

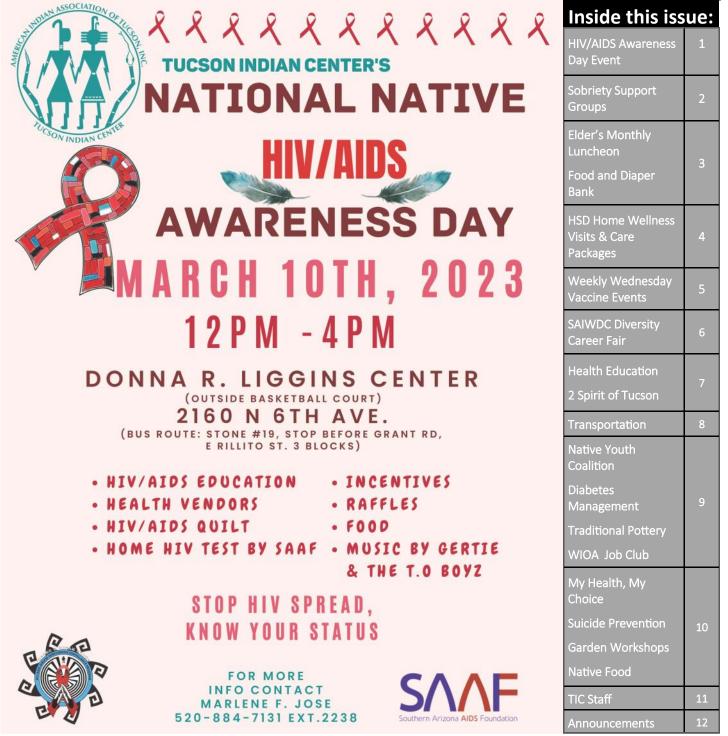
## TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

March 2023

VOLUME 41 ISSUE 3

#### www.ticenter.org

#### Office open 8:00am-5:00pm





## 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

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## **ELDER'S** MONTHLY LUNCHEON (55 AND OLDER)

12:00PM-3:00PM MAR 29TH, 2023

### **RSVP WITH** MARLENE



520-887-7131 ext 2238

mjose@ticenter.org





 CHILD'S BIRTH CERTIFICATE PROOF OF CUSTODIAL RIGHTS

**OR SHOT RECORDS** 

LIMIT 75 DIAPERS. 25 PERIOD PRODUCTS

A MONTH



MONDAY 11A-4P

TUESDAY-FRIDAY

COMMUNITY ) BANK OF SOUTHERN ARIZONA

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

#### **Tucson Indian Center** Home Wellness Visits! Services for Home Wellness Visits Health and Wellness Screenings · BP & Pulse Covid-19 Services · Oxygen sats. · Blood Glucose Levels • Transportation to Medical, Weekly Wellbeing Testing/Vaccine Check-Ups **Appointments** Support Reaching • Testing Kits Health Goals Supplies Education SCAN ME For more Information Contact Health Services. Belinda/Grace 520-884-7131 160 N. Stone Ave Tucson, AZ 85701

# Care Packages







PIMA COUNTY

HEALTH DEPARTMENT



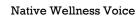
Health Services Department is offering

FREE Care Packages for Tribal Enrolled Clients.

Please Contact us for further information

Contact Us! (520) 884-7131 health@ticenter.org





Tucson Indian Center 160 N. Stone Ave Rodney W. Palimo, Sr. Clinic 3rd Floor

# MARCH COVID-19 FREE VACCINE EVENTS!

## Wednesdays 3p to 5:30p

### Mar. 1st, Mar. 8th, Mar. 15th, Mar. 22nd, & Mar. 29th

- Care Packages! 👍
- Moderna (ages 18+), Pfizer (ages 12+), NOVAVAX (ages 12+), & Flu Shots (18+)
- Variant Specific Boosters
  FREE to the PUBLIC TRO





Contact Us! (520) 884-7131 health@ticenter.org

Native Wellness Voice



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The Tucson Indian Center's 33rd SAIWDC Diversity Career Fair was held at the Desert Diamond Casino on January 18, 2023. The Diversity Career Fair was a successful event with forty employers and 250 job seekers in attendance. Over the past 33 years the Tucson Indian Center has given our Urban Native community the opportunity to meet reputable and well-established company representatives, and some of the most influential individuals in our community through our annual event.



Mary Segundo was awarded the Community Leader of the Year (2022) under the Marguerite Casey Foundation.







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Native Wellness Voice



## Health Education EVERY THURSDAY, 10:30AM-12:00PM

**RSVP**, or contact for additional information



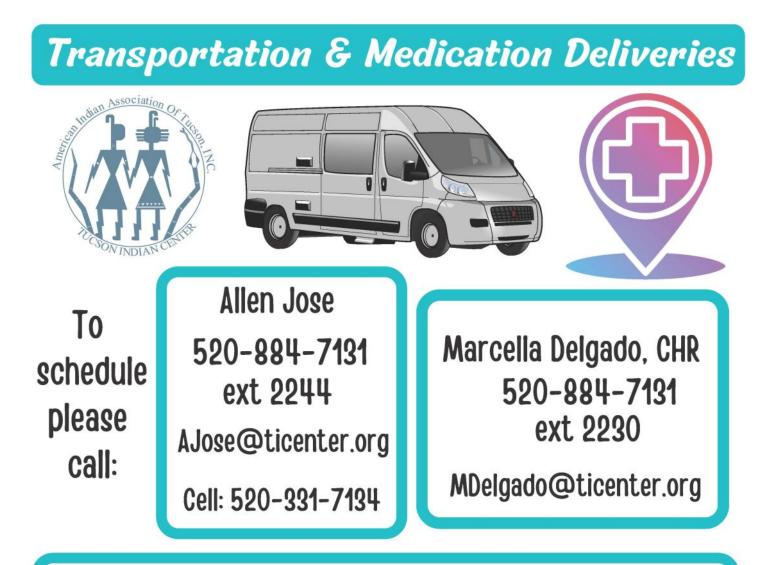
Marlene F. Jose (520)884-7131 ext 2238 mjose@ticenter.org

## **2 SPIRIT OF TUCSON** (LGBTQ2S) TUCSON INDIAN CENTER In-Person **2nd Monday of the Month** Next Meeting: Mar 13, 2023

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



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: Mar 7th & Feb 21st

#### Traditional Pottery Workshop

with Elizabeth Ortega



Every Wednesday, from Feb 8th - Mar 29th

Tucson Indian Center 160 N Stone Ave 2nd floor community room Limited Spaces Available! First come, first serve!

5:30pm-7:00pm

For additional information: Contact Nick at TIC (520)884-7131 njoe@ticenter.org



New Client Orientation is every Monday, from 11:00am to 12:00pm.

Job Clubs are every Thursday, from 10:00am to 11:00am.

#### March 2023 Job Club schedule

Dmitriy Adamia City of Tucson <b>March 2, 2023</b> Time: 10:00 AM-11:00 AM	Samuel Sepúlveda Allied Universal Security Services March 9, 2023 Time: 10:00 AM-11:00 AM
Veterans Workforce Specialist Arizona @ Work Innovative Workforce Solutions <b>March 16, 2023</b> Time: 10:00 AM-11:00 AM	Thomas Bartkowski Human Resources Coordinator <b>March 23, 2023</b> Time: 10:00 AM-11:00 AM
Veronica Lara Desert Diamond Casino <b>March 30, 2023</b> Time: 10:00 AM-11:00 AM	

### 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



Enrollment

includes:

Job referrals

**Resume workshops** 

Leadership classes

Job readiness training

#### TUCSON INDIAN CENTER

160 N. Stone Ave. Tueson, AZ 85701 (520) 884-7131 www.ticenter.org Please Contact: <u>Starin@icenter.org</u> Or Jromero@icenter.org

### MY HEALT IY CHOIC

**More Information:** 

### Suicide Prevention MARCH IS MENTAL INTELLECTUAL DISABILITY AWARENESS MONTH

HOPE FOR LIFE

According to CDC (2021): People with Disabilities (Mental, Physical) are 3x more likely to have suicidal ideation.

Connections & Support help prevent this! People with Intellectual Disabilities want all the relationships, even romantic ones!

Movie Suggestion to watch: I Am Sam (2001) Follow FB, Instagram and make other movie Suggestions. What supports do you have or know of? We can help find them!

Feeling Hopeless? suicide.prevention@ticenter.org Frances or Nichole

UCSON INDIAN CENTER

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5 sessions

Nopales



\*THURSDAYS\*

MAR 9TH-APR 27TH

Tucson Indian Center

160 N. Stone Ave

2:00pm-3:30pm

Blue Cor

Tepary Beans

Corn Mesquite Flour

REGISTER

For more information, contact Nick or Christine at TIC! (520)884-7131 njoe@ticenter.org navez@ticenter.org

Cholla Buds Squash

Edible Flowers



With Alex Peterson

Last Saturday of the Month

Iron Horse Community Garden 560 E 10th St, Tucson, AZ 85705

March 25th	9am-11am
April 25th	9am-11am
May 27th	9am-11am
June 24th	9am-11am

For additional information: **Contact Nick!** njoe@ticenter.org





Native Wellness Voice

#### **Tucson Indian Center Staff**

Executive Director Jacob Bernal Chemehuevi

Admin Support & Resources Coordinator Margie Merendo

Building Maintenance Safety Officer **Oscar Thorpe** 

> 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 Human Resource Generalist Jorge Molina

> Operations Manager Michael Mulligan

Operations Admin Support Clerk **Roxann Lozano** Pascua Yaqui/Tohono O'odham

#### Wellness Department

Wellness Operations Manager Mark Gaxiola

Community Health Representative Marcella Delgado Tohono O'odham

> Native Connections Project Coordinator Ramona Casillas Tohono O'odham

Prevention & Education Specialist Nichole Adams

Domestic Violence Advocate **Kateri Harris** Tohono O'odham

#### Health Services Department

Health Director Phoebe Cager Yup'ik

Grants & Services Manager Dylan Baysa Choctaw Medical Director Dr. Peter Ziegler

Medical Business Office Manager Vacant

> Medical Records Clerk Kathy Perez Pascua Yaqui

Delaine Tyner COVID-19 Community Health Representative

HSD Admin Assistant

**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

Health Promotion Specialist Angela Nasewytewa

Норі

**Grace Salcido** Tohono O'odham

COVID-19 Community Health Representative Belinda Cravalho

Case Manager & Community Outreach Specialist **Vacant**  Tucson Indian Center Board of Directors

Chairman

**Alexander Lewis** 

Tohono O'odham

Vice Chairman

Mark Bahti

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Melissa Cota Tohono O'odham

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Yolanda Molina

Pascua Yaqui

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Pascua Yaqui

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Julian Hernandez

Pascua Yaqui

Olivia Villegas-Liston

Tohono O'odham

Social Services Director Tiffany SantaMaria

Employment Case Manager Estella Tarin

Social Services Department

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

> 160 North Stone Tucson, AZ 85701 Phone: 520-884-7131 Fax: 520-884-0240

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To enhance leadership, provide advocacy, deliver education, and strengthen the well-being of the people in the greater Tucson Area with emphasis on the Urban Native American Community.

#### **Reminders & Announcements**

#### Save the Date:

HIV/AIDS Awareness Day Event- Friday March 10th, @12:00pm-4:00pm

- New Client Orientation Every Monday 11:00am-12:00pm—Contact: Tucson Indian Center
- 2 Spirit of Tucson March 13th, @ 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- March 7th, 21st @ 4:30 pm-5:30 pm-Contact: Jordan Upshaw
- Weekly COVID-19 Vaccinations Wednesdays @3:00pm-5:00pm Contact: Health Services Department
- Traditional Pottery Workshop— Wednesdays @ 5:30pm-7:00pm— Contact Nick Joe
- Native Food Workshop- Thursdays @ 2:00pm-3:30pm- Contact Nick Joe or Christine Chavez
- Garden Workshop- Saturday, March 25th @ 9:00am-11:00am- Contact Nick Joe

#### 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 any problem related to this mailing, such as receiving more than one copy or the wrong name, please contact Nickolis Joe at (520) 884-7131 ext. 2245 or Vboone@ticenter.org.