



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

April 2023

VOLUME 41 ISSUE 4

[www.ticenter.org](http://www.ticenter.org)

Office open 8:00am-5:00pm



TUCSON INDIAN CENTER PRESENTS:

*Spring Clean Me*

**APRIL**



OUTSIDE  
BASKETBALL COURT  
DONNA R. LIGGINS  
CENTER  
2160 N 6TH AVE  
TUCSON, AZ 85705

**Registration begins at: 09:30a  
Event is from 10am-3pm**

**TAI-CHI, TRAUMA INFORMED YOGA SESSION, SMALL  
SPACE DIY PLANTING TUTORIAL, GUN & MEDICATION  
STORAGE SAFETY, INCENTIVES & FUN MUSIC & DANCING**

**Pre-Register on Facebook: Survey  
Monkey Link or day of the event from  
0930a-10a to get your Incentive bag!  
Contact info: Suicide Prevention Team  
[suicide.prevention@ticenter.org](mailto:suicide.prevention@ticenter.org)  
520-884-7131 Frances or Nichole**



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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

APR 26TH, 2023

**RSVP**

with Marlene



520-887-7131 ext 2238



mjose@ticenter.org



**diaperbank**  
of Southern Arizona

Tucson Indian Center



**COMMUNITY  
FOOD BANK**  
OF SOUTHERN ARIZONA

FOR DIAPERS YOU MUST BRING:

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

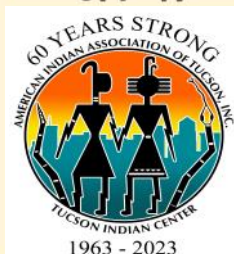


OR SHOT RECORDS

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

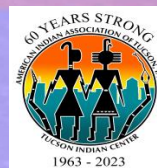
HEALTH@TICENTER.ORG



## 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



# APRIL COVID-19 FREE VACCINE EVENTS!

**Wednesdays**  
**3p to 5:30p**

*\*Last Vaccination taken at 5:15p*

**April 12th &  
April 26th**



- 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](mailto:health@ticenter.org)







## LOOKING FOR A JOB? WE CAN HELP!

Our **WIOA Program** (Workforce Innovation & Opportunity Act) is designed to assist adult Native Americans living off-reservation and within the Tucson Metropolitan Area.

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

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

### April 2023 Job Club schedule

<p>Leo Verdugo <b>Arizona @ Works</b> April 6<sup>th</sup>, 2023 Time: 10:00am-11:00am</p>	<p>Thomas Bartkowski <b>Pima County</b> April 13<sup>th</sup>, 2023 Time: 10:00am-11:00am</p>
<p>Veronica Lara <b>Desert Diamond Casino</b> April 20<sup>th</sup>, 2023 Time: 10:00am-11:00am</p>	<p>Dolores Humo <b>Pascua Yaqui Tribe</b> April 27, 2023 Time: 10:00am-11:00am</p>

**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](http://www.ticenter.org)

Please Contact:

[Starin@ticenter.org](mailto:Starin@ticenter.org)

Or

[Jromero@ticenter.org](mailto:Jromero@ticenter.org)

By appointment only!

*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: Apr 10, 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

**MARK GAXIOLA**  
(520) 884 -7131 | EXT. 2232  
MGAXIOLA@TICENTER.ORG  
TUCSON INDIAN CENTER  
160 N STOVE AVE, TUCSON AZ 85701

**Next Meeting: Apr 4th & Apr 18th**



## 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

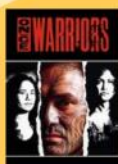


TRIGGER WARNING!  
FILM  
CONTAINS:  
DOMESTIC  
VIOLENCE,  
SUICIDE,  
SEXUAL  
ABUSE

**AGES  
18+**



APRIL 25 | 6-8 PM  
(SIGN-IN 5:30PM)



**ONCE WERE  
WARRIORS**

**FREE ENTRY - FREE DRINK & POPCORN - INCENTIVES**

THE LOFT CINEMA 2333 E SPEEDWAY BLVD  
CONTACT: CHRISTINA OR ELAN @ (520) 884-7131 FOR MORE INFO

## ABOUT LEADERSHIP FOR COMMUNITY MEMBERS



Tues April 04, 2023  
2:00pm-4:00pm 2nd Floor

Tues April 11, 2023  
2:00pm-4:00pm 2nd Floor

Tues April 18, 2023  
2:00pm-4:00pm 2nd Floor

Tues April 25, 2023 & Fri April 28, 2023  
2:00pm-4:00pm 2nd Floor



The purpose of community leadership is to develop and sustain a healthy community. A healthy community is a place where all people can meet their economic, social, physical, cultural, and spiritual needs; work together for the common good; and participate in creating their future.

1

Call us for more  
information  
Jerry R Romero  
520-884-7131  
ext 2209  
jromero@ticenter.org

2

Tucson Indian Center  
160 N Stone Ave  
Tucson, AZ 85701  
www.ticenter.org





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

## MY HEALTH MY CHOICE

### 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 long
- Completely virtual: Join from home!
- Incentive of \$50 for participating in the study

### WHO IS COMPLETING THIS STUDY?

Partners from the University of Arizona and Northern Arizona University are assisting Tucson Indian Center with this project.

### MORE INFORMATION CONTACT

Angela Nasewytewa  
520-884-7131, ext. 2222  
anasewyewa@ticenter.org



The Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.

## SAVE THE DATE



TUCSON INDIAN CENTER & AMPHI NATIVE AMERICAN EDUCATION PROGRAM

PRESENT

## AMPHI-TIC SOCIAL POW WOW

JOIN US

**MAY 6TH, 2023**

STAY TUNED,  
ADDITIONAL INFORMATION TO FOLLOW

Interested? Contact Dr. Nicole Yuan (520) 626-7215 nyuan@arizona.edu

## TUCSON INDIAN CENTER CHOICES

SEEKING AI/AN WOMEN AGES 18-28 FOR GROUP STUDY  
TO REDUCE ALCOHOL-EXPOSED PREGNANCIES



## Garden Workshops

with Alex Peterson

**9:00am-11:00am**

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

Next Workshop: Last Saturday of  
**April 29th** the month!

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



CHOICES is an evidence-based intervention created by the CDC to prevent alcohol-exposed pregnancies by decreasing risky drinking behaviors and increasing contraceptive use.

Participation will involve completion of 3 online questionnaires and 4 group meetings at Tucson Indian Center.

Participants will receive a \$30 gift card after each completed survey, as well as \$60 in gift cards after completing the four group meetings.

An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.

OPEN TO AI/AN WOMEN...

AGES 18-28

WHO SPEAK AND READ ENGLISH

WHO DRINK ALCOHOL  
& ARE ABLE TO BECOME PREGNANT

**RECEIVE  
UP TO \$150  
IN GIFT  
CARDS**



## 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  
**Vacant**

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

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

## Tucson Indian Center Board of Directors

Chairman

**Alexander Lewis**

Tohono O'odham

Vice Chairman

**Mark Bahti**

Treasurer

**Melissa Cota**

Tohono O'odham

Secretary

**Yolanda Molina**

Pascua Yaqui

Board Member

**Amalia Reyes**

Pascua Yaqui

Board Member

**Dr. Ned Norris, Jr.**

Tohono O'odham

## Tucson Indian Center Advisory Council

**Julian Hernandez**

Pascua Yaqui

**Olivia Villegas-Liston**

Tohono O'odham

## **American Indian Association of Tucson, Inc.**



### **Tucson Indian Center**

160 North Stone

Tucson, AZ 85701

Phone: 520-884-7131

Fax: 520-884-0240

[www.ticenter.org](http://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:

Spring Clean Me Event— Friday April 14th, @10:00am-3:00pm

TIC Movie Night— Tuesday April 25th, @6:00pm-8:00pm

Amphi/ TIC Pow Wow— Saturday May 6th

- New Client Orientation - Every Monday 11:00am-12:00pm—Contact: Tucson Indian Center
- 2 Spirit of Tucson - April 10th, @ 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— April 10th, 24th @ 4:30 pm—5:30 pm—Contact: Mark Gaxiola
- Weekly COVID-19 Vaccinations — Wednesdays @3:00pm-5:00pm — Contact: Health Services Department
- Garden Workshop— Saturday, April 29th @ 9:00am-11:00am— Contact Nick Joe

**Visit our website to receive  
a digital copy of Native  
Wellness Voice:  
[www.ticenter.org](http://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](mailto:Vboone@ticenter.org).*