



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

December 2022

VOLUME 40 ISSUE 12

www.ticenter.org

Tucson Indian Center will be closed Dec 23rd, 2022-Jan 2nd, 2023

*Winter
Wellness
Wonderland*

December 9, 2022
6:00PM - 8:00PM

PICTURES
WITH SANTA

LIGHT MEAL

GAMES

HEALTH EDUCATION

Inside this issue:

| | |
|---|----|
| Winter Wellness Wonderland | 1 |
| Sobriety Support Groups | 2 |
| Toys for Tots Food and Diaper Bank | 3 |
| Rodney W. Palimo, Sr. Clinic | 4 |
| Weekly Wednesday Vaccine Event Registered Nurse Appointments | 5 |
| WIOA Program | 6 |
| Health Education 2 Spirit of Tucson | 7 |
| Transportation | 8 |
| Native Youth Coalition Diabetes Management Gardening Club | 9 |
| Recipe Meet the Staff | 10 |
| TIC Staff | 11 |
| Announcements | 12 |

Armory Park Center | 220 S. 5th, Ave
Tucson, AZ 85701

Contact Marlene F. Jose for more information, 520-884-7131.



***Masks Required* TIC COVID-19 Screenings & temperature checks for event**



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



Toys for Tots



Call now!
(520)884-7131



diaperbank
of Southern Arizona



**COMMUNITY
FOOD BANK**
OF SOUTHERN ARIZONA

FOR DIAPERS YOU MUST BRING:

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



OR SHOT RECORDS



LIMIT 75 DIAPERS,
25 PERIOD PRODUCTS
A MONTH



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

**Fri 12/2, and Wed 12/21
(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

Free to the public COVID-19 Vaccination Event

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

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

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

**Contact
Kathy Perez
520-884-7131
ext 2225**

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**



Registered Nurse Appointments

Preventative Health Screenings

WHEN?

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

All of November, except the 24th

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

WHERE?

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

RESERVATIONS

**PLEASE MAKE AN APPT
with Kathy
(520)884-7131 ext 2225**

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

December Job Schedule

- | | |
|-----------------|---|
| • December 1st | • Laura Gomez (Tucson Medical Center) |
| • December 8th | • Leo Verdugo AZ @ Innovative Workforce Solutions |
| • December 15th | • Brenda Trujillo (HR Supervisor for Pima County) |
| • December 22nd | • Dimitry Adamia (City of Tucson) |
| • December 29th | • Closed |



@ 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 (LGBTQ2S)

TUCSON INDIAN CENTER

In-Person
2nd Monday of the Month
Next Meeting: Dec 12, 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



NATIVE YOUTH COALITION

Giving Native Youth an opportunity to advance wellness, cultural, and leadership initiatives in their communities

**PEER EDUCATION
CULTURAL ENGAGEMENT
COMMUNITY SERVICE**

Ages 8 - 17 yrs
Monthly Meetings, Tuesdays
4:30 p.m. - 5:30 p.m.
Virtual & In-Person

Contact

JORDAN UPSHAW
(520) 884 -7131 | EXT. 2227
JUPSHAW@TICENTER.ORG
TUCSON INDIAN CENTER
160 N STOVE AVE, TUCSON AZ 85701

Next Meeting: Dec 6th & Dec 13th



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



TUCSON INDIAN CENTER *Gardening Club*

in partnership with Ajo CSA and Mission Gardens

Every **3rd Sat** of the month at

Mission Garden:

946 W Mission Ln,

Tucson, AZ 85745

NEXT MEETING DEC 17TH

9:00A-10:30A





Courtesy of Ramona Farms,
Ramona Button

Directions:

1. Put all ingredients into a crockpot
2. Add 4 quarts of water, 2 quarts of chicken, beef or vegetable stock.
3. Cook 10 hours or until beans are soft

White Tepary Bean Winter Soup

Ingredients:

- 2 lbs cleaned and rinsed white tepary beans
- 2 tsp oregano
- 2 quarts stock (beef, chicken or vegetable)
- 3 cloves garlic minced
- 2 bay leaves (remove when done)
- 2 tsp crushed red pepper
- 1 tsp black pepper
- 1 tsp cumin
- 1 tbs salt

Optional Ingredients:

- 1/2 cup carrots diced – add 1/2 hour before beans are done.
- 1/2 cup celery chopped – add 1/2 hour before beans are done.
- 1/4 cup onion minced – add 1/2 hour before beans are done

Additional Info: Contact Nick Joe
njoe@ticenter.org

MEET THE STAFF



FRANCES ALVAREZ
PREVENTION AND
EDUCATION SPECIALIST

- **What has been your favorite project at Tucson Indian Center?**

I'm fairly new, however I am looking forward to the Elders Holiday Luncheon. Elders are full of stories and experience and I absorb so much from them, they are vital to us in every way.

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

I love exploring and traveling and trying new things, new foods new places

- **You are happiest when...**

I am around my family and friends, building priceless memories.

Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

Admin Support & Resources
Coordinator
Margie Merendo

Facilities Management Assistant
Vacant

Human Resource Manager
Michael Mulligan

Operations Manager
Vacant

Operations Admin Support Clerk
Vacant

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

Staff Accountant
Honey Ignacio
Tohono O'odham

Accountant Clerk
Claudia Oldman
Navajo

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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
Francis Alvarez
Pascua Yaqui

Wellness Operations Manager
Mark Gaxiola

Community Health Representative
Marcella Delgado
Tohono O'odham

Native Connections Project
Coordinator
Vacant

Prevention & Education Specialist
Nichole Adams

Advocate
Kateri Harris
Tohono O'odham

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

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Health Director
Phoebe Cager
Yup'ik

Outreach Manager
Dylan Baysa
Choctaw

Medical Director
Dr. Peter Ziegler

Medical Business Office Manager
Vacant

Medical Records Clerk
Kathy Perez
Pascua Yaqui

HSD Admin Assistant
Delaine Tyner

COVID-19 Community Health Rep-
resentative
Grace Salcido

COVID-19 Community Health Rep-
resentative
Vacant

Social Services Department

Social Services Director
Tiffany SantaMaria

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

Employment Case Manager
Estella Tarin

Case Manager & Community Out-
reach Specialist
Vacant

*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:

Dec 9th, 2022— Winter Wellness Wonderland

Dec 13th, 2022 – Elder's Holiday Luncheon

Upcoming Events:

Jan 20th, 2023— Winter Wellbriety Event

Jan 24th, 2023— Movie Screening at The Loft

Jan 25th, 2023— New Year, New You

- New Client Orientation - Every Monday 11:00am-12:00pm—Contact: Tucson Indian Center
- 2 Spirit of Tucson - December 12th, 2022 @5:30 pm—7:00 pm Contact: Marlene F. Jose
- Health Education—Thursdays @ 10:30am-12:00pm—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— December 6th, 13th @ 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

Seeking Vendors for Holiday Event for December 13th 9a.m-2 p.m. A temporary license is required for this event of \$50. Please contact Marcella Delgado if interested mdelgado@ticenter.org or 520-884-7131 ext. 2230