



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

May 2022

VOLUME 40 ISSUE 1

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

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

## WOMEN'S DAY 2022

### *Menopause & Osteoporosis*

 Signs and Expectations

 How to Cope

 Our Traditions

 Food & Nutrition

FIRST 100 FEMALE  
CLIENTS IN PIMA  
COUNTY TO REGISTER  
WILL RECEIVE  
AN EVENT THEMED  
CARE PACKAGE IN THE  
MAIL!

Join us virtually on  
**Wednesday,  
May 4th 2022  
@ 2:00PM**  
Register here



*For more info contact:*

**Christina Luna**  
Wellness Case Manager  
520-884-7131 ext. 2229  
[cluna@ticenter.org](mailto:cluna@ticenter.org)

**Cassandra Deleon Guerrero**  
Wellness Case Manager  
520-884-7131 ext. 2247  
[cdeleon@ticenter.org](mailto:cdeleon@ticenter.org)

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## **NATIVE SUMMER SPIRIT YOUTH PROGRAM**

**Session 1: July 12th-15th, Ages 8-12.**

**Session 2: July 20th-22nd, Ages 13-17.**

**Registration information & program details go to:**

**[HTTPS://WWW.TICENTER.ORG/NATIVE-SUMMER-YOUTH-PROGRAM/](https://www.ticenter.org/native-summer-youth-program/)**

**For more information contact:**

**Native Connections Project Coordinator  
Drew Harris; 520-8847131 ext 2236  
[Dharris@ticenter.org](mailto:Dharris@ticenter.org)**



TUCSON INDIAN CENTER'S

# FAMILY MENTAL WELLNESS CLASSES



AS A PART OF THE TUCSON INDIAN CENTER'S NATIVE CONNECTIONS GRANT'S SUICIDE PREVENTION EFFORTS. WE WILL BE OFFERING FAMILY MENTAL HEALTH & WELLNESS CLASSES.



In these classes we will offer **Traditional Basket Weaving**, **Pottery Making**, **Traditional Harvesting**, **Family trips**, and much more family building activities. **Registration is required.** To sign-up please contact Program Coordinator listed below.



**DREW HARRIS**

**NATIVE CONNECTIONS PROJECT COORDINATOR**

**[DHARRIS@TICENTER.ORG](mailto:DHARRIS@TICENTER.ORG)**

**520-884-7131 EXT 2236**







TUCSON INDIAN CENTER

**No Leadership  
Classes in May.  
Classes will  
resume in June  
and July.**

FOR MOR INFORMATION:

JERRY ROMERO 520-884-7131 EXT. 2209

JROMERO@TICENTER.ORG



## TRANSPORTATION & MEDICATION DELIVERIES

TO SCHEDULE TRANSPORTATION OR  
MEDICATION DELIVERY, CONTACT:

ALLEN JOSE

OFFICE PHONE: 520-884-7131 EXT.

2244

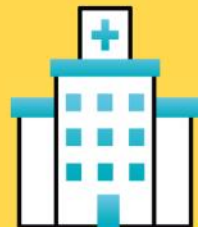
CELL PHONE: 520-331-7134

EMAIL: [AJOSE@TICENTER.ORG](mailto:AJOSE@TICENTER.ORG)  
OR

MARCELLA DELGADO

OFFICE PHONE: 520-884-7131 EXT. 2230

EMAIL: [MDELGADO@TICENTER.ORG](mailto:MDELGADO@TICENTER.ORG)



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

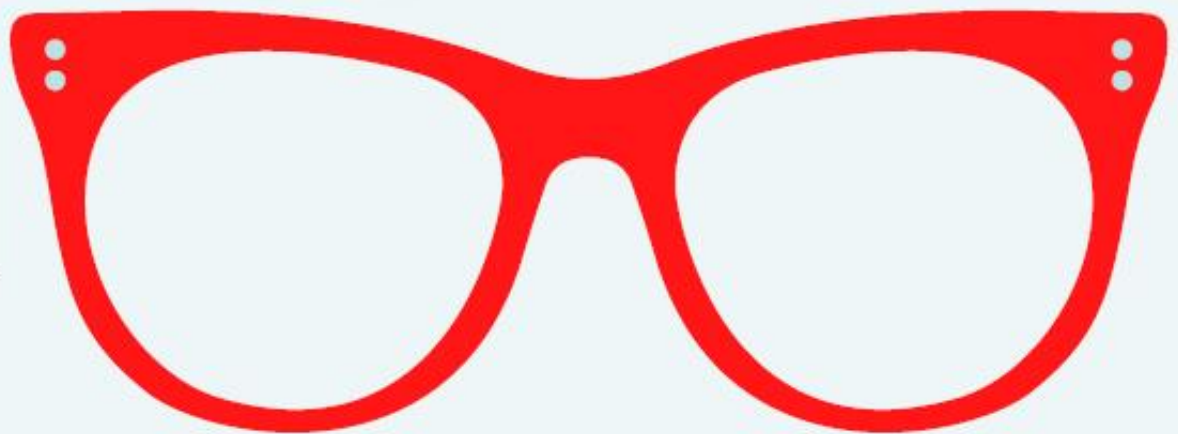
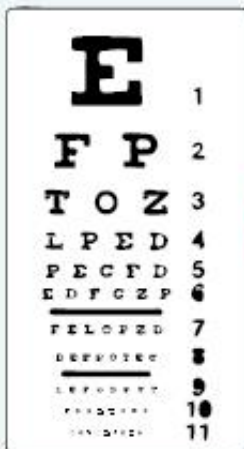
Accommodations will be made with IHOPE with 2 days advanced notice.





**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).

## May 2022 Job Club Schedule

Xavier Plelaez Veterans Workforce Specialist Arizona @ Work Innovative Workforce Solutions May 5, 2022 Time: 10:00 AM-11:00 AM	Cheryl Lorentine-Grant 520-654 -4203 HR Specialist Desert Diamond Casino May 12, 2022 Time: 10:00 AM-11:00 AM
Brenda Trujillo Human Resources Supervisor Pima County May 19, 2022 Time: 10:00 -11:00 AM	Christopher Carusona II Fiduciary Trust Officer for Department of Interior, Bureau of Trust Funds Administration May 26, 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**



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

**Next Meeting:  
Monday May 9th, 2022  
5:00pm-6:30pm**



**To join online via WebEx or Walk-in, send your email address to  
Marlene F. Jose at [mjose@nicenter.org](mailto:mjose@nicenter.org).  
Any additional information contact Marlene at 520-884-7131 ext. 2238**

*Tucson Indian Center's*

# Native Youth Coalition

In person or virtually through WebEx

*Time:*

4:30pm to 5:30pm



*Dates:*

**May 3rd,  
May 17th,  
May 31st.**

**For more info:**

**520-884-7131**





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 MAY ELDER'S MONTHLY  
LUNCHEON PLEASE CALL  
MARLENE F. JOSE:  
520-884-7131 EXT. 2238



# MAY 2022



**Group Nutrition Workshop**  
May 10th at 10:00 AM

**Individual Consultations**  
May 5th and 19th

**Group 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**



**FEMA**



Coming in  
July 2022

Dial 988

from any phone to get help.

If you need immediate help now,  
Text **INDIGENOUS** to 741741.



CRISIS  
TEXT LINE





## Tucson Indian Center Staff

Executive Director <b>Jacob Bernal</b> Chemehuevi	Operations Director <b>Vacant</b>	Finance Director <b>Michael E. Spotted Wolf</b> Seminole/Creek/Hidatsa
Admin Support & Resources Coordinator <b>Margie Merendo</b>	Admin Support & Resources Clerk <b>Vacant</b>	Staff Accountant <b>Honey Ignacio</b> Tohono O'odham
Facilities Management Assistant <b>Melissa Loesch</b>	Operations Admin Support Clerk <b>Vacant</b>	Accountant Clerk <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>Vacant</b>
Wellness Case Manager <b>Christina Luna</b>	Community Health Representative <b>Marcella Delgado</b> Tohono O'odham	Youth & Community Health Educator <b>Vacant</b>
Wellness Case Manager <b>Cassandra 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 <b>Alexander Lewis</b> Tohono O'odham
Vice Chairman <b>Mark Bahti</b>
Treasurer <b>Yolanda Molina</b> Pascua Yaqui
Board Member <b>Amalia Reyes</b> Pascua Yaqui
Board Member <b>Keyna Gutierrez</b> Tohono O'odham
Board Member <b>Vacant</b>
Board Member <b>Ned Norris</b> Tohono O'odham
<b>Tucson Indian Center Advisory Council</b>
<b>Melissa Cota</b> Tohono O'odham
<b>Julian Hernandez</b> Pascua Yaqui
<b>Olivia Villegas-Liston</b> 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:**

**Women's Day, 5/4/2022 at 2PM and World No Tobacco Day, 5/31/2022 at 4:30PM-5:30PM**

- **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 - May 9th, 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 May dates**—Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays @ 4:15pm—5:15pm**—Contact: Christina Luna
- **Native Youth Coalition— May 3rd, 17th, and 31st @ 4:30 pm—5:30 pm**—Contact: TBD
- **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).*