



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

March 2023

VOLUME 41 ISSUE 3

www.ticenter.org

Office open 8:00am-5:00pm



TUCSON INDIAN CENTER'S

NATIONAL NATIVE

HIV/AIDS



AWARENESS DAY

MARCH 10TH, 2023

12PM - 4PM

DONNA R. LIGGINS CENTER

(OUTSIDE BASKETBALL COURT)

2160 N 6TH AVE.

(BUS ROUTE: STONE #19, STOP BEFORE GRANT RD,
E RILLITO ST. 3 BLOCKS)

- HIV/AIDS EDUCATION
- HEALTH VENDORS
- HIV/AIDS QUILT
- HOME HIV TEST BY SAAF
- INCENTIVES
- RAFFLES
- FOOD
- MUSIC BY GERTIE & THE T.O BOYZ

**STOP HIV SPREAD,
KNOW YOUR STATUS**



FOR MORE
INFO CONTACT
MARLENE F. JOSE
520-884-7131 EXT.2238



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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 AND OLDER)

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

**RSVP WITH
MARLENE**



520-887-7131 ext 2238



mjose@ticenter.org



Tucson Indian Center



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 Home Wellness Visits!

Services for Home Wellness Visits

- Health and Wellness Screenings
 - BP & Pulse
 - Oxygen sats.
 - Blood Glucose Levels
- Weekly Wellbeing Check-Ups
- Support Reaching Health Goals



SCAN ME

HEALTH@TICENTER.ORG



Covid-19 Services

- Transportation to Medical, Testing/Vaccine Appointments
- Testing Kits
- Supplies
- Education

For more information,
Contact Health Services:
Belinda/Grace
520-884-7131
160 N. Stone Ave
Tucson, AZ 85701



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

Care Packages



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

Take
Care



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





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.



Starting from the left-hand side: Tiffany SantaMaria (Social Services Director), Jacob Bernal (Executive Director), Alexander Lewis (Board Chairman), Jerry R. Romero (Intake Supportive Services Case Manager), Estella Tarin (Employment Case Manager), Rosemary Ochoa (Advertising Sales Manager, Arizona Daily Star), Denise Tellez (Recruitment Specialist, Arizona Daily Star), Leo Verdugo (Business Service Representative, AZ@WORKS).

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: Mar 13, 2023
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: Mar 7th & Feb 21st



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



Traditional Pottery Workshop

with Elizabeth Ortega



Every Wednesday,
from Feb 8th - Mar 29th

5:30pm-7:00pm

Tucson Indian Center
160 N Stone Ave
2nd floor community room

Limited Spaces Available!
First come, first serve!

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



LOOKING FOR A JOB? WE CAN HELP!

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 March 2, 2023 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 March 16, 2023 Time: 10:00 AM-11:00 AM	Thomas Bartkowski Human Resources Coordinator March 23, 2023 Time: 10:00 AM-11:00 AM
Veronica Lara Desert Diamond Casino March 30, 2023 Time: 10:00 AM-11:00 AM	

Enrollment includes:

Job referrals

Resume workshops

Leadership classes

Job readiness training

TUCSON INDIAN CENTER

160 N. Stone Ave. Tucson, AZ 85701
(520) 884-7131
www.ticenter.org
Please Contact:
Starin@ticenter.org
Or
Jromero@ticenter.org

MY HEALTH MY CHOICE

You're invited to participate in a **cancer screening education** program for Native American women with disabilities.



Who can join?

- 18 years and older
- Native American woman with a disability
- Caregiver for a Native American woman with a disability

About the Program

- 6 Learning Sessions about Breast and Cervical Cancer Screening
- Each session is 1 hour
- Completely virtual: join from home!
- Incentive of \$50 for participation in the study

More Information:

Angela Nasewytewa
(520) 884-7131, ext. 2222
anasewytewa@ticenter.org

HOPE FOR LIFE

Suicide Prevention

MARCH IS.....

MENTAL INTELLECTUAL DISABILITY AWARENESS MONTH

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



Tucson Indian Center

Garden Workshops

With Alex Peterson

Last Saturday of the Month
Iron Horse Community Garden
560 E 10th St, Tucson, AZ 85705



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

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



Mar 25th
Sign Up!



TUCSON INDIAN CENTER NATIVE FOOD WORKSHOPS

THURSDAYS

MAR 9TH-APR 27TH
Tucson Indian Center
160 N. Stone Ave
2:00pm-3:30pm

Free Cast Iron
Skillet!
After attending 5 sessions

- Tepary Beans
- Cholla Buds
- Nopales
- Edible Flowers
- Blue Corn
- Squash
- Corn
- Mesquite Flour



For more information,
contact Nick or Christine at
TIC!

(520)884-7131

njoe@ticenter.org

schavez@ticenter.org

**REGISTER
NOW!**



Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

Human Resource Generalist
Jorge Molina

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

Admin Support & Resources
Coordinator
Margie Merendo

Operations Manager
Michael Mulligan

Staff Accountant
Honey Ignacio
Tohono O'odham

Building Maintenance Safety
Officer
Oscar Thorpe

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

Accountant Clerk
Claudia Oldman
Navajo

Wellness Department

Wellness Director
Veronica Boone
Laguna Pueblo/Navajo

Wellness Operations Manager
Mark Gaxiola

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

Native Connections Project
Coordinator
Ramona Casillas
Tohono O'odham

Diabetes Prevention Specialist
Christine Chavez
Pascua Yaqui

Health Promotion Specialist
Marlene F. Jose
Tohono O'odham

Prevention & Education Specialist
Nichole Adams

Community Cultural Specialist
Nickolis Joe
Navajo

Prevention & Education Specialist
Francis Alvarez
Pascua Yaqui

Domestic Violence Advocate
Kateri Harris
Tohono O'odham

Health Promotion Specialist
Angela Nasewytewa
Hopi

Health Services Department

Health Director
Phoebe Cager
Yup'ik

Medical Director
Dr. Peter Ziegler

HSD Admin Assistant
Delaine Tyner

Grants & Services Manager
Dylan Baysa
Choctaw

Medical Business Office Manager
Vacant

COVID-19 Community Health Rep-
resentative
Grace Salcido
Tohono O'odham

Medical Records Clerk
Kathy Perez
Pascua Yaqui

COVID-19 Community Health Rep-
resentative
Belinda Cravalho

Social Services Department

Social Services Director
Tiffany SantaMaria

Employment Case Manager
Estella Tarin

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

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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Tucson Indian Center

160 North Stone

Tucson, AZ 85701

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Fax: 520-884-0240

www.ticenter.org

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
- AIIR (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.