



# TUCSON INDIAN CENTER

## NATIVE WELLNESS VOICE

June 2021

VOLUME 32, ISSUE 1

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

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

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# Health Services Department

## TIC HEALTH SERVICES DEPARTMENT

# Free COVID-19 Vaccines & Free Care Packages

### Vaccines:

**Johnson & Johnson (only for 18 years and older & 1 dose to be fully vaccinated)**

(PFIZER & MODERNA WILL ONLY BE AVAILABLE FOR THOSE RECEIVING THEIR 2<sup>ND</sup> DOSE.)  
Both vaccines have been proven to be safe and effective.

**WHERE: At the Pascua Yaqui Resource Center**  
2209 N. 15th Avenue, Tucson, AZ 85705

**WHEN: Thursday June 10, 2021 9:00a.m.-1:00pm**

**WHO:** Serving the Old Pascua Neighborhood & the General Public (Tribal & Non-Tribal)

**WHAT:** COVID-19 Vaccines & Care Packages containing COVID-19 supplies such as hand sanitizer, hand soap, etc. Care packages are for those receiving vaccines.

No Appointment Needed, Walk-ins welcome.

#BeAGoodRelative #VaxTruthChallenge  
Together we will overcome this pandemic! 🦊  
Protect your loved ones & community ❤️  
while also protecting yourself 👍  
by getting vaccinated.

For more information, please call  
Tucson Indian Center Health Services Department  
(520)884-7131 or [health@ticenter.org](mailto:health@ticenter.org).



This event is provided through the partnership of the  
Tucson Indian Center, Pascua Yaqui Tribe and Pima County Health Department.





**Tucson Indian Center  
Community Health Representative Program**

- Assisting adults 55+ with disabilities and elder home bound clients
- Home delivery of medications
- Food box delivery if applicable
- Following CDC guidelines and social distancing
- Home transportation by CHR temporary on hold
- Transportation provided by IHOPE Transportation services with a **5 day notice.**



Call Marcella Delgado, CHR  
at 520-884-7131 ext. 2230 for more information

*Tucson Indian Center*

**COMMUNITY FOOD BANK  
SCHEDULE**

MONDAY: 8:30AM - 4:30PM

WEDNESDAY: 8:30AM - 11:30AM

FRIDAY: 8:30AM - 4:30PM

PLEASE CALL MARGIE FOR AN  
APPOINTMENT AT (520)884-7131

(DOCUMENTS REQUIRED: AZ DRIVER'S LICENSE,  
STATE IDENTIFICATION, AND PROOF OF ADDRESS.)



**DIAPER BANK SCHEDULE**

MONDAY-FRIDAY: 8:30AM - 4:00PM

PLEASE CALL MARGIE FOR AN  
APPOINTMENT AT (520)884-7131

(DOCUMENTS REQUIRED: PARENTS OR GUARDIANS  
AZ DRIVER'S LICENSE, STATE IDENTIFICATION,  
CHILD'S BIRTH CERTIFICATE, AND PROOF OF  
CUSTODIAL RIGHTS.)

# Social Services Department



## LOOKING FOR A JOB? WE CAN HELP!

Our **WIOA Program** (Workforce Innovation & Opportunity Act) is designed to assist adult Native Americans living off-reservation and within the Tucson Metropolitan Area.

**New client orientation** is every **Tuesday**, from **10:00am to 11:00am** (must RSVP to attend).

**Job Clubs** are every **Thursday**, from **10:00am to 11:00am** (Must RSVP to attend).

### June 2021 Job Club Schedule

Desert Diamond Cheryl Lorentine Talent Acquisition Specialist 520-307-1353 June 3, 2021 Time: 10:00AM-11:00 AM	Veterans Workforce Specialist Arizona @ Work Innovative Workforce Solutions Xavier Plelaez June 10, 2021 Time: 10:00AM-11:00 AM
Pima County Brenda Trujillo Human Resources brenda.trujillo@pima.gov Ph: 520-724-2739 June 17, 2021 Time: 10:00AM-11:00 AM	Pascua Yaqui Tribe Adrian Mena HR Specialist (520)- 879-5121 June 24, 2021 Time: 10:00AM-11:00 AM

**Enrollment includes:**

Job referrals

Resume workshops

Leadership classes

Job readiness training

### TUCSON INDIAN CENTER

160 N. Stone Ave. Tucson, AZ  
85701

(520) 884-7131

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

By appointment only!

Please contact our Social Services Department Case Managers:

**Stella Tarin, Jerry Romero or Tiffany SantaMaria for more information.**







marguerite **casey** foundation



# Leadership Classes

**2 sessions every Wednesday**

**1st session: 12:00pm - 2:00pm**

**2nd session: 2:30pm - 4:30pm**

## Dates

**June 2nd, 2021**

**June 9th, 2021**

**June 16th, 2021**

**June 23rd, 2021**

**June 30th, 2021**

## Location

**3rd floor Tucson Indian Center**

**160 N. Stone Ave**

Space is limited to 9 people, please contact Jerry R. Romero to register for the classes.

**520-884-7131 Ext. 2209 or email: [jromero@ticenter.org](mailto:jromero@ticenter.org)**





TUCSON INDIAN CENTER

# Horsehair Basket Weaving Class

**\*\*\*ONLY 8 AVAILABLE SPOTS  
(IN-PERSON)**

**For More Information Contact:**

Drew Harris  
520-884-7131 Ext 2236  
Dharris@ticenter.org

**Class Dates/Times:**

**5:00pm -7:00pm**

- **June 22, 2021**
- **June 24, 2021**
- **June 29, 2021**

Class continue through July

All classes will meet at the Tucson Indian Center's 2nd Floor; 160 N. Stone Ave Tucson, AZ 85701



Tucson Indian Center

# Grief & Loss Support Group

Every Wednesday 3:00pm - 4:00pm

Please contact a Wellness Case Manager to reserve your spot!

520-884-7131

Available to join via. WebEx ask Wellness Case Manager for information.

Everyone MUST complete a COVID-19 screening over the phone the day before the meeting and the day of in-person in order to participate.



## SOBRIETY SUPPORT GROUPS

### THURSDAY

**NATIVE SISTERS  
IN RECOVERY:  
4:15 PM - 5:15 PM**

**WHITE BISON:  
5:30 PM - 6:30 PM**

### FRIDAY

**AA MEETINGS:  
8:30 AM - 9:30 AM  
&  
1:00 PM - 2:00 PM**

Please contact a Wellness Case Manager to reserve your spot!

520-884-7131

or

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

Available to join via. WebEx ask Wellness Case Manager for information.

Everyone MUST complete a COVID-19 screening over the phone the day before the meeting and the day of in-person in order to participate.



TUCSON INDIAN CENTER  
**SPECIAL DIABETES  
PROGRAM FOR INDIANS  
(SDPI)**

BENEFITS OF EXERCISE AND HEALTHY FOOD CHOICES:

WEIGHT LOSS, SLEEP BETTER, MUSCLE STRENGTH, LOWER GLUCOSE LEVEL, LOWER CHOLESTROL, AND BOOST IMMUNE SYSTEM

WEEKLY DIABETES CLASSES



TUESDAY [AT] 11AM



WEDNESDAY [AT] 10AM



FRIDAY [AT] 10AM

FOR MORE INFORMATION CONTACT:

CHRISTINE CHAVEZ 520-884-7131 EXT. 2235

EVERYONE MUST COMPLETE A COVID-19 SCREENING OVER THE PHONE THE DAY BEFORE THE CLASS AND THE DAY OF IN-PERSON TO PARTICIPATE



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

**Please, schedule your appointment for our services FIVE DAYS in advance.**



**Contact us at, 520-884-7131**

**Marcella Delgado ext. 2230**

**Christina Luna ext. 2229**





**Tuesday**  
**4:30 PM**

**PROGRAM**

**Thursday**  
**4:30 PM**

**For more info, please contact TIC Youth Program Coordinator**  
**Angela Montiel: Youth & Community Health Educator**  
**amontiel@ticenter.org · (520)884-7131 ext. 2226**

TUCSON INDIAN CENTER  
**2 SPIRIT OF TUCSON**

MEETINGS ARE 2ND TUESDAY OF THE MONTH ON WEBEX



- Ø JUNE 8, 2021, 4:00PM-5:30PM
- Ø JULY 13, 2021, 4:00PM-5:30PM
- Ø AUGUST 10, 2021, 4:00PM-5:30PM

**HEALTH EDUCATION**

EVERY WEDNESDAY 10:00AM - 11:30AM



**FOR ONLINE WEBEX, SEND YOUR EMAIL ADDRESS TO MARLENE F. JOSE AT MJOSE@TICENTER.ORG**  
**ANY ADDITIONAL INFORMATION CONTACT MARLENE AT 520-884-7131 EXT.2238**



# **NATIVE SUMMER YOUTH PROGRAM**

**Session 1: July 13—16, 2021, Ages 8—12**

**Session 2: July 21—23, 2021. Ages 13—17**

**Registration information and program details go to :**

**<https://www.ticenter.org/native-summer-youth-program/>**

**For more information contact:**

**Youth & Community Health Educator**

**Angela Montiel, 520 884-7131**



## Tucson Indian Center Staff

Executive Director  
**Jacob Bernal**  
Chemehuevi

Operations Director  
**Evelyn Ybarra-Pablo**  
Pascua Yaqui

Finance Director  
**Michael E. Spotted Wolf**  
Seminole/Creek/Hidatsa

Admin Support &  
Resources Coordinator  
**Margaret Merendo**

Admin Support & Resources Clerk  
**Jorge Molina**

Finance Clerk  
**Honey Ignacio**  
Tohono O'odham

Staff Accountant  
**James Kehl**

## Wellness Department

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

Wellness Operations Manager  
**Dearlynn Crank**  
Navajo

Diabetes Prevention Specialist  
**Christine Chavez**  
Pascua Yaqui

Wellness Case Manager  
**Christina Luna**

Community Health Representative  
**Marcella Delgado**  
Tohono O'odham

Native Pride  
Project Coordinator  
**Vacant**

Wellness Case Manager  
**Vacant**

Community Cultural Specialist  
& Educator  
**Drew Harris**  
Tohono O'odham

Native Connections  
Project Coordinator  
**Vacant**

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

Youth & Community Health Educator  
**Angela Montiel**  
Pascua Yaqui

Transportation &  
Medical Records Specialist  
**Vacant**

## Health Services Department

Health Director  
**Phoebe Cager**  
Yup'ik

Medical Director  
**Dr. Peter Ziegler**

COVID-19 Community Health Representative  
**Dylan Baysa**  
Choctaw

Medical Business Office Manager  
**Trisha Clark**

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

Medical Clerk & Medical Screener  
**Kathy Perez**  
Pascua Yaqui

## Social Services Department

Social Services Director  
**Rose Grijalva**

Employment Case Manager  
**Estella Tarin**

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

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

160 North Stone

Tucson, AZ 85701

Phone: 520-884-7131

Fax: 520-884-0240

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

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 - Thursdays @5:30 pm Contact: Christina Luna
- Grief & Loss Support Group—Wednesdays @3:00pm Contact: Christina Luna
- AIIR (American Indians in Recovery) AA Mtgs. - Fridays @ 8:30 am- 9:30 am & 1:00 pm—2:00 pm - Contact: Christina Luna
- Native Sisters in Recovery - Thursdays @ 4:15pm—5:15pm - Contact: Christina Luna
- 2 Spirit of Tucson - Tuesday, June 8th, 2021 @4:00 pm—5:30 pm - Contact: Marlene F. Jose
- Health Education— Wednesdays at 10:00 am—11:30 am Contact: Marlene F. Jose
- Walking Club - Tuesdays @ 10:00 am- Contact: Christine Chavez
- Tai Chi— Wednesdays @10:00 am Contact: Christine Chavez
- Group Lifestyle Balance- Fridays @10:00am Contact: Christine Chavez
- Native Youth Coalition - Tuesdays @ 4:30 pm - Contact: Angela Montiel
- Native Pride - Thursdays @ 4:30 pm - Contact: Angela Montiel
- T.O.N. WIC Program - Telephonic services ONLY - Contact: T.O.N. WIC Program (520) 383-6217
- Client Orientation - Every Tuesdays Contact: Wellness or Social Services Case Managers
- Job Club— Thursdays @10:00 am Contact: Social Services Department

**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 Dearlynn Crank at (520) 884-7131 ext. 2232 or [dcrank@ticenter.org](mailto:dcrank@ticenter.org)*