



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

September 2021

VOLUME 35, ISSUE 1

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

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

## HOPE FOR LIFE

EAT.  
SLEEP.  
MOVE.

JOIN THE **TUCSON INDIAN CENTER**  
FOR NATIONAL SUICIDE PREVENTION  
MONTH

- ◆ Virtual 5k [\(Register Online\)](#)
- ◆ QPR Gatekeeper Training [\(offered virtually\)](#)
- ◆ Incentives for those who participate!  
[\(registration required\)](#)

**SURVEY MONKEY LINK:**

[HTTPS://WWW.SURVEYMONKEY.COM/R/HOPEFORLIFE](https://www.surveymonkey.com/r/HOPEFORLIFE)

### DID YOU KNOW?

- ◆ In the United States, **Native American** communities experience **higher rates of suicide** than any other ethnic group
- ◆ **Suicide** is the **2nd leading cause of death** for Native American **youth ages 10-24**
- ◆ Native youth **teen suicide rates** are nearly **3.5 times higher** than the national average



### QUESTIONS & REGISTRATION

**Ms. Casey John**  
**Native Pride**  
**Project Coordinator**  
[cjohn@ticenter.org](mailto:cjohn@ticenter.org)  
520-884-7131, ext. 2227



### Inside this issue:

Hope For Life	1
New Employee Update	2
Updated San Xavier Numbers	
Social Services Department	3
Health Services Department	4
Food Bank/Diaper Bank	5
Community Health Representative Program (55+ yrs)	
Wellness Department Support Groups	6
Elders Monthly Luncheon	7
Youth Programs	
Special Diabetes Program	8
Health Education	
Community Health Status and Needs Survey—UARizona	9
October - Upcoming Events	10
Staff & Board of Directors	11
Weekly Meeting Times	12

# **TIC Staff Member Update**



Hello my name is Salina Johnson and I am from a small town in Oklahoma. I am enrolled with the Chickasaw Nation Tribe. I moved to Tucson in 2016 to pursue my education in psychology and I am currently enrolled at Arizona State University.

I am one of the Wellness Case Managers and I am very excited to be a part of the Tucson Indian Center. I can't wait to meet you all.

<b>San Xavier Health Center Cisco Phone Directory</b>		
<b>Department</b>	<b>Phone Number</b>	<b>Extension</b>
<b>Operator</b>	<b>520-547-8140</b>	<b>1800</b>
<b>HIMS</b>	<b>520-547-8122</b>	<b>1801</b>
<b>Pharmacy</b>	<b>520-547-8123</b>	<b>1802</b>
<b>Gold South</b>	<b>520-547-8156</b>	<b>1803</b>
<b>Purple South</b>	<b>520-547-8157</b>	<b>1804</b>
<b>Purple North</b>	<b>520-547-8158</b>	<b>1805</b>
<b>Gold North</b>	<b>520-547-8159</b>	<b>1806</b>
<b>PEDS</b>	<b>520-547-8164</b>	<b>1807</b>
<b>Lab</b>	<b>520-547-8165</b>	<b>1808</b>
<b>Mesquite</b>	<b>520-547-8166</b>	<b>1809</b>
<b>Radiology</b>	<b>520-547-8167</b>	<b>1810</b>
<b>Same Day</b>	<b>520-547-8168</b>	<b>1811</b>
<b>Podiatry</b>	<b>520-547-8169</b>	<b>1812</b>
<b>Optometry</b>	<b>520-547-8175</b>	<b>1813</b>
<b>Pediatrics</b>	<b>520-547-8176</b>	<b>1814</b>
<b>Social Work</b>	<b>520-547-8177</b>	<b>1815</b>
<b>Purple South</b>	<b>520-547-8315</b>	<b>1816</b>
<b>Gold South</b>	<b>520-547-8315</b>	<b>1817</b>

## **New phone numbers for the San Xavier Clinic!**



The San Xavier Health Center (SXHC) is located in the San Xavier District of the Tohono O'odham reservation. The San Xavier compound is comprised of the SXHC and Tucson Area IHS administrative and environmental health and engineering offices. The Health Center is 10 miles south of downtown Tucson where it provides outpatient primary care to Tohono O'odham members and other eligible American Indians.



## 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 Club** is held every **Thursday**, from **10:00am to 11:00am** (must RSVP to attend).

### September 2021 Job Club Schedule

<p><b>Able Refrigeration Inc.</b> Linda Olson Director of Operations (520)-883-7558 September 02, 2021 Time: 10:00AM-11:00 AM</p>	<p><b>New Image Building Services LLC</b> Janitorial Building Maintenance (520)-654-4203 September 09, 2021 Time: 10:00AM-11:00 AM</p>
<p><b>Veterans Workforce Specialist</b> Xavier Plelaez Arizona @ Work Innovative Workforce Solutions September 16, 2021 Time: 10:00AM-11:00 AM</p>	<p><b>Desert Diamond Casino</b> Diana Chavez HR Specialist September 23, 2021 Time: 10:00AM-11:00 AM</p>
<p><b>Pascua Yaqui Tribe</b> Adrian Mena HR Specialist September 30, 2021 Time: 10:00 AM-11:00 AM</p>	

**ENROLLMENT  
INCLUDES:**

—  
**JOB REFERRALS**

—  
**RESUME  
WORKSHOPS**

—  
**LEADERSHIP  
CLASSES**

—  
**JOB READINESS  
TRAINING**

**APPOINTMENT  
REQUIRED**

Please contact our  
Social Services  
Department Case  
Managers:

**(520) 884-7131**

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





# HEALTH SERVICES DEPARTMENT

***THE HEALTH SERVICES DEPARTMENT IS HERE TO  
SERVE YOU DURING AND BEYOND THE COVID-19  
PANDEMIC. OUR SERVICES INCLUDE:***

- COVID-19 TESTING & VACCINE ASSISTANCE
- CASE MANAGEMENT
- EDUCATION AND INFORMATION ABOUT COVID-19
- NON-EMERGENCY TRANSPORTATION TO COVID-19 RELATED APPOINTMENTS
- FOOD ASSISTANCE & SERVICES DURING QUARANTINE
- FUTURE SERVICES!



## **Eligibility Requirements:**

- reside in Pima County
- you do not reside on a federal Indian reservation
- enrolled in a federally-recognized tribe, or a descendant of a tribal member

**CONTACT THE  
HEALTH SERVICES TEAM:  
520-884-7131  
HEALTH@TICENTER.ORG**



# COMMUNITY FOOD BANK SCHEDULE



**MONDAY: 10:30AM - 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: 10:30AM - 4:00PM**  
**TUESDAY-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

# 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**

**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**



**5:00pm-6:30pm  
September 14, 2021  
October 12, 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](mailto:mjose@ticenter.org).**

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



# Elder's Monthly Luncheon

## Every Thursday

September 9  
September 16  
September 23  
September 30

**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!**

**Limited to once per month.**

**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**

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 OR  
phone number to Marlene F. Jose at mjo-  
se@ticenter.org.**





TUCSON INDIAN CENTER  
AMERICAN INDIAN ASSOCIATION OF TUCSON, 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**

# **Upcoming Events For October!**

TUCSON INDIAN CENTER PRESENTS

## **FRIGHT NIGHT**

**"BATTLE OF THE PUMPKINS"**

**FRIDAY, OCTOBER 29, 2021**

**5:30PM-8:30PM**

**LOCATION: TBA**

**\*REGISTRATION, COVID-19 SCREENING, & FACE MASKS WILL BE REQUIRED\***



**QUESTIONS? CONTACT MARLENE F. JOSE AT  
MJOSE@TICENTER.ORG OR CALL  
(520) 884-7131, EXT. 2238**

## 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 Loesch**

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

**Salina Johnson**  
Chickasaw

Native Connections Project Coordinator

**Vacant**

Native Pride Project Coordinator

**Casey John**  
Navajo

Health Promotion Specialist

**Marlene F. Jose**  
Tohono O'odham

Transportation & Medical Records Specialist

**Vacant**

Diabetes Prevention Specialist

**Christine Chavez**  
Pascua Yaqui

## Health Services Department

Health Director

**Phoebe Cager**  
Yup'ik

Medical Director

**Dr. Peter Ziegler**

HSD Admin. & Outreach Assistant

**Sabrina Campos**

Medical Business Office Manager

**Tricia Clark**

COVID-19 Community Health

**Allen Jose**  
Tohono O'odham

Outreach Manager

**Dylan Baysa**  
Choctaw

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*

## 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.

## Save the Date!

- Fright Night—October 29, 2021
- Native American Family Wellness Day—November 2021

## Reminders & Announcements

- New Client Orientation - Every Tuesday 10:00am-11:00am—Contact: Wellness or Social Services Case Managers
- Walking Club - Tuesdays @ 11:00 am—12:00pm—Contact: Christine Chavez
- Native Youth Coalition - Tuesdays @ 4:30 pm—5:30pm—Contact: Angela Montiel
- 2 Spirit of Tucson - Tuesday, September 14th, 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
- Elders Luncheon - Thursdays (cancelled 9/2) @ 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—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](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 one copy or the wrong name, please contact Casey John at (520) 884-7131 ext. 2227 or [cjohn@ticenter.org](mailto:cjohn@ticenter.org).*