



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

June 2023

VOLUME 41 ISSUE 6

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

Office open 8:00am-5:00pm

## TUCSON INDIAN CENTER'S **MEN'S DAY EVENT**

FRIDAY, JUNE 16,  
2023, 10AM - 2PM

**"HONORING ALL INDIGENEOUS  
MEN, GIVING STRENGTH AND  
EMPOWERMENT."**

- Incentives
  - Food
  - Guest Speakers
  - Health Education
  - Raffles
  - Positive lifestyle
- Incentives And Lunch  
For The First 100  
Participants!

**GET HONORED!  
BE EMPOWERED!**



**Ramada By Wyndham**  
**777 W Cushing St**  
**Tucson, AZ 85745**



**"Cactus Room"**  
Contact Allen Jose @ (520) 884-7131 For More Information

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**TUCSON INDIAN  
CENTER**

**A Sobriety Support Group  
For Native American  
Women.**

# **NATIVE SISTERS IN RECOVERY**

Every Thursday  
From 4:15PM To 5:15PM  
At The Tucson Indian Center



**Every Thursday  
Evening**

**4:15PM To  
5:15PM**

**160 N Stone Ave.  
Tucson, AZ 85701**

**Please Join In Person Or Virtually**

**Join By Video (Webex)**

**Meeting # / Access Code: 2631 0699 436**

**Meeting Password: SISTER2022**

**Join By Phone 408-418-9388**

**Access Code: 2631 069 9436**

**Host PIN: 1975**



**Contact Christina Luna or Elan Baysa @ (520) 884-7131 For More Info**



Tucson Indian Center

# ELDER'S MONTHLY LUNCHEON

(55 AND OLDER)

12:00PM-3:00PM

**JUNE 28, 2023**

## RSVP

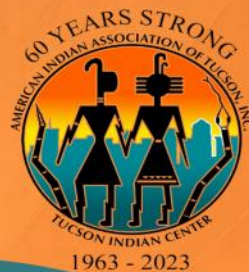
with Marlene



520-887-7131 ext 2238



mjose@ticenter.org



**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

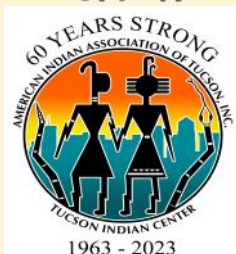


OR SHOT RECORDS



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



## JUNE COVID-19 FREE VACCINE EVENT!

Wednesday  
June 14th  
3p to 5:30p

\*Last Vaccination taken at 5:15p

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



Contact Kathy  
(520) 884-7131  
Ext. 2225  
health@ticenter.org



## Messages of Healing Art

HELP US CREATE ART MESSAGES  
OF HEALING & RECOVERY  
TO BE DISPLAYED  
IN TIC'S NEW PRIMARY CARE CLINIC

Attention  
Native  
Artists

EVERY TUESDAY  
4:15-6 PM  
3RD FLOOR  
160 N. STONE AVE.,

WEEKLY  
RAFFLES

\*RSVP\*

Health@ticenter.org  
Belinda  
(520)884-7131  
Ext 2305  
Spots limited to 14  
artists  
Please register  
quickly



See you there!

\*Snacks & Supplies provided\*

RSVP!



Scan Me!



# 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!!



## Covid-19 Services

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



## Contact Health Services:

**Belinda**  
**520-884-7131**  
**Ext. 2305**  
**160 N. Stone Ave**



HEALTH@TICENTER.ORG



The Tucson Indian Center's Executive Director, Jacob Bernal, and the Social Services Department were recognized and awarded at the 43rd National Indian and Native American Employment and Training conference by the Department of Labor for their dedication and outstanding Workforce Innovation & Opportunity Act 166 Program.





# Leadership Classes



Tucson Indian Center  
160 N Stone Ave  
Tucson, AZ 85701



**Marguerite  
Casey  
Foundation**

Sponsored by the US  
Department of Labor,  
Division of Indian and  
Native American  
Programs, and the  
Marguerite Casey  
Foundation

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.

**Call us for more information**  
**Jerry R Romero**  
**(520)884-7131ext 2209**

**Visit Our Website: [www.ticenter.org](http://www.ticenter.org)**

**Thurs June 01, 2023**

2:00pm-4:00pm 2nd Floor

**Thurs June 08, 2023**

2:00pm-4:00pm 2nd Floor

**Thurs June 15, 2023**

2:00pm-4:00pm 2nd Floor

**Thurs June 22, 2023**

2:00pm-4:00pm 2nd Floor

**Thurs June 29, 2023**

2:00pm-4:00pm 2nd Floor



## 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

### June Job Schedule

- |           |   |
|-----------|---|
| • June 1  | • Leo Verdugo AZ @ Innovative Workforce Solutions |
| • June 8  | • Monica Sniezal (PNC Bank)                       |
| • June 15 | • Thomas Bartkowski (Pima County)                 |
| • June 22 | • Dolores Humo (Pascua Yaqui Tribe)               |
| • June 29 | • Laura Gomez (TMC Health)                        |



@ 160 N Stone Ave  
Tucson AZ 85701

**520-884-7131**

**Jerry Romero**  
[jromero@ticenter.org](mailto:jromero@ticenter.org)

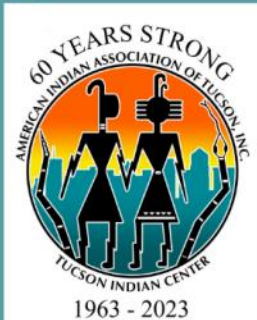
**Stella Tarin**  
[starin@ticenter.org](mailto:starin@ticenter.org)

# Tucson Indian Center Health Education

EVERY THURSDAY, 10:30AM-12:00PM

RSVP, or contact for additional info

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: June 12, 2023

5:30pm-7:00pm



To join please contact  
**MARLENE F. JOSE**

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





# 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: June 6th & June 20th**

## 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

**SUMMER FUN Bingo**  
WINNERS!! SNACKS! FUN!!  
Featuring  
**WELLNESS CASE MANAGERS  
CHRISTINA & ELAN**  
STARTING JUNE 1, 15 & 29, JULY 13, 27  
& AUGUST 10 & 24  
TIME 2-3:30PM  
FREE ENTRY 1ST FLOOR  
160 N. STONE  
RSVP WITH CHRISTINA & ELAN  
520-884-7131

60 YEARS STRONG  
TUCSON INDIAN CENTER  
1963 - 2023

Incentives For The First 100 Participants!  
The Tucson Indian Center Community Event For Urban American Indians  
**MOVIE NIGHT @ The Loft**  
ALL AGES!  
Tuesday, July 11  
The Loft Cinema  
3233 E Speedway Blvd  
Tucson, AZ  
Time:  
From: 06:00pm-8:00pm  
Sign-In: 5:30pm  
Featured Movie:  
**Smoke Signals (PG)**  
Contact Christina or Elan @ (520) 884-7131 For More Info

60 YEARS STRONG  
TUCSON INDIAN CENTER  
1963 - 2023

Brought To You By The Tucson Indian Center





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  
anasewytewa@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.



## Tucson Indian Center Yoga with Yesi Olivera

Tucson Indian Center, 2nd floor  
160 N. Stone Ave

### Upcoming Dates:

June 6th- 5:30pm-6:30pm  
June 20th- 5:30pm-6:30pm  
July 11th- 5:30pm-6:30pm

\*yoga mats available\*



Sign up with Christine,  
cchavez@ticenter.org  
(520)884-7131

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



TUCSON INDIAN CENTER

## GARDEN WORKSHOP

NEXT WORKSHOP:  
JUNE 24TH

9:00AM-11:00AM  
IRON HORSE COMMUNITY GARDEN  
560 E 10TH ST, TUCSON, AZ 85705

For more information, contact **Nick!**  
njoe@ticenter.org  
(520)884-7131

## TUCSON INDIAN CENTER CHOICES

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



THE UNIVERSITY OF ARIZONA  
MEL AND ENID ZUCKERMAN  
COLLEGE OF  
PUBLIC HEALTH



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.

RECEIVE  
UP TO \$150  
IN GIFT  
CARDS

OPEN TO AI/AN WOMEN...  
AGES 18-28  
WHO SPEAK AND READ  
ENGLISH  
WHO DRINK ALCOHOL  
& ARE ABLE TO BECOME  
PREGNANT

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.



## Tucson Indian Center Staff

Executive Director  
**Jacob Bernal**  
Chemehuevi

Human Resource Generalist  
**Jorge Molina**

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

Client Service Support Specialist  
**Margie Merendo**

Operations Manager  
**Michael Mulligan**

Staff Accountant  
**Honey Ignacio**  
Tohono O'odham

Building Maintenance Safety  
Officer  
**Oscar Thorpe**

Client Service Support Specialist  
**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

Wellness Case Manager  
**Elan Baysa**  
Choctaw

Native Connections Project  
Coordinator  
**Ramona Casillas**  
Tohono O'odham

**Allen Jose**  
Tohono O'odham

Health Promotion Specialist  
**Marlene F. Jose**  
Tohono O'odham

Prevention & Education Specialist  
**Nichole Adams**

Diabetes Prevention Specialist  
**Christine Chavez**  
Pascua Yaqui

Prevention & Education Specialist  
**Francis Alvarez**  
Pascua Yaqui

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

Community Cultural Specialist  
**Nickolis Joe**  
Navajo

Prevention & Education Specialist  
**Misty Castro**

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

Medical Records Clerk  
**Kathy Perez**  
Pascua Yaqui

**Grace Salcido**  
Tohono O'odham

COVID-19 Community Health Rep-  
resentative  
**Belinda Cravalho**

## Social Services Department

Intake & Supportive Services Case  
Manager

Social Services Director  
**Tiffany SantaMaria**

**Jerry R. Romero**  
Tohono O'odham

Employment Case Manager  
**Estella Tarin**

*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:

TIC Men's Day— June 16, 2023

TIC Movie Night— July 11, 2023

Summer Spirit Youth Camp— July 12, 13, 14, 2023 (Ages 8-12)

July 18, 19, 20, 2023 (Ages 13-17)

Back to School Bash— July 21, 2023

- New Client Orientation - Every Monday 11:00am-12:00pm—Contact: Tucson Indian Center
- 2 Spirit of Tucson - June 12th, @ 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— June 6th, 20th @ 4:30 pm—5:30 pm—Contact: Mark Gaxiola
- COVID-19 Vaccinations — Wednesday. June 14th @3:00pm-5:00pm — Contact: Health Services Department
- Garden Workshop— Saturday, June 24th @ 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).*