NETWORK



FOR MORE INFORMATION, PLEASE REACH OUT TO  
A MEMBER OF THE SOCIAL SERVICES TEAM

Phone: (520) 884-7131

Jerry Romero: [jromero@ticenter.org](mailto:jromero@ticenter.org)

Stella Tarin: [starin@ticenter.org](mailto:starin@ticenter.org)

Tiffany SantaMaria: [tsantamaria@ticenter.org](mailto:tsantamaria@ticenter.org)

## Resume Workshop

Social Services is working with clients  
who need assistance with resumes.  
Please contact Stella, case manager, for  
more information.

Times

**10:00am - 11:30am**

Dates

**April 7, 2021**

**April 14, 2021**

**April 21, 2021**

**April 27, 2021**

Phone: (520) 884-7131

Email: [starin@ticenter.org](mailto:starin@ticenter.org)

## Orientation

April 05, 2021: 10 am - 11 am

April 12, 2021: 10 am - 11 am

April 19, 2021: 10 am - 11 am

April 26, 2021: 10 am - 11 am

## Job Club

April 1, 2021: 10am - 11:30am

April 8, 2021: 10am - 11:30am

April 15, 2021: 10am - 11:30am

April 22, 2021: 10am - 11:30am

Location: 1st floor @ Tucson Indian Center  
160 N. Stone Ave.

## Leadership Classes

**May 5, 2021**

**May 12, 2021**

**May 19, 2021**

**May 25, 2021**

**May 27, 2021**

Space is limited to **8**  
people. *Please contact*  
*Jerry Romero to register*  
*for the class*

Email: [jromero@ticenter.org](mailto:jromero@ticenter.org)

Phone: (520) 884-7131

**2PM - 4PM**

**TUCSON INDIAN CENTER**



marguerite casey foundation





## **2 Spirit of Tucson**

April 13, 2021

**ONLINE**

**5:00 pm - 6:30 pm**

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

Phone: (520) 884-7131

Email: [mjose@ticenter.org](mailto:mjose@ticenter.org)

## **TUCSON INDIAN CENTER IS STILL PROVIDING TRANSPORTATION AND MEDICATION DELIVERIES**



We are contracting through iHope Transportation

**Please schedule your appointment for our services  
Five (5) days in advance.**



Contact Wellness Case Managers at 520-884-7131

or

Dearlynn Crank [dcrank@ticenter.org](mailto:dcrank@ticenter.org)

Christina Luna [cluna@ticenter.org](mailto:cluna@ticenter.org)

## **Tucson Indian Center Operations Department Programs**

### **Diaper Bank**

Monday: 8:30am - 4:00pm

Tuesday: 8:30am - 4:00pm

Wednesday: 8:30am - 4:00pm

Thursday: 8:30am - 4:00pm

Friday: 8:30am - 4:00pm

*\*Required documents: Proof of custodial rights  
(i.e., Guardians AZ Driver's License & Child's*

### **Community Food Pantry**

Mondays: 8:30am - 4:00pm

Wednesdays: 8:30am - 4:00pm

Fridays: 8:30am - 4:00pm

**Please, call Margie for an appointment at (520) 884-7131**

*(Documents required: for BOTH Diaper Bank & Community Food Pantry AZ Driver's License, State  
Identification, Proof of Residence)*



## The Affordable Care Act

The Affordable Care Act (ACA), also known as the health care law, was created to expand access to coverage, control health care costs, and improve health care quality and coordination. The ACA also includes permanent reauthorization of the Indian Health Care Improvement Act, which extends current law and authorizes new programs and services within the Indian Health Service.

**For American Indians and Alaska Natives, the ACA will help address health disparities by investing in prevention and wellness and increasing access to affordable health coverage.**

The ACA provides American Indians and Alaska Natives with more choices; depending on your eligibility and the coverage available in your state, you can:

- Continue to use IHS, tribal, and/or urban Indian health programs
- Enroll in a qualified health plan (QHP) through the Marketplace
- Access coverage through Medicare, Medicaid, and the Children's Health Insurance Program

If you choose to enroll in a QHP through the Health Insurance Marketplace plan, you may qualify for special benefits and protections offered to American Indians and Alaska Natives

For additional information about Affordable Care Act or AHCCCS please contact a Wellness Case Manager, [520-884-7131](tel:520-884-7131)

Christina Luna ext.2229

Dearlynn Crank ext.2232



### What is AHCCCS?

AHCCCS, or Arizona Health Care Cost Containment System helps cover medical expenses for Arizonans that qualify. These expenses can include doctor's visits, hospital stays, costs of medications, and medical equipment.

You must meet certain qualifications.

Your eligibility depends on your income, family situation, and whether you are disabled. Depending on your situation, you may need to make co-payments for services. Those exempt from co-pays include:

- Those under 19
- Minors eligible for Children's Rehabilitative Services
- Pregnant Women
- Those enrolled in the American Indian Health Program
- Those diagnosed as Seriously Mentally Ill
- Acute Care AHCCCS members residing in a nursing home.



### Insurance helps pay costs when you need care

Insurance protects you from high costs when something bad happens. No one plans to get sick or hurt, but most people need to get treated for an illness or injury at some point, and health insurance helps pay these costs. You buy health insurance to protect you when you need medical care.

### What is health insurance?

Health insurance is a contract between you and your insurance company. You buy a plan or policy, and the company agrees to pay part of your medical expenses when you get sick or hurt.

A standard health insurance policy also gives you access to preventive care to keep you healthy, like vaccines and check-ups. Many plans also cover prescription drugs.

### Health insurance helps you pay for care

Did you know the average cost of a 3-day hospital stay is \$30,000? Or that fixing a broken leg can cost up to \$7,500? Having health insurance can help protect you from unexpected costs like these.

Your insurance policy will show what types of care, treatments and services are covered, including how much the insurance company will pay for different treatments in different situations.

### What you pay for health insurance

You'll usually pay a premium every month for health insurance, and you may also have to meet a deductible once each year before the insurance company starts to pay its share. How much you pay for your premium and deductible is based on the type of insurance you have.

Just as important as the premium cost is how much you have to pay when you get services. Examples include:

- How much you pay before your insurance coverage starts (a deductible)
- What you pay out-of-pocket for services after you pay the deductible (coinsurance or copayments)
- How much in total you'll have to pay if you get sick (the out-of-pocket maximum)

What your policy covers is often directly related to how expensive the health insurance policy is. The policy with the cheapest premium may not cover many services and treatments.

A flyer for a Wellbriety Meeting. It features a large red circle in the center with the text "WELLBRIETY MEETING" in bold black letters. Above the circle, it says "Tucson Indian Center" and "Every Thursday 5:30-6:30pm via WebEx". Below the circle, it says "For additional information please contact: Wellness Case Managers at 520-884-7131 or Dearlynn Crank dcrank@ticenter.org Christina Luna cluna@ticenter.org". The flyer is decorated with white hands holding the circle and logos for Wellbriety Movement and Women In Wellbriety.

**WELLBRIETY MEETING**

For additional information please contact:  
Wellness Case Managers at 520-884-7131  
or  
Dearlynn Crank dcrank@ticenter.org  
Christina Luna cluna@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

Wellness Director  
**Veronica Boone**  
Laguna Pueblo/Navajo

Wellness Case Manager  
**Christina Luna**

Wellness Case Manager  
**Dearlynn Crank**  
Diné (Navajo)

Health Promotion Specialist  
**Marlene F. Jose**  
Tohono O'odham

Diabetes Prevention Specialist  
**Christine Chavez**  
Pascua Yaqui

Native Pride Project Coordinator  
**Tyler Smallcanyon**  
Diné (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**

Wellness Transportation & Records Specialist  
**VACANT**

## Health Services Department

Health Director  
**Phoebe Cager**  
Yup'ik

COVID-19 Community Health Rep.  
**Dylan Baysa**  
Choctaw

Medical Clerk & Medical Screener  
**Tyler Wieszbrod**

COVID-19 Community Health Rep.  
**Allen Jose**  
Tohono O'odham

## 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*

## 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**

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Tucson, AZ 85701

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

- 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, April 13, 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 - Every Monday @ 10:00 am, Contact: Wellness & Social Services 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)*