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This is a collaboration between
Amphitheater Native American Education Program
and
Tucson Indian Center

Winter Family Wellness Gathering

December 10, 2021
6:00 PM - 8:00 PM

AMPHI THEATER HIGH SCHOOL
125 W. YAVAPAI ROAD TUCSON, AZ 85705

CONTACT: MARLENE F. JOSE
520-884-7131 EXT. 2238
MJOSE@TICENTER.ORG

*TEMPATURE CHECKS AND FACE MASKS WILL BE REQUIRED*

Scheduled Appointment, COVID-19 Screening, & Masks Required To Enter
S-keːg Taş! My name is Dani Kouyoumdjian! I am your Community Cultural Specialist and Educator.

Outside of work and college, you can find me hanging out with my dogs, hiking up Tumamoc Hill, biking along the Loop, or at B&B Cactus Farm. I am excited to help serve our urban Native community! I cannot wait to share my own knowledge with you, but more importantly, learn from you—because this community is all about the exchange of ideas! I hope you like reading, because the first event I have planned for you is the Indigenous Book Club—our first selection is The Night Watchman by Louise Erdrich.
Each year the Center works at making the holidays brighter for families in the community. Unfortunately, we cannot serve everyone in the community. The Tucson Indian Center in partnership with Marine Toys for Tots will be registering families for toys for the Christmas Holiday in the community.

As every year goes by we understand that we cannot reach all families in need in the community. We are asking if you wish to receive toys for the Christmas Holiday that you register your family. The ages that we can serve are 0 years to 14 years of age and you must provide qualifying information and fill out request form. Considering the COVID-19 pandemic toys request will be filled for you, we will not be allowing any one to choose the toys. What you will need to do is listed below.

1. Call and put your name on the request list. We will take calls until we reach the limit of families we can serve and will be on a first come first serve bases.
2. You will need to fill out a request form that can be mailed, emailed to you or you can come by and pick up a registration form the box at main lobby entrance doors.
3. You can only request toys for your children only. If you are a guardian and have court documents, we will gladly accept those requests.
4. You will need to provide a valid I.D.
5. You will have to provide proof of address. You can utilize a bill, government letter, personal letter mailed to you.
6. You will need to provide each child’s name, age, and sex. This will help us determine the toys that will be provided for each child.

Once you have completed the required form and provide the necessary documents you will receive a call in December to tell you the date and time you can come and pickup toys. You must make sure you have a working number or message number to be contacted.

Phone line to request toys will open on December 3, 2021.

At 9:00 am

Call 520-884-7131 ask for Toy Request contact
Tucson Indian Center

Holiday Food Box

Christmas

2021

Each year the Center for serval years works at making the holidays brighter for families in the community. Unfortunately, we cannot serve everyone, but the Center will be registering twenty families (20) for a holiday box.

As every year goes by we understand that serving only twenty does not fill the need in the community. We are asking if the Center already has assisted you, your family to allow other families who have not received a holiday box before be given this opportunity to get their family registered.

If you wish to be considered for a holiday box for holiday, since you can only be a recipient of one per household. Call in on November 29, 2021 to register, once the twenty have been registered for Christmas we will not be taking any more calls and registration will be closed, this is a first come first served registration.
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).

**November 2021 Job Club Schedule**

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| 10:00 AM - 11:00 AM    | Xavier Pleaaza
|                        | Veterans Workforce Specialist                                         |
|                        | Arizona @ Work Innovative Workforce Solutions                         |
|                        | December 2nd, 2021                                                     |
|                        | 520-654-4203                                                           |
|                        | Happy Holidays!                                                        |
| 10:00 AM - 11:00 AM    | Brenda Trujillo                                                        |
|                        | Pima County                                                            |
|                        | December 9th, 2021                                                     |
|                        | New Image Building Services LLC                                         |
|                        | Janitorial Building Maintenance                                         |
|                        | 520-654-4203                                                           |
|                        | December 11th, 2021                                                    |
|                        | 10:00 AM - 11:00 AM                                                   |

**TUCSON INDIAN CENTER**

160 N. Stone Ave. Tucson, AZ 85701
(520) 884-7131
www.ticenter.org

By appointment

Please contact our Social Services Department Case Managers:

Stella Tarin, Jerry Romero or Tiffany SantaMaria for more information
Show your love this Christmas! Get vaccinated!

Open to the public

COVID-19 CLINICS AT TUCSON INDIAN CENTER IN DECEMBER

160 N. Stone Ave

WEDNESDAY DEC 1ST 3PM-5:30PM
WEDNESDAY DEC 8TH 3PM-5:30PM
ADDITIONAL DATES TO BE ANNOUNCED

COVID-19 Vaccines, *Boosters, COVID-19 Home Testing Kits, and Care Packages will be available

Pfizer (12+), Moderna (18+), Johnson & Johnson (18+)

*COVID-19 boosters available for those 18 and older*

Free COVID-19 Home Test Kits Available

$50 Dollar Gift Card Incentive for Those Getting their 1st or 2nd COVID-19 Vaccine (while supplies last)

Need Help With Transportation To This Event?
For more information on weekly services or to schedule your ride Please call or email Tucson Indian Center
520-884-7131 Health@tichcenter.org

This event is provided through a partnership between Tucson Indian Center & Pima County Health Department

Native Wellness Voice
COMMUNITY FOOD BANK

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

DIAPER BANK

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
Contact a Wellness Case Manager to reserve your spot!
Available to join via WebEx, ask a Wellness Case Manager for information.

To join online via WebEx or Walk-in, send your email address to Marlene F. Jose at mjose@ticenter.org.
Any additional information contact Marlene at 520-884-7131 ext. 2238
For more info, please contact TIC Youth Program Coordinators

Angela Montiel: Youth & Community Health Educator
amontiel@ticenter.org · (520)884-7131 ext. 2226

Drew Harris : Native Connections Project Coordinator
dharris@ticenter.org · (520)884-7131 ext. 2236
Take our Youth Coalition’s Pledge to quit smoking today!

To take the pledge and for more information about Tobacco cessation classes contact:

Angela Montiel: Youth & Community Health Educator
amontiel@ticenter.org · (520)884-7131 ext. 2226
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

WALKING CLUB
TUESDAY [AT] 8:30AM

TAI CHI
WEDNESDAY [AT] 10AM

GROUP LIFESTYLE BALANCE
FRIDAY [AT] 10AM

FOR MORE INFORMATION CONTACT:
CHRISTINE CHAVEZ 520-884-7131 EXT. 2235 OR CCHAVEZ@TICENTER.ORG

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.
GOOD NUTRITION IS TRADITION

Monthly Nutrition Education
Limited space available, Contact Christine Chavez to attend:
520-884-7131 x2235

10:00am-11:00am
December 14

Individual nutrition appointments available. All appointment scheduled with a registered dietitian.
Transport & Records Specialist

To schedule transportation or medication pick-up contact Allen Jose at:

Phone: 520-884-7131 ext. 2242
Cell: 520-331-7134
Email: gjose@ticenter.org

- You must call/email before 2pm to have your medication picked-up the same day. After 2pm, your medication will be picked-up the next business day.
- Medication will be delivered to your home, or held at TIC so you can pick them up at TIC.
- There will be no transport or medication pick-up on Monday. Accommodations will be made with i-Hope with advanced notice.
INDIGENOUS BOOK CLUB

Theme: Treaties and Traditions

DECEMBER'S PICK:

The Night Watchman by Louise Erdrich

Dec. 15th 2021 • 5:30pm-6:30pm • On WebEx
Contact Dani Kouyoumdjian at
dkouyoumdjian@ticenter.org for more information
Reminders & Announcements

Save the Date:
Winter Wellness Wonderland, December 10, 2021 6:00 PM—8:00 PM

- New Client Orientation - Every Tuesday 10:00am-11:00am—Contact: Wellness or Social Services Case Managers
- Walking Club - Tuesdays @ 8:30 am—9:30am—Contact: Christine Chavez
- Native Youth Coalition - Tuesdays @ 4:30 pm—5:30pm—Contact: Angela Montiel
- 2 Spirit of Tucson - Tuesday, November 9th, 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 - November 18th @ 12pm—3:00pm—Contact: Marlene F. Jose
- Native Sisters in Recovery - Thursdays @ 4:15pm—5:15pm—Contact: Christina Luna
- Native Pride - TBD—Contact: Drew Harris
- White Bison Recovery Group - Thursdays @5:30 pm—6:30pm—Contact: Christina Luna
- AllR (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 Drew Harris at (520) 884-7131 ext. 2236 or dharris@ticenter.org.