



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

October 2021

VOLUME 36, ISSUE 1

www.ticenter.org

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

TUCSON INDIAN CENTER PRESENTS

FRIGHT NIGHT

"BATTLE OF THE PUMPKINS"

FRIDAY, OCTOBER 29, 2021

5:30PM-8:30PM

BRING YOUR OWN CHAIRS

LIMITED CAPACITY

**LOCATION: TBA - FOLLOW US ON FB AND THE WEBSITE
FOR MORE INFORMATION!**

COVID-19 SCREENING DAY OF 6 FACE MASKS WILL BE REQUIRED



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



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STAFF UPDATE



Allen Jose

Skeg Tas/Good Day! My name is Allen Jose and I am the new Transportation & Records Specialist in the Wellness Department. I look forward to serving the TIC Community in this position. I am Tohono O'odham from the community of San Xavier.

Drew Harris
Native Connections
Project Coordinator
Tohono O'odham

Dylan Baysa
Health Services
Outreach Manager
Choctaw

**FACE MASKS
REQUIRED**



**IF YOU
FEEL SICK,
PLEASE
STAY
HOME**

TIC COVID-19 PROTOCOLS*

***SUBJECT TO CHANGE , AT ANY TIME**

- STEP 1:** ARRANGE AN APPOINTMENT WITH A TIC STAFF MEMBER (DATE AND TIME)
- STEP 2:** ARRIVE AT TIC BUILDING AT THE TIME OF SCHEDULED APPOINTMENT
- STEP 3:** CHECK IN AT THE FRONT, PERFORM TEMPERATURE CHECK AND SIGN OUR COVID-19 SCREENING FORM

**MASKS WILL BE REQUIRED AT ALL TIC SPONSORED
EVENTS AND PROGRAMS UNTIL FURTHER NOTICE**

*HOME TRANSPORTATION WILL REQUIRE COVID SCREENING 24 HOURS BEFOREHAND

WE APPRECIATE YOUR COOPERATION



COMMUNITY HEALTH STATUS AND NEEDS SURVEY



COLLEGE OF MEDICINE TUCSON
Family & Community
Medicine

**HELP US BETTER UNDERSTAND
THE HEALTH STATUS, NEEDS,
AND CRITICAL HEALTH ISSUES
OF AMERICAN INDIANS IN
TUCSON, ARIZONA.**

THE DATA COLLECTED WILL BE USED IN STRATEGIC
PLANNING BY THE TUCSON INDIAN CENTER

REQUIREMENTS:

- IDENTIFY AS AMERICAN INDIAN
- LIVE IN THE URBAN TUCSON COMMUNITY
- BE 13 YEARS OF AGE OR OLDER

INFO:

- INTERVIEWS SHOULD TAKE ABOUT (1) HOUR
- INTERVIEWS ARE CONDUCTED AT THE TUCSON INDIAN CENTER OR BY PHONE

CONTACT:

(520)621-5072

**CALL FRANCINE C. GACHUPIN
TO SCHEDULE AN APPOINTMENT,
OR FOR MORE INFORMATION.**



**WE ARE 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
- COVID-19 CARE PACKAGES!



HEALTH SERVICES DEPARTMENT

- 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

SCHEDULE

COMMUNITY FOOD BANK



Monday: 10:30am - 4:30am

Wednesday: 8:30am - 11:30am

Friday: 8:30am - 4:30pm

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

PLEASE CALL MARGIE FOR AN APPOINTMENT AT (520)884-7131, FOR FOOD BANK AND DIAPER BANK PROGRAM

SCHEDULE



DIAPER BANK

Monday: 10:30am - 4:30pm

Tuesday - Friday: 8:30am - 4:00pm

DOCUMENTS REQUIRED: PARENT'S OR GUARDIAN'S 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+ YEARS WITH
DISABILITIES AND
ELDER HOME-BOUND
CLIENTS**

- HOME DELIVERY OF MEDICATIONS
- FOOD BOX DELIVERY (IF APPLICABLE)
- FOLLOWING CDC GUIDELINES
- SOCIAL DISTANCING
- MASKS REQUIRED!



UPDATE!

HOME TRANSPORTATION
NOW AVAILABLE. TO
ARRANGE AN APPOINTMENT,
PLEASE CONTACT OUR CHR
REPRESENTATIVE.



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.

Enroll as a Social Services client

1

enrollment includes: job referrals, resume workshops, leadership classes, and job readiness training

Attend New Client Orientation

2

Tuesdays 10AM-11AM

RSVP required

You may contact any of our Social Services Case Managers at:

520-884-7131

Stella Tarin - ext. 2223

Jerry Romero - ext. 2209

Tiffany SantaMaria - ext. 2241

RSVP REQUIRED

JOB CLUB SCHEDULE Thursdays 10am-11am

October 07

**Arizona @ Work Innovative
Workforce Solutions**

Xavier Plelaez
Veterans Workforce Specialist

October 14

**New Image Building Services
LLC**

Janitorial Building Maintenance
520-654-4203

October 21

Desert Diamond Casino

Diana Chavez
HR Specialist

October 28

Pascua Yaqui Tribe

Adrian Mena
HR Specialist

**FRI
OCT 1**

**FRI
OCT 8**

**FRI
OCT 15**

**FRI
OCT 22**

**THU
OCT 28**

**OCTOBER 2021
2:00PM-4:00PM**

LEADERSHIP CLASSES

CONTACT:

**JERRY R. ROMERO
JROMERO@TICENTER.ORG**

LOCATION:

**3RD FLOOR
TUCSON INDIAN CENTER
160 N. STONE AVE.**

**SPACE IS LIMITED TO 8 PEOPLE. PLEASE CONTACT
JERRY R. ROMERO TO REGISTER FOR THE CLASS**



marguerite **casey** foundation

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.



EVERYONE MUST COMPLETE A TIC COVID-19 SCREENING FORM AND WEAR A MASK AT ALL TIMES TO PARTICIPATE. APPOINTMENTS AND/OR REGISTRATION ARE REQUIRED.

2 SPIRIT OF TUCSON

5:00PM-6:30PM

OCTOBER 12, 2021

NOVEMBER 9, 2021

MEETINGS ARE 2ND TUESDAY OF THE MONTH



JOIN IN-PERSON OR ONLINE VIA WEBEX!

SEND YOUR EMAIL ADDRESS TO MARLENE F. JOSE AT MJOSE@TICENTER.ORG

FOR THE WEBEX LINK. FOR ANY ADDITIONAL INFORMATION, CONTACT

MARLENE AT 520-884-7131 EXT. 2238

**DATES ARE TO BE
DETERMINED**

ELDER'S MONTHLY LUNCHEON

55+ YEARS

**CALL MARLENE F. JOSE AT 520-884-7131
EXT. 2238 TO GET ON THE LIST AND BE
SCREENED 24 HOURS AHEAD OF TIME**

COVID- 19 SCREENING REQUIRED

LIMITED CAPACITY

LIMITED TO ONCE PER MONTH

**EVERYONE MUST COMPLETE A TIC COVID-19 SCREENING FORM AND WEAR A MASK AT
ALL TIMES TO PARTICIPATE. APPOINTMENTS AND/OR REGISTRATION ARE REQUIRED.**

NATIVE YOUTH PROGRAMS

**TUESDAY
4:30PM - 5:30PM**

YOUTH COALITION

**Tobacco & Substance
Abuse Prevention**

**ANGELA MONTIEL
YOUTH & COMMUNITY
HEALTH EDUCATOR
520-884-7131, EXT. 2226
AMONTIEL@TICENTER.ORG**



**In-Person or
Online via
WebEx**



**THURSDAY
4:30PM - 5:30PM**

NATIVE PRIDE

**Methamphetamine,
Substance Abuse & Suicide
Prevention**

**TBA
CONTACT THE
WELLNESS DEPARTMENT
FOR MORE
INFORMATION.**

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 TIC COVID-19 SCREENING FORM AND WEAR A MASK AT ALL TIMES TO PARTICIPATE. APPOINTMENTS AND/OR REGISTRATION ARE REQUIRED.



Every Wednesday
10:00AM - 11:30AM

HEALTH  EDUCATION

JOIN IN-PERSON OR ONLINE VIA WEBEX!

To join in-person or via WebEx, send your email address OR phone number to Marlene F. Jose at mjose@ticenter.org.

Upcoming Events For November!



TUCSON INDIAN CENTER

NATIVE AMERICAN FAMILY WELLNESS DAY

NOV 08

**DIABETES &
EXERCISE**

NOV 09

MENTAL HEALTH

NOV 10

**SUBSTANCE ABUSE
PREVENTION**

6 PM - 7 PM

**VIRTUALLY, VIA WEBEX
& FACEBOOK**

**PRE-REGISTRATION
REQUIRED**

TUCSON INDIAN CENTER STAFF

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FACILITIES MANAGEMENT ASSISTANT MELISSA LOESCHEN		FINANCE ACCOUNTANT JAMES KEHL

TIC WELLNESS DEPARTMENT

WELLNESS OPERATIONS MANAGER DEARLYNN CRANK NAVAJO	WELLNESS DIRECTOR VERONICA BOONE LAGUNA PUEBLO/NAVAJO	NATIVE CONNECTIONS PROJECT COORDINATOR DREW HARRIS
WELLNESS CASE MANAGER CHRISTINA LUNA	COMMUNITY HEALTH REPRESENTATIVE MARCELLA DELGADO TOHONO O'ODHAM	YOUTH & COMMUNITY HEALTH EDUCATOR ANGELA MONTIEL PASCUA YAQUI
HEALTH PROMOTION SPECIALIST MARLENE F. JOSE TOHONO O'ODHAM	COMMUNITY CULTURAL SPECIALIST & EDUCATOR VACANT	TRANSPORTATION & MEDICAL RECORDS SPECIALIST ALLEN JOSE TOHONO O'ODHAM
DIABETES PREVENTION SPECIALIST CHRISTINE CHAVEZ PASCUA YAQUI	WELLNESS CASE MANAGER VACANT	

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OUTREACH MANAGER DYLAN BAYSA CHOCTAW	MEDICAL BUSINESS OFFICE MANAGER TRICIA CLARK	COVID-19 COMMUNITY HEALTH VACANT
	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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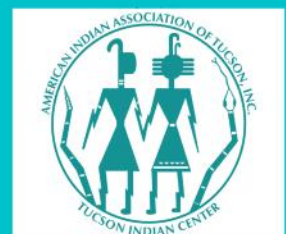
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www.ticenter.org

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

Save the Date:

Native American Family Wellness Day—November 8-10, 2021—Virtual via WebEx

- **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, October 12th, 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 @ 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: Wellness Department
- **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

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.