



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

December 2021

VOLUME 37 ISSUE 1

www.ticenter.org

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

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

Inside this issue:

Winter Wellness Wonderland	1
New Staff Highlight	2
Toys For Tots	3
Holiday Food Boxes	4
Social Services	5
Health Services	6
Food Bank/Diaper Bank Community Health Representative Program (55+ yrs)	7
Sobriety Support Groups/2 Spirit of Tucson	8
(Postponed) Elders Monthly Luncheon/TIC Youth Program	9
Special Diabetes Program / Health Education	10
Monthly Nutrition Education Classes	11
Wellness Transport ion & Records Specialist	12
Indigenous Book Club	13
Staff & Board of Directors	14
Weekly Meeting Times	15

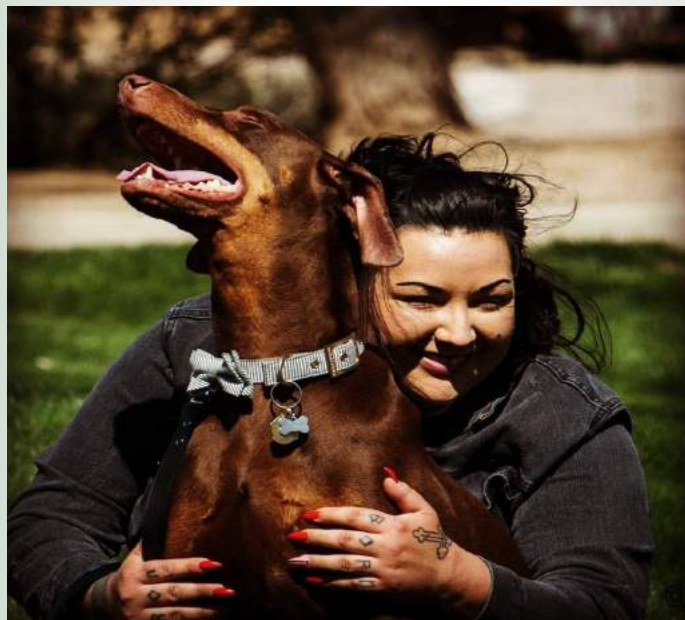
***TEMPATURE CHECKS AND
FACE MASKS
WILL BE REQUIRED***



New Staff Highlight Update

S-ke:g 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.



Tucson Indian Center
Christmas Toys Distribution



Through a partnership with **Tucson Marines Toys for Tots**

2021



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 Center Indian 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 several 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

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

**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

**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@ticenter.org



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



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

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
December 14, 2021
January 11, 2022**

**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**

NO ELDERLY MONTHLY LUNCHEONS IN
DECEMBER OR JANUARY
Will resume in February 2022

HAPPY HOLIDAYS!

Contact Marlene F. Jose for more information at 520-884-7131 ext. 2238
or mjose@ticenter.org



Native Youth Wellness Group

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

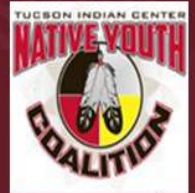
Drew Harris : Native Connections Project Coordinator
dharris@ticenter.org · (520)884-7131 ext. 2236



Traditional Tobacco Pledge

I pledge to respect the culture of my ancestors and my relations by not using commercial tobacco products, such as cigarettes, chewing tobacco, 'juuling', e-cigarettes, vaping, on Blackout Tobacco Day. I also pledge to protect myself from the dangers of commercial tobacco abuse and environmental tobacco smoke, and by doing that I will be protecting the future of my people.

Take the Pledge to Keep Tobacco Sacred!



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



TUESDAY [AT] 8:30AM



WEDNESDAY [AT] 10AM



FRIDAY [AT] 10AM

FOR MORE INFORMATION CONTACT:

CHRISTINE CHAVEZ 520-884-7131 EXT. 2235 OR CCHAVEZ[AT]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: ajose@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 iHope 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

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
Margie Merendo

Admin Support & Resources Clerk
Jorge Molina

Finance Clerk
Honey Ignacio
Tohono O'odham

Facilities Management Assistant
Melissa Loeschen

Operations Admin Support Clerk
Jessica Blancas

Finance Accountant
Séamus Riley

Wellness Department

Wellness Director
Veronica Boone
Laguna Pueblo/Navajo

Wellness Operations Manager
Dearlynn Crank
Navajo

Community Cultural Specialist & Educator
Danielle Kouyoumdjian
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
Samantha Burg

Health Promotion Specialist
Marlene F. Jose
Tohono O'odham

Native Connections Project Coordinator
Drew Harris
Tohono O'odham

Transportation & Medical Records Specialist
Allen Jose
Tohono O'odham

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

Outreach Manager
Dylan Baysa
Choctaw

Medical Business Office Manager
Tricia Clark

COVID-19 Community Health
Leslie Van Hoy

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
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American Indian Association of Tucson, Inc.



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160 North Stone

Tucson, AZ 85701

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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

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
- 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 Drew Harris at (520)

884-7131 ext. 2236 or dharris@ticenter.org.