



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

NATIVE SUMMER YOUTH PROGRAM



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

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

Start time: 8:30AM End time: 3:30PM

SPACE IS LIMITED! REGISTER TODAY!

Registration information & program details go to :

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

For more information contact: 520 884-7131

Youth & Community Health Educator
Angela Montiel, amontiel@ticenter.org

Native Pride Coordinator
Casey John, cjohn@ticenter.org

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20th ANNUAL SOCIAL POWWOW



Saturday, August 28, 2021

4 PM—8PM

PRE – REGISTRATION

Is required for all in attendance.

Artist Vendor application

Contact:

Angela Montiel

520 884-7131

amontiel@ticenter.org



TIC Staff Member Update



Yá'át'ééh Shí éí Casey John yinishyé. Bit'ahnii nishlį. 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)

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.)

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



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

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

By appointment only!

Please contact our Social Services Department Case Managers:

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



SOBRIETY SUPPORT GROUPS

THURSDAY

**NATIVE SISTERS:
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

Contact a Wellness Case Manager to reserve your spot!

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



TUCSON INDIAN CENTER
2 SPIRIT OF TUCSON

MEETINGS ARE 2ND TUESDAY OF THE MONTH ON WEBEX

5:30pm-6:00pm

July 13, 2021

August 10, 2021



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

**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

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.



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



Elder's Monthly Luncheon

Every Thursday

July 1st Cancelled

11:30am-12:30pm

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.



Tuesday
4:30pm-5:30pm



Thursday
4:30pm-5:30pm

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 WARRIORS 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
cjohn@ticenter.org**

**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



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



HEALTH EDUCATION

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



TUCSON INDIAN CENTER
AMERICAN INDIAN HEALTH CARE SERVICES, INC.



Community Health Status and Needs Survey

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

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

Facilities Management Assistant
Melissa Loeschen

Finance Accountant
James Kehl

Wellness Department

Wellness Director
Veronica Boone
Laguna Pueblo/Navajo

Wellness Operations Manager
Dearlynn Crank
Navajo

Community Cultural Specialist & Educator
Drew Harris
Tohono O'odham

Wellness Case Manager
Christina Luna

Community Health Representative
Marcella Delgado
Tohono O'odham

Youth & Community Health Educator
Angela Montiel
Pascua Yaqui

Wellness Case Manager
Vacant

Health Promotion Specialist
Marlene F. Jose
Tohono O'odham

Native Connections Project Coordinator
Vacant

Native Pride Project Coordinator
Casey John
Navajo

Diabetes Prevention Specialist
Christine Chavez
Pascua Yaqui

Transportation & Medical Records Specialist
Vacant

Health Services Department

Health Director
Phoebe Cager
Yup'ik

Medical Director
Dr. Peter Ziegler

HSD Admin. & Outreach Assistant
Sabrina Campos

COVID-19 Community Health Rep.
Dylan Baysa
Choctaw

Medical Business Office Manager
Tricia Clark

COVID-19 Community Health
Allen Jose
Tohono O'odham

Medical Records Clerk
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*

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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

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