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

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

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

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

For additional information, contact Margie Moreno! mmerendo@ticenter.org
160 N Stone Ave
Tucson, AZ 85701

Call now!
(520)884-7131

Tucson Indian Center

For Diapers You Must Bring:
• LICENSE/ID
• CHILD’S BIRTH CERTIFICATE
• PROOF OF CUSTODIAL RIGHTS

Limit 75 Diapers, 25 Period Products a Month

For Food Bank You Must Bring:
• LICENSE/ID
• ADDITIONAL PROOF OF ADDRESS (LIKE A PIECE OF MAIL WITH YOUR NAME ON IT)

Must Call 520-884-7131 to Set a Pick up Time

January 03, 2020 - Desert Diamond
January 10, 2020 - Dependable Health Services
January 17, 2020 - Veterans Workforce
January 24, 2020 - Pima County
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

Native Wellness Voice
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 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.

Contact
Kathy Perez
520-884-7131 ext 2225

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

**WHERE?**

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

**RESERVATIONS**

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

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

Native Wellness Voice
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
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.

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

Additional Info: Contact Nick Joe
njoe@ticenter.org

MEET THE STAFF

• 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.
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
- AllR (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