



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

November 2021

VOLUME 36, ISSUE 1

www.ticenter.org

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

2021 NATIVE AMERICAN FAMILY WELLNESS DAY VIRTUAL EVENT

BE A GOOD RELATIVE

Event Information:
Virtual event, **November 8th-10th, 2021, 6:00 PM - 7:00 PM**
The virtual event will be streamed through the Tucson Indian Center's Facebook page and website. The **first 250 people** to register that **reside in Pima County** will receive a event themed care package through the mail.

Day 1: November 8th, 2021, Diabetes Prevention
Day 2: November 9th, 2021, Mental Health Awareness Day
Day 3: November 10th, 2021, Substance Abuse Prevention Day

Where to Watch:
TIC Facebook Page: <https://www.Facebook.com/tucsonindiancenter/>
TIC website: Home - Tucson Indian Center (www.ticenter.org)

Where to Register: [RUNSIGNUP.com: https://runsSignup.com/2021nafwdvirtualevent](https://runsSignup.com/2021nafwdvirtualevent)

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GOOD NUTRITION IS TRADITION

Monthly Nutrition Education

Limited space available, Contact

Christine Chavez to attend:

520-884-7131 x2235

10:00am-11:00am

November 16

December 14

Individual nutrition appointments available. All appointment
scheduled with a registered
dietitian.



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 November 4, 2021 Time: 10:00 AM-11:00 AM	New Image Building Services LLC Janitorial Building Maintenance 520-654-4203 November 11, 2021 Time: 10:00 AM-11:00 AM
Desert Diamond Casino Diana Chavez HR Specialist November 18, 2021 Time: 10:00 AM-11:00 AM	Happy Thanksgiving Holiday week!!

**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**

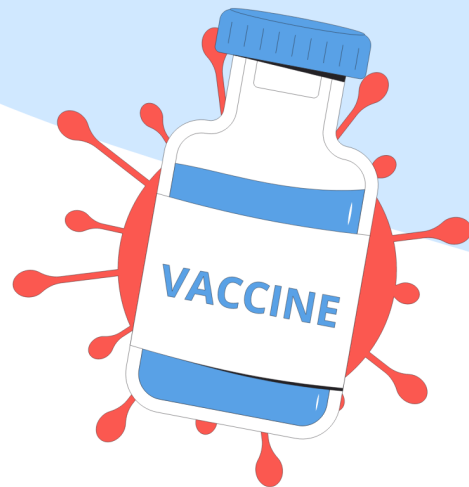




HEALTH SERVICES DEPARTMENT

***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**



You're invited: TIC Elder Luncheon
Himmel Park: 1000 N. Tucson Blvd.

(Enter parking lot on east First Street between tennis court and playground)

November 18th ,12:00pm-3:00pm

Please bring your chair, table, and umbrella.

Reservation Required

Contact: Marlene, (520)884-7131 or mjose@ticenter.org

Lunch and drinks will be provided

*****Masks Required*****

Tucson Indian Center

Community Health Representative Program

- Assisting adults 55+ with disabilities and elder home bound clients
- Health Screenings
- Medications deliveries
- Food box deliveries
- Transportation Tuesday- Friday with 24 hours notice

Following CDC guidelines and physical distancing

Contact:

**Marcella Delgado, CHR
520-884-7131 etx.2230**



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
November 9th, 2021
December 14th, 2021
January 11th, 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**

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.



Tuesday
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

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



Health Education Online-Webex
Every Wednesday 10:00-11:30am



Send your email address or phone number to mjose@ticenter.org
or (520) 884-7131 ext. 2238

**To join online via WebEx, send your email address OR
phone number to Marlene F. Jose at mjose@ticenter.org.**

Reach the Loop!



Diabetes Walk

Embrace Your Health, One Step at a Time

*A one-mile walk to provide support, education,
and information to those impacted by diabetes.*



When: Saturday, November 6th, 9:00 a.m. — Noon

Where: Augie Acuna Los Ninos Park
5432 S Bryant Ave, Tucson

Register at: bit.ly/diabetes-walk



A collaborative effort brought to you by:

- Banner UMC
- Beyond Tucson
- Coalition for African American Health and Wellness
- Department of Veterans Affairs
- Mexican American Studies Department at UArizona
- Native American Research and Training Center at UArizona
- PCHD REACH Program
- Pima County Natural Resources, Parks and Recreation
- Tucson Indian Center
- YWCA/House of Neighborly Service

A raffle with prizes will be provided to those that register for this event. Participants who complete a survey will have a chance to win smart watch for heartrate and blood pressure monitoring.



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Wellness Transportation & 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 **Mondays**. Accommodations will be made with iHope with advanced notice.



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
Vacant

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
Drew Harris

Transportation & Medical Records Specialist
Allen Jose

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
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 Santa Maria

*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

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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

Save the Date:

Native American Family Wellness Day—November 8th-10th, 2021

- **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