




TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

November 2022

VOLUME 40 ISSUE 11

www.ticenter.org


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



**2022
Native American Family Wellness Day**

Be Active
Take charge of your life

First 200 Participants
that reside in Pima
County receive an
event themed care
package!




REGISTER

NOVEMBER 4TH @ 10AM

Virtual Event, going live on our
Facebook page and website

**NATIVE
AMERICAN
FAMILY
WELLNESS DAY**

Diabetes Prevention Month!
Virtual 5K Run/Walk
For additional info about the 5k
run/walk, contact
Christine Chavez
ext 2235 or
cchavez@ticenter.org



MORE INFORMATION?

(520)884-7131
www.ticenter.org

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SOBRIETY SUPPORT GROUPS TUCSON INDIAN CENTER



PLEASE JOIN IN PERSON OR VIRTUALLY WEBEX.COM

NATIVE SISTERS IN RECOVERY



THU 4:15P - 5:15P

JOIN BY VIDEO (WEBEX)

MEETING #/ACCESS CODE: 2631 069 9436

MEETING PASSWORD: SISTER2022

JOIN BY PHONE 408-418-9388

ACCESS CODE: 2631 069 9436

HOST PIN: 1975

WHITE BISON



THU 5:30P - 6:30P

JOIN BY VIDEO (WEBEX)

MEETING #/ACCESS CODE: 2632 170 1675

MEETING PASSWORD: WB2022

JOIN BY PHONE 408-418-9388

ACCESS CODE: 2632 170 1675

HOST PIN: 1975

AA MEETING



FRI 8:30A - 9:30P

JOIN BY VIDEO (WEBEX)

MEETING #/ACCESS CODE: 2633 298 7088

MEETING PASSWORD: AA2022

JOIN BY PHONE 408-418-9388

ACCESS CODE: 2633 298 7088

HOST PIN: 1975

CALL CHRISTINA LUNA TO RESERVE YOUR SPOT 520-884-7131 160 N STONE AVE

Tucson Indian Center

Elder's Monthly Luncheon

(55 years and older)

Nov 16, 2022
12:00pm-300pm

RSVP with Marlene
(520)884-7131 ext 2238
mjose@ticenter.org



diaperbank
of Southern Arizona

FOR DIAPERS YOU MUST BRING:

- LINCENSE/ID
- CHILD'S BIRTH CERTIFICATE
- PROOF OF CUSTODIAL RIGHTS



OR SHOT RECORDS

LIMIT 75 DIAPERS,
25 PERIOD PRODUCTS
A MONTH



Tucson Indian Center



**COMMUNITY
FOOD BANK**
OF SOUTHERN ARIZONA

HOURS

MONDAY 11A-4P

TUESDAY-FRIDAY
9A-4P

FOR FOOD BANK YOU MUST BRING:

- LICENSE /ID
- ADDITIONAL
PROOF OF ADDRESS
(LIKE A PIECE OF MAIL
WITH YOUR NAME ON IT)



ONE FOOD BOX
PER HOUSEHOLD
A MONTH



Must call 520-884-7131 to set a pick up time

TUCSON INDIAN CENTER

RODNEY W. PALIMO, SR. CLINIC

**160. N STONE AVE
3RD FLOOR**

Weekly Vaccine Event

in partnership with Pima County Health Dept.

Every Wed, 3:00p-5:30p

Registered

Nurse Appointments

Preventative Health Screenings

in partnership with UA Mobile Health and
College of Family & Community Medicine

Every Tues 2p-7p & Thu 10a-3p

Women, Infants and Children (W.I.C) Clinic

in partnership with Tohono O'odham Nation

9/2, 9/21, 10/7, 10/19, 11/4, 11/30.

(10:00a-3:00p)



Additional Services:

- Transportation
- Home Visits
- At-home COVID-19 Test Kits
- Care Packages & COVID-19 Supplies
- Quarantine Support
- Education
- Welfare Checks
- Case Management

Contact Us!

(520)884-7131

health@ticenter.org



COLLEGE OF MEDICINE TUCSON

**Family & Community
Medicine**



Tucson Indian Center

COVID-19

Free to the public Vaccination Event

**Moderna (ages 18+) Pfizer (ages 12+)
NOVAVAX (ages 12+) Flu Shots!**

**Offering new variant-specific boosters that
target the original strain & Omicron subvariants**

**The CDC recommends the updated booster if it has been at
least 2 months since you completed your primary series or
received a dose of the original booster**



**This is a partnership between the Tucson Indian
Center and Pima County Health Department**



**Wednesdays
3pm-5:30pm**

**Contact
Leslie Van Hoy
520-884-7131
ext 2248**

Registered Nurse Appointments Preventative Health Screenings

WHEN?

**TUESDAYS 2P-7P
THURSDAYS 10A-3P**

All of November, except the 24th

WHERE?

**160 N. STONE AVE
RODNEY W. PALIMO, SR. CLINIC
3RD FLOOR**

RESERVATIONS

**PLEASE MAKE AN APPT
with Leslie
(520)884-7131 ext 2248**

**This event is free and open to
enrolled Tribal members
residing in
Metropolitan Tucson.**

15 Slots Available!

- Height
- Weight
- Blood Pressure
- Glucose
- A1C (If needed)
- Cholesterol

**CONTACT US!
HEALTH@TICENTER.ORG**

**In partnership with UA
Mobile Health and
College of Family &
Community Medicine**



**COLLEGE OF MEDICINE TUCSON
Family & Community
Medicine**

NEED A JOB?



WE CAN HELP!

- Job Network
- Resume Workshops
- Leadership Classes
- Job Readiness Training
- And Much More!



New Client Orientation

Mondays
11am-12pm

Job Club

Thursdays
10am-11am

November Job Schedule

- | | |
|-----------------|--|
| • November 3rd | • Laura Gomez (Tucson Medical Center) |
| • November 10th | • CLOSED (No Job Club) |
| • November 17th | • Brenda Trujillo (Human Resources Supervisor) |
| • November 24th | • CLOSED (No Job Club) |



@ 160 N Stone Ave
Tucson AZ 85701



Call: 520-884-7131

Stella Tarin
starin@ticenter.org

Jerry Romero
jromero@ticenter.org

TUCSON INDIAN CENTER

HEALTH EDUCATION

EVERY THURSDAY, 10:30AM-12:00PM



**RSVP, or contact for
additional information**

Marlene F. Jose
(520)884-7131 ext 2238
mjose@ticenter.org

2 Spirit of Tucson

TUCSON INDIAN CENTER

Walk-in & Webex/Meetings
Every 2nd Monday of the Month
Next Meeting: Nov 14, 2022
5:30pm-7:00pm

To join please contact
MARLENE F. JOSE

(520)884-7131 ext. 2238
mjose@ticenter.org



Transportation & Medication Deliveries



To
schedule
please
call:

Allen Jose

**520-884-7131
ext 2244**

AJose@ticenter.org

Cell: 520-331-7134

Marcella Delgado, CHR

**520-884-7131
ext 2230**

MDelgado@ticenter.org

Calling for medication pick up?

We will pick up your medication the next day (weekends excluded)

- For clients 55+, medications can be delivered to your house
- For clients under 55, medication can be brought to TIC for pick up
- **There will be no transport or medication delivery on Mondays**

Accommodations will be made with IHOPE 2 days advanced notice

160 N Stone Ave Tucson AZ 85701

MARGUERITE CASEY FOUNDATION

LEADERSHIP CLASSES TUESDAYS IN NOVEMBER 2022

Nov 1st ----- 2:00p-4:00p
Nov 15th ----- 2:00p-4:00p
Nov 22nd ----- 2:00p-4:00p
Nov 29th ----- 1:00p-4:00p

Communication, Responsibility,
Contribution, Teamwork,
Management



Jerry R. Romero
jromero@ticenter.org

Tucson Indian Center
160 N Stone Ave, 2nd Floor



Diabetes Case Management

Blood Pressure, A1c, Cholesterol,
Height, Weight, BMI, physical and
nutrition education, medication
management and gym area!

1 on 1 Sessions!

Contact Christine!

cchavez@ticenter.org
(520)884-7131 ext 2235



Online Diné Language Classes

NOV 2ND, 2022- DECEMBER 21ST, 2022

WEDNESDAYS
4 PM - 5 PM

"Yá'át'ééh!"
with Geneva
Johnson

Contact Nick for
Additional Info
njoe@ticenter.org
(520)884-7131 ext. 2245

Limited Spaces Available



Squash and Tomato Soup (W/Grilled Cheese)

Directions

1. Halve, and remove seeds from Squash. Cut off top of garlic. Drizzle olive oil, salt and pepper. Roast at 375 F for 40 min.
2. In a large pot, add butter, onions and tomatoes, cook until onions are translucent, and tomatoes are tender. Add pinch of salt, stir in tomato paste.
3. Add roasted squash and garlic, add veggie stock.
4. Add everything to a blender. Blend.
5. Lower temp, pour blended soup into pot. Add heavy cream, pepper, paprika, salt. Add basil, sage and rosemary. Cover and simmer while making Grilled Cheese



Courtesy of Eating Well

Ingredients

- 1 Tohono O'odham Squash (Butternut works too)
- 4 Roma Tomatoes
- 1 tbsp tomato paste
- 1 bulb Garlic
- 1/2 cup Onion
- 1/2 cup heavy cream (or coconut milk)
- 1 1/2 cup chicken broth
- Salt, Pepper, Tumeric, Paprika
- Rosemary, Basil, Sage

Additional Info: Contact Nick Joe
njoe@ticenter.org

MEET THE STAFF



DYLAN BAYSA
GRANTS & SERVICES MANAGER,
HEALTH SERVICES DEPT

• What has been your favorite project at Tucson Indian Center?

My favorite project at Tucson Indian Center has to be the Health Services Department's Partnership Vaccine POD efforts earlier this year. We worked with our partners from TON, and Principals in the BIE school districts to support vaccine efforts and provide partnership vaccine PODs to the community. As part of our partnership with "Partners In Health", we were able to provide \$50 gift cards to over 400 individuals receiving their COVID-19 vaccines in March of 2022.

• What kinds of hobbies and interests do you have outside of work?

My favorite thing to do is make my daughter laugh, but I also really enjoy trying to teach her new things. I also like to relax by riding my motorcycle up Mt. Lemon while taking in the scenery and looking for good hiking spots.

• You are happiest when...

I am happiest when surrounded by friends, family, good food and good jokes. I love to laugh and it's even better when in good company!

Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

Human Resource Manager
Michael Mulligan

Finance Director

Finance Director
Michael E. Spotted Wolf
Seminole/Creek/Hidatsa

Admin Support & Resources
Coordinator
Margie Merendo

Operations Manager
Vacant

Staff Accountant
Honey Ignacio
Tohono O'odham

Facilities Management Assistant
Melissa Loeschen

Operations Admin Support Clerk
Cheyenne Gardner

Accountant Clerk
Claudia Oldman
Navajo

Wellness Department

Wellness Director
Veronica Boone
Laguna Pueblo/Navajo

Wellness Operations Manager
Vacant

Youth & Community Health
Educator
Jordan Upshaw
Navajo

Wellness Case Manager
Christina Luna

Community Health Representative
Marcella Delgado
Tohono O'odham

Transportation & Medical Records
Specialist
Allen Jose
Tohono O'odham

Wellness Case Manager
Elan Baysa
Choctaw

Health Promotion Specialist
Marlene F. Jose
Tohono O'odham

Native Connections Project
Coordinator
Vacant

Diabetes Prevention Specialist
Christine Chavez
Pascua Yaqui

Prevention & Education Specialist
3 Vacancies

Advocate
Vacant

Community Cultural Specialist
Nickolis Joe
Navajo

Health Services Department

Health Director
Phoebe Cager
Yup'ik

Medical Director
Dr. Peter Ziegler

HSD Admin Assistant
Delaine Tyner

Outreach Manager
Dylan Baysa
Choctaw

Medical Business Office Manager
Vacant

COVID-19 Community Health Rep-
resentative
Leslie Van Hoy

Medical Records Clerk
Kathy Perez
Pascua Yaqui

COVID-19 Community Health Rep-
resentative
Reanna Garcia

Social Services Department

Social Services Director
Tiffany SantaMaria

Employment Case Manager
Estella Tarin

Case Manager & Community Out-
reach Specialist
Vacant

Intake & Supportive Services Case
Manager
Jerry R. Romero
Tohono O'odham

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American Indian Association of Tucson, Inc.



Tucson Indian Center

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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:

Nov 4th, 2022– Native American Family Wellness Day

Upcoming Events:

Dec 9th, 2022– Winter Wellness Wonderland

Dec 13th, 2022– Elders Holiday Luncheon

- New Client Orientation - Every Monday 11:00am-12:00pm—Contact: Tucson Indian Center
- 2 Spirit of Tucson - November 14th, 2022 @5:30 pm—7:00 pm Contact: Marlene F. Jose
- Health Education—Thursdays @ 10:30am-12:00pm—Contact: Marlene F. Jose
- Elders Luncheon - November 16th, 2022 @12:00 pm—Contact: Marlene F. Jose
- Native Sisters in Recovery - Thursdays @ 4:15pm—5:15pm—Contact: Wellness Case Managers
- White Bison Recovery Group - Thursdays @5:30 pm—6:30pm—Contact: Wellness Case Managers
- AIIR (American Indians in Recovery) AA Mtgs. - Fridays @ 8:30 am- 9:30 am—Contact: Wellness Case Managers
- Native Youth Coalition— November 1st, 15th, 29th @ 4:30 pm—5:30 pm—Contact: Jordan Upshaw
- Weekly COVID-19 Vaccinations — Wednesdays @3:00pm-5:00pm — Contact: Health Services Department



**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