

# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

November 2022

VOLUME 40 ISSUE 11

www.ticenter.org

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

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Native Wellness Voice



# SOBRIETY SUPPORT GROUPS TUCSON INDIAN CENTER



PLEASE JOIN IN PERSON OR VIRTUALLY WEBEX.COM

# NATIVE SISTERS IN RECOVERY





AA MEETING

FRI 8:30A - 9:30P

## JOIN BY VIDEO (WEBEX) MEETING #/ACCESS CODE: 26310699436

MEETING PASSWORD: SISTER2022

JOIN BY PHONE 408-418-9388 ACCESS CODE: 2631 069 9436

HOST PIN:

1975

# 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

# JOIN BY VIDEO (WEBEX)

MEETING #/ACCESS CODE: 2633 MEETING PASSWORD: AA

2633 298 7088 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** 

## 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)









KODNEY

### Additional Services:

- Transportation
- Home Visits
- At-home COVID-19Test 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

Native Wellness Voice

## Tucson Indian Center Free to the public COVID-19 Vaccination Event

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

Offering new variant-specific boosters that target the orginal strain & Omicrom 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 orignial booster

Wednesdays 3pm-5:30pm

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



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



## Registered Nurse Appointments Preventative Health Screenings

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

CONTACT US! HEALTH@TICENTER.ORG In partnership with UA Mobile Health and College of Family & Community Medicine

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



Family & Community Medicine



Native Wellness Voice

# 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

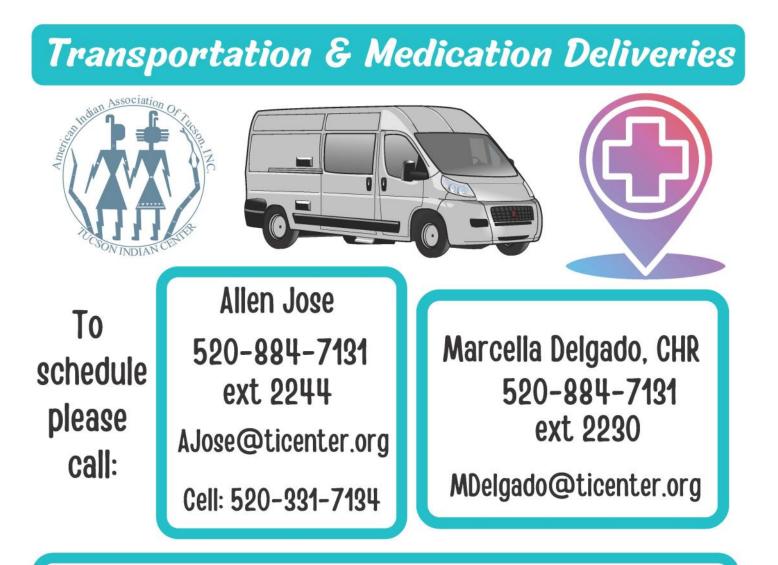
# 2 Spirit of Tycson TUCSON INDIAN CENTER

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





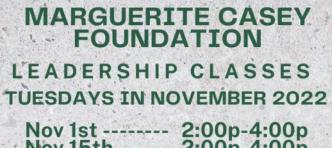
Calling for medication pick up?

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



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

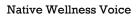
WEDNESDAYS 4 PM - 5 PM



"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

- 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)
- 11/2 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

Admin Support & Resources Coordinator Margie Merendo

Facilities Management Assistant Melissa Loeschen

> Wellness Director Veronica Boone Laguna Pueblo/Navajo

Wellness Case Manager Christina Luna

Wellness Case Manager Elan Baysa Choctaw

Health Promotion Specialist Marlene F. Jose Tohono O'odham

Prevention & Education Specialist 3 Vacancies

> Health Director **Phoebe Cager** Yup'ik

Outreach Manager **Dylan Baysa** Choctaw Human Resource Manager Michael Mulligan

> Operations Manager Vacant

Operations Admin Support Clerk Cheyenne Gardner

### Wellness Department

Wellness Operations Manager Vacant

Community Health Representative Marcella Delgado Tohono O'odham

> Native Connections Project Coordinator Vacant

> > Advocate Vacant

Health Services Department

Medical Director **Dr. Peter Ziegler** 

Medical Business Office Manager

Vacant

Medical Records Clerk

Kathy Perez

Pascua Yaqui

Social Services Department

#### **Finance Director**

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

> Staff Accountant Honey Ignacio Tohono O'odham

Accountant Clerk **Claudia Oldman** Navajo

Youth & Community Health Educator Jordan Upshaw Navajo

Transportation & Medical Records Specialist **Allen Jose** Tohono O'odham

Diabetes Prevention Specialist Christine Chavez Pascua Yaqui

Community Cultural Specialist Nickolis Joe Navajo

HSD Admin Assistant
Delaine Tyner

COVID-19 Community Health Representative Leslie Van Hoy

COVID-19 Community Health Representative Reanna Garcia

Case Manager & Community Outreach Specialist **Vacant** 

#### Tucson Indian Center Board of Directors

Chairman

**Alexander Lewis** 

Tohono O'odham

Vice Chairman

Mark Bahti

Treasurer

Melissa Cota Tohono O'odham

**Board Member** 

Yolanda Molina

Pascua Yaqui

**Board Member** 

Amalia Reyes

Pascua Yaqui

**Board Member** 

Ned Norris Tohono O'odham

Tucson Indian Center Advisory Council Julian Hernandez

Pascua Yaqui

**Olivia Villegas-Liston** 

Tohono O'odham

Social Services Director Tiffany SantaMaria Employment Case Manager Estella Tarin

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

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

### **American Indian Association**



of Tucson, Inc.

### **Tucson Indian Center**

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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**



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
- AllR (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