



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

April 2022

VOLUME 40 ISSUE 1

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

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



TUCSON INDIAN CENTER

## Community Healing Event

April 23, 2022

Safford Middle School Field

9:00 AM-1:00 PM

200 E. 13th St.

Tucson AZ, 85701

**\*PLEASE BRING  
YOUR OWN CHAIRS\***



**\*OPTIONAL: BRING AN ITEM/PICTURE IN  
MEMORY OF  
A PASSED LOVED ONE\***



*Join us as we come together  
to remember those who have passed.  
We will miss them dearly.*

### Inside this issue:

Community Healing Event	1
Tucson Rodeo Parade	2-3
Transportation/RX deliveries / Leadership Classes	4
Civano Eyeglasses	5
Social Services	6
Health Services	7
Food Bank/Diaper Bank Community Health Representative Program (55+ yrs)	8
Sobriety Support Groups/2 Spirit of Tucson	9
TIC Native Youth Coalition	10
Special Diabetes Program / Health Education	11
Elders Monthly Luncheon/ Monthly Nutrition Education Classes	12
Financial Assistance Program	13
Podiatry	14
Staff & Board of Directors	15
Weekly Meeting Times	16

Contact Dearlynn Crank for more information:  
520-884-7131 ext. 2232 or [dcrank@ticenter.org](mailto:dcrank@ticenter.org)

**\*TEMPERATURE CHECKS AND FACE MASKS  
WILL BE REQUIRED\***





© MARK BARBONE

PHOTOGRAPHY BY: MARK BARBONE

# 2022 TUCSON RODEO PARADE



© MARK BARBONE

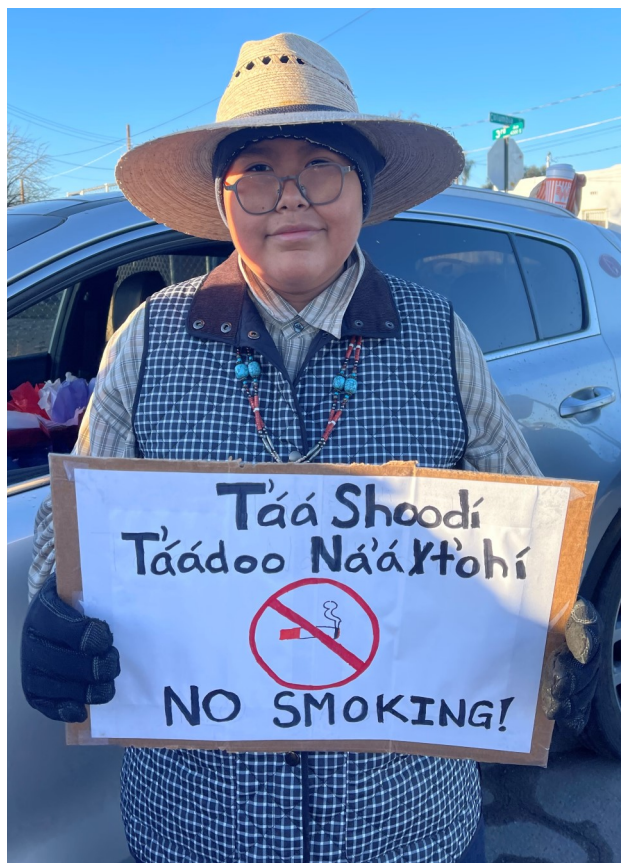


Tucson Indian Center's Native Youth Coalition participated in the 2022 Tucson Rodeo Parade on February 24, 2022. The Native Youth Coalition brought awareness during Through with Chew to Tobacco Prevention and Education. The TIC Native Youth Coalition created signs to show solidarity in saying 'NO' to commercial tobacco.

See one of our Native Youth Coalition members showing a 'No Smoking' sign in his Navajo/Dine language.

We are truly proud of our youth!

TIC also placed 2nd in the Native American Traditional category.



© MARK BARBONE



# LEADERSHIP CLASSES

Time:

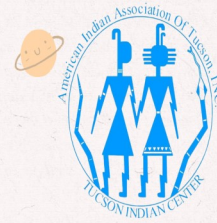
2pm-4pm

Contact:

Jerry R. Romero  
JRomero@ticenter.org

Dates:

- Friday April 1st, 2022
- Thursday April 7th, 2022
- Thursday April 14th, 2022
- Thursday 21st, 2022
- Thursday April 28th, 2022



Location:

2nd Floor  
Tucson Indian Center  
160 N. Stone Ave

## TRANSPORTATION & RECORDS SPECIALIST

TO SCHEDULE TRANSPORTATION OR  
MEDICATION PICK-UP, CONTACT:

ALLEN JOSE

OFFICE PHONE: 520-884-7131 EXT. 2244

CELL PHONE: 520-331-7134

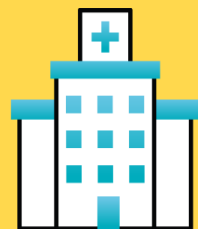
EMAIL: AJOSE@TICENTER.ORG

OR

MARCELLA DELGADO

OFFICE PHONE: 520-884-7131 EXT. 2230

EMAIL: MDELGADO@TICENTER.ORG



- MUST CALL/EMAIL BEFORE 2:00PM TO HAVE MEDICATIONS PICKED UP THE SAME DAY. AFTER 2:00 PM, YOUR MEDICATIONS WILL BE PICKED UP THE NEXT BUSINESS DAY
- MEDICATIONS WILL BE DELIVERED TO YOUR HOME OR TO TIC.
- THERE WILL BE NO TRANSPORT OR MEDICATIONS PICK-UP ON MONDAYS.

Accommodations will be made with IHOPE with 2 days advanced notice.

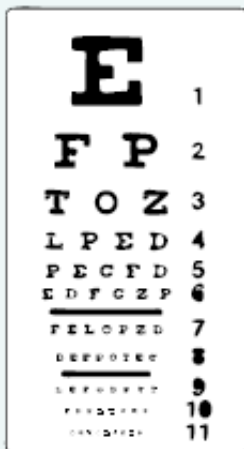






**TUCSON INDIAN CENTER**

# **In need of an eye exam AND eye glasses?**



**TIC is currently partnering with Civano Eyecare to provide these services to enrolled TIC Special Diabetes Program for Indians (SDPI) clients.**

**\*limited to a certain number of participants\***

**Please contact: Christine Chavez, Diabetes Coordinator, for more information.**

**520-884-7131 ext. 2235**





# 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).

## April 2022 Job Club Schedule

Drew Eriotes 630-310-6006 DANIEL'S MOVING AND STORAGE, INC. April 7, 2022 Time: 10:00 AM-11:00 AM	Xavier Plelaez Veterans Workforce Specialist Arizona @ Work Innovative Workforce Solutions April 14, 2022 Time: 10:00 AM-11:00 AM
Cheryl Lorentine-Grant 520-654-4203 HR Specialist Desert Diamond Casino April 21, 2022 Time: 10:00 -11:00 AM	Brenda Trujillo Human Resources Supervisor Pima County April 28, 2022 Time: 10:00 AM-11:00 AM

**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**



## SCHEDULE

### COMMUNITY FOOD BANK



Monday: 10:30am - 4:30pm

Wednesday: 8:30am - 11:30am

Friday: 8:30am - 4:30pm

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

**PLEASE CALL THE FRONT DESK FOR AN APPOINTMENT  
AT 520-884-7131 OR FOR MORE INFORMATION.**

## 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

PLEASE JOIN US IN PERSON OR VIRTUALLY THROUGH [WEBEX.COM](https://www.webex.com)

**LOCATION: YMCA, 60 W. ALAMEDA ST. TUCSON AZ, 85702**

## THURSDAY

**NATIVE SISTERS IN  
RECOVERY:  
4:15 PM - 5:15 PM**

### WEBEX INFO

#### **JOIN BY VIDEO**

**MEETING NUMBER (ACCESS CODE): 2631 069 9436**

**MEETING PASSWORD: SISTER2022**

#### **JOIN BY PHONE**

**+1-408-418-9388**

**ACCESS CODE: 2631 069 9436**

**HOST PIN: 1975**

## THURSDAY

**WHITE BISON:  
5:30 PM - 6:30 PM**

### WEBEX INFO

#### **JOIN BY VIDEO**

**MEETING NUMBER (ACCESS CODE): 2632 170 1675**

**MEETING PASSWORD: WB2022**

#### **JOIN BY PHONE**

**+1-408-418-9388**

**ACCESS CODE: 2632 170 1675**

**HOST PIN: 1975**

## FRIDAY

**AA MEETINGS:  
8:30 AM - 9:30 AM**

### WEBEX INFO

#### **JOIN BY VIDEO**

**MEETING NUMBER (ACCESS CODE): 2633 298 7088**

**MEETING PASSWORD: AA2022**

#### **JOIN BY PHONE**

**+1-408-418-9388**

**ACCESS CODE: 2633 298 7088**

**HOST PIN: 1975**

**\*TEMPERATURE CHECKS AND FACE MASKS WILL BE REQUIRED\***

**Please contact Christina Luna or Cassy Deleon Guerrero to reserve your spot! 520-884-7131**



## TUCSON INDIAN CENTER 2 SPIRIT OF TUCSON

MEETINGS ARE NOW  
**EVERY 2ND MONDAYS OF**  
**EVERY MONTH!**

**NEXT MEETING:  
MONDAY APRIL 11TH, 2022  
5:00PM-6:30PM**

**To join online via WebEx or Walk-in, 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**

# NATIVE YOUTH COALITION

IN PERSON OR VIRTUAL THROUGH WEBEX

*Time*  
**4:30 PM -  
5:30 PM**



*Dates*  
**APRIL 5TH  
APRIL 19TH**



Contact Olivia Echave For  
More Information

520-884-7131 ext. 2226  
[OECHAVE@ticenter.org](mailto:OECHAVE@ticenter.org)



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



Tucson Indian Center's  
**HEALTH EDUCATION**



Now every  
Thursday 10am-  
11:30am. No more  
Wednesdays.

You will no longer  
be able to login  
through WebEx. To  
Join please call!



TO JOIN BY PHONE  
PLEASE CALL  
MARLENE F. JOSE:  
520-884-7131 EXT.2238  
OR  
MJOSE@TICENTER.ORG



FOR MORE  
INFORMATION FOR THE  
APRIL ELDER'S  
MONTHLY LUNCHEON  
PLEASE CALL  
**MARLENE F. JOSE:**  
**520-884-7131 EXT. 2238**



# APRIL 2022

## Group Nutrition Class

**April 12th at 10:00 AM**

## 1x1's with Dietician

**April 7th & 21st at 10:00 AM**

**Nutrition class and individual nutrition consultations  
will be with registered Dietician Nutritionist, Dominique Henry**

**Contact Christine Chavez for more information,  
520-884-7131 ext. 2235**







# Tucson Indian Center Financial Assistance Program



## Rental, Utilities, & Mortgage Assistance

Tucson Indian Center (TIC), in collaboration with Pima County Government, is excited to announce a new financial assistance program. The Federal Emergency Management Agency (FEMA) - Coronavirus Aid, Relief, and Economic Security (CARES) Act Program will assist eligible participants impacted by the economic consequences and hardships of the COVID-19 Pandemic by providing a one-month mortgage/rental and/or utility service(s).



### **Requirements and Documents needed:**

- Reside in Pima County of Arizona
- Applicant's state issued photo I.D.
- Copies of all current or past due Month Rent/Mortgage Invoice
  - Rental or Mortgage late notice
- Copies of all current or past due Utilities Invoices
  - Gas
  - Electric
  - Water
  - Sewer
  - Propane

If you reside in Pima County, you may apply.  
(\*\*This program is NOT limited to Native Americans/American Indians.)

### **\*Monday's only**

\*The **1st (10) callers** will be accepted from 8:00am-10:00am only

\*All calls received prior to 8:00am **will NOT** be considered

\*Case Managers will only **take the first (10)** callers

\*Case Managers will screen the caller and provide them with information on the program, process, and required documents

\*Case Managers will schedule a time/date for an intake (FEMA)

\*Appointments are same week Tuesday, Wednesday, and Thursday only

**All FEMA calls must go through the Tucson Indian Center cell phone # 520-331-7130 only**

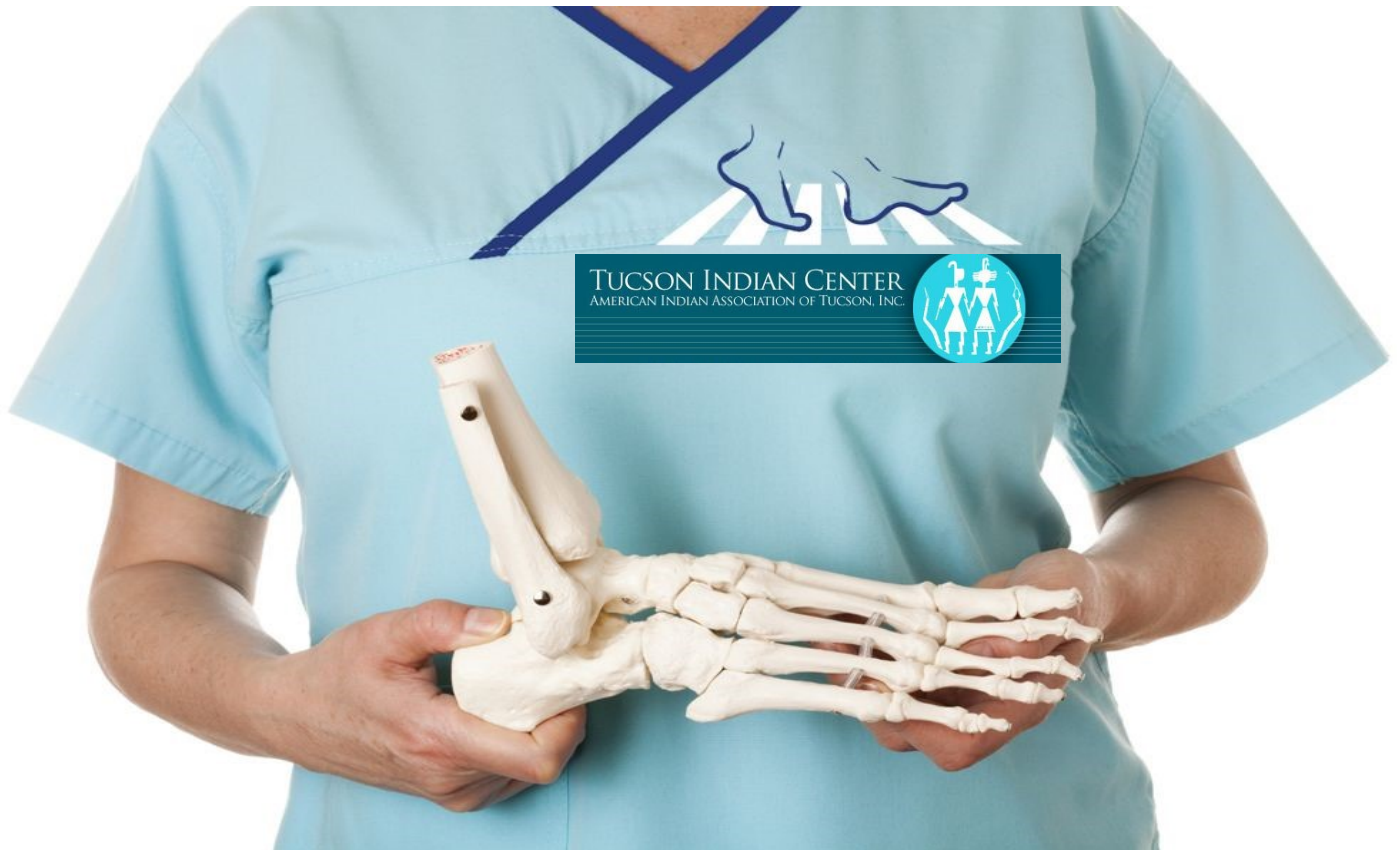


Tucson Indian Center  
160 N. Stone Ave.  
Social Services Dept.

Jerry R Romero  
Tiffany SantaMaria  
**520-331-7130**







# Podiatry Workshops with

**Dr. Steven Gillespie**

TIME

FRIDAY

**2:00 PM**

**April 1, 2022**



**Participants MUST be enrolled as a Tucson Indian Center client AND registered in the Special Diabetes Program for Indians (SDPI).**

**Contact: Christine Chavez, Diabetes Prevention Specialist  
520-884-7131 ext. 2235 or [cchavez@ticenter.org](mailto:cchavez@ticenter.org) to reserve your spot!**



## Tucson Indian Center Staff

Executive Director <b>Jacob Bernal</b> Chemehuevi	Operations Director <b>Evelyn Ybarra-Pablo</b> Pascua Yaqui	Finance Director <b>Michael E. Spotted Wolf</b> Seminole/Creek/Hidatsa
Admin Support & Resources Coordinator <b>Margie Merendo</b>	Admin Support & Resources Clerk <b>Jorge Molina</b>	Finance Clerk <b>Honey Ignacio</b> Tohono O'odham
Facilities Management Assistant <b>Melissa Loesch</b>	Operations Admin Support Clerk <b>Jessica Blancas</b>	Finance Accountant <b>Vacant</b>

## Wellness Department

Wellness Director <b>Veronica Boone</b> Laguna Pueblo/Navajo	Wellness Operations Manager <b>Dearlynn Crank</b> Navajo	Community Cultural Specialist & Educator <b>Abraham Campos</b>
Wellness Case Manager <b>Christina Luna</b>	Community Health Representative <b>Marcella Delgado</b> Tohono O'odham	Youth & Community Health Educator <b>Olivia Echave</b>
Wellness Case Manager <b>Cassey Deleon Guerrero</b>	Native Connections Project Coordinator <b>Drew Harris</b> Tohono O'odham	Transportation & Medical Records Specialist <b>Allen Jose</b> Tohono O'odham
Health Promotion Specialist <b>Marlene F. Jose</b> Tohono O'odham		
Diabetes Prevention Specialist <b>Christine Chavez</b> Pascua Yaqui		

## Health Services Department

Health Director <b>Phoebe Cager</b> Yup'ik	Medical Director <b>Dr. Peter Ziegler</b>	HSD Admin. & Outreach Assistant <b>Vacant</b>
Outreach Manager <b>Dylan Baysa</b> Choctaw	Medical Business Office Manager <b>Tricia Clark</b>	COVID-19 Community Health Representative <b>Leslie Van Hoy</b>
	Medical Records Clerk <b>Kathy Perez</b> Pascua Yaqui	COVID-19 Community Health Representative <b>Nickolis Joe</b>

## Social Services Department

Social Services Director <b>Rose Grijalva</b>	Employment Case Manager <b>Estella Tarin</b>
Intake & Supportive Services Case Manager <b>Jerry R. Romero</b> Tohono O'odham	Case Manager & Community Outreach Specialist <b>Tiffany SantaMaria</b>

*Native Voice is Published by the American Indian Association of  
Tucson D.B.A. Tucson Indian Center*

## Tucson Indian Center Board of Directors

Chairman  
**Alexander Lewis**  
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  
**Vacant**

Board Member  
**Ned Norris**  
Tohono O'odham

## Tucson Indian Center Advisory Council

**Melissa Cota**  
Tohono O'odham  
**Julian Hernandez**  
Pascua Yaqui  
**Olivia Villegas-Liston**  
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.**

## Reminders & Announcements

### Save the Date:

Take Down Tobacco , April 1st & Community Healing Event, April 23rd @9AM

- 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
- 2 Spirit of Tucson - April 11th, 2022 @5:00 pm—6:30 pm Contact: Marlene F. Jose
- Health Education—Thursdays @ 10:00am-11:30am—Contact: Marlene F. Jose
- Tai Chi—Wednesdays @ 10:00am—11:00am—Contact: Christine Chavez
- Elders Luncheon - Please Call for April—Contact: Marlene F. Jose
- Native Sisters in Recovery - Thursdays @ 4:15pm—5:15pm—Contact: Christina Luna
- Native Youth Coalition— April 5th and 19th @ 4:30 pm—5:30 pm—Contact: Olivia Echave
- 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 Drew Harris at (520) 884-7131 ext. 2236 or [dharris@ticenter.org](mailto:dharris@ticenter.org).*