

TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

July 2021

VOLUME 33, ISSUE 1

www.ticenter.org

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

Scheduled Appointment, COVID-19 Screening, & Masks Required To Enter

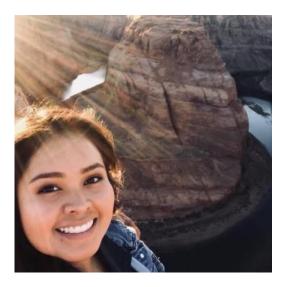


Inside this issue:

Save the Date—Social Pow Wow! TIC Staff Member Update	2
Food Bank/Diaper Bank Community Health Representative Program (55+ yrs)	3
Social Services Department Announcements	4
Wellness Department Support Groups/ Elders Monthly Luncheon	5—6
Elders Monthly Luncheon	6
<u>Youth Programs</u> Youth Coalition/Native Pride Young Warriors Project	7
Diabetes & Health Education	8
Horsehair Basket Weaving Class	9
Community Health Status and Needs Survey—UArizona	10
Staff & Board of Directors	11
Weekly Meeting Times	12



TIC Staff Member Update



Yá'át'ééh Shí éí Casey John yinishyé. Bit'ahnii nishłį. Naakai dine'é bashishchiin. Dibéłzhíní daschicheii, Lók'aa' dine'é dashinali.

Hello, my name is Casey John. I am of the Folded Arms clan, born for the Mexican clan. My maternal grandfather is Black Sheep clan and my paternal grandfather is of the Reed People clan.

I am excited to serve as the Native Pride Project Coordinator, working with Native/Indigenous youth in the Tucson community. Some of my passions include listening to Classic Rock or Elvis Presley and traveling to new places. Please, let me know how I can serve you and your families.

Ahee'hee' (Thank You)

SCHEDULE MONDAY: 8:30AM - 4:30PM WEDNESDAY: 8:30AM - 11:30AM FRIDAY: 8:30AM - 4:30PM

COMMUNITY FOOD BANK

Tucson Indian Center

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.)

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 <u>5 day notice</u>.

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



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).

July 2021 Job Club Schedule Xavier Plelaez Desert Diamond Veterans Workforce Specialist Cheryl Lorentine Talent Acquisition Specialist Arizona @ Work Innovative Workforce (520) 307-1353 Solutions July 1, 2021 July 8, 2021 Time: 10:00AM-11:00 AM Time: 10:00AM-11:00 AM Brenda Trujillo Human Resources Pascua Yaqui Tribe Pima County Adrian Mena brenda.trujillo@pima.gov **HR** Specialist (520) 724-2739 (520) 879-5121 July 15, 2021 July 22, 2021 Time: 10:00AM-11:00 AM 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

By appointment only!

Please contact our Social Services Department Case Managers:

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





To join online via WebEx, send your email address to Marlene F. Jose at mjose@ticenter.org. Any additional information contact Marlene at 520-884-7131 ext. 2238



Every Wednesday 3:00pm - 4:00pm

Please contact a Wellness Case Manager to

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

R

reserve your spot! 520-884-7131

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.

If you would like to attend meetings in-person, everyone MUST complete a <u>COVID-19 screening</u> over the phone the day before the meeting and the day of in-person in order to participate

Elder's Monthly Luncheon

Every Thursday

July 1st Cancelled

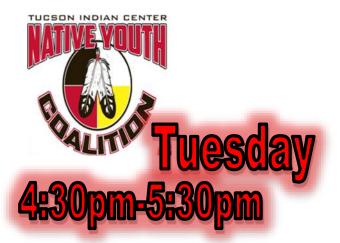
11:30am-12:30pm

ALL STREET

Call Marlene F. Jose at 520-884-7131, ext 2238 to get on the list and be screened 24 hours ahead of time.

Limited capacity!

For elders 55+ years. COVID-19 Screening Required.





For more info, please contact TIC Youth Program Coordinators

Angela Montiel: Youth & Community Health Educator amontiel@ticenter.org · (520)884-7131 ext. 2226 Casey John : Native Pride Project Coordinator cjohn@ticenter.org · (520)884-7131 ext. 2227

YOUNG WAIRRIORS PROJECT

The Young Warriors Project welcomes you to join us in a journey to identify and build indigenous strengths, resiliency, and leadership in the urban Tucson area.

- ages 18-24
- EVERY WEDNESDAY @ 5pm-6pm
- Tucson Indian Center or Virtual WebEx
 2nd Floor Community Room



For more information please contact: Ms. Casey John at (520) 884-7131 or <u>cjohn@ticenter.org</u>

If you would like to attend meetings in-person, 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



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





EVERY WEDNESDAY 10:00AM - 11:30AM



To join online via WebEx, send your email address to Marlene F. Jose at mjose@ticenter.org.

Any additional information contact Marlene at 520-884-7131 ext. 2238



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

- July 1st, July 6th,
- July 8th, July, 13th
- July 15th, July 20th
- July 22nd, July 27th

• July 29th. All classes will meet at the Tucson Indian Center's 2nd Floor; 160 N. Stone Ave Tucson, AZ 85701



Help us better understand the health status, needs and critical health issues of American Indians in Tucson, Arizona. The data will be used in strategic planning by the Tucson Indian Center. You must be 14 years of age or older.

Interviews will be set up by appointment. Interview will take ~1 hour.

Tucson Indian Center, 3rd floor 160 N Stone, Tucson, Arizona

Call Francine C. Gachupin to schedule an appointment, or for more information

(520) 621-5072

An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this 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.



COLLEGE OF MEDICINE TUCSON Family & Community Medicine

Tucson Indian Center Staff

Executive Director Jacob Bernal Chemehuevi

Admin Support & Resources Coordinator Margaret Merendo

Facillities Management Assistant Melissa Loeschen

> Wellness Director Veronica Boone Laguna Pueblo/Navajo

Wellness Case Manager Christina Luna

Wellness Case Manager Vacant

Health Promotion Specialist Marlene F. Jose Tohono O'odham

Diabetes Prevention Specialist Christine Chavez Pascua Yaqui

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

Finance Accountant James Kehl

Wellness Department

Wellness Operations Manager **Dearlynn Crank** Navajo

Community Health Representative Youth & Community Health Educa-Marcella Delgado Tohono O'odham

Native Connections Project Coordinator Vacant

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

tor Angela Montiel Pascua Yaqui

Native Pride Project Coordinator Casey John Navajo

Transportation & Medical Records Specialist Vacant

Health Services Department

Medical Director

Dr. Peter Ziegler

Health Director Phoebe Cager Yup'ik

COVID-19 Community Health Rep. Dylan Baysa Choctaw

Medical Business Office Manager Tricia Clark

> Medical Records Clerk Kathy Perez Pascua Yaqui

Sabrina Campos COVID-19 Community Health

HSD Admin. & Outreach Assistant

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

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Pascua Yaqui

Board Member

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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



Tucson Indian Center 160 North Stone Tucson, AZ 85701

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

- Client Orientation Every Tuesday 10:00am-11:00am Contact: Wellness or Social Services Case Managers
- Walking Club Tuesdays @ 10:00 am—11:00am Contact: Christine Chavez
- Native Youth Coalition Tuesdays @ 4:30 pm—5:30pm Contact: Angela Montiel
- 2 Spirit of Tucson Tuesday, July 13th, 2021 @5:00 pm—6:30 pm Contact: Marlene F. Jose
- Health Education—Wednesdays @ 10:00am-11:30am Contact: Marlene F. Jose
- Tai Chi—Wednesdays @ 10:00am—11:00am Contact: Christine Chavez
- Grief & Loss Support Group— Wednesdays @ 3:00pm-4:00pm Contact: Christina Luna
- Elders Luncheon Thursdays (cancelled 7/1) @ 11:30am-12:30pm Contact Marlene F. Jose
- Native Sisters in Recovery Thursdays @ 4:15pm-5:15pm Contact: Christina Luna
- Native Pride Thursdays @ 4:30 pm -5:30pm Contact: Casey John
- White Bison Recovery Group Thursdays @5:30 pm—6:30pm 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
- Group Lifestyle Balance— Fridays @ 10:00am—11:00am Contact Christine Chavez
- T.O.N. WIC Program Telephonic services ONLY Contact: T.O.N. WIC Program (520) 383-6217

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 one copy or the wrong name, please contact Casey John at (520) 884-7131 ext. 2227 or cjohn@ticenter.org