



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

July 2023

VOLUME 41 ISSUE 7

www.ticenter.org

Office open 8:00am-5:00pm

Incentives For The First 100 Participants!

The Tucson Indian Center Community Event For Urban American Indians



MOVIE NIGHT @ The Loft

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)

FREE
Free Entry
Free Small Popcorn & Drink

ALL AGES!

Brought To You By The Tucson Indian Center



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Contact Christina Luna @ (520) 884-7131 For More Info

TOHONO O'ODHAM COMMUNITY COLLEGE

YOUTH BASKETBALL CAMP



Improve your basketball skills to the next level in our basketball camp program.



Date:
July
27th -28th

Location:
San Xavier
Recreation Center

Registration Deadline July 14th



***Limited to the first 50 registrants**



***Lunch Provided**

7-12 YEARS OLD
Boys & Girls
9.00 AM - 3.00 PM

IN PARTNERSHIP WITH:
TUCSON INDIAN CENTER



Registration Link
<https://forms.gle/zEmYqne2iAzq4SRR7>

More Information
520-404-1308 or
Dharris@tocc.edu

San Xavier Recreation Center
8549 South J. Mayor Drive
Tucson, AZ 85746

Tucson Indian Center

ELDER'S MONTHLY LUNCHEON

(55 AND OLDER)

12:00PM-3:00PM

JULY 26, 2023

RSVP

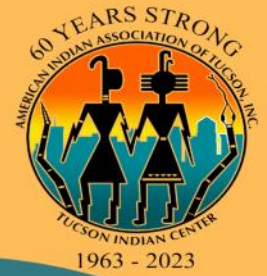
with Marlene



520-884-7131 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



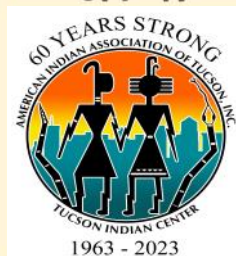
LIMIT 75 DIAPERS,
25 PERIOD PRODUCTS
A MONTH

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

MESSAGES OF HEALING ART



PAINTING EVENT



4:15–6pm

Tuesdays, May 30th–July 5th
(Wed)

TIC, 2nd floor Many Nations Room
160 N. Stone

Help us create messages of
Hope and Healing
Your painting may be used to
have as art for our new
Primary Care Clinic

For more info &
to reserve your seat
Please contact Belinda @
(520)884-7131 ext 2305
bcravalho@ticenter.org





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



JULY COVID-19 FREE VACCINE EVENT!



Wednesday
July 12th
3p to 5:30p



*Last Vaccination taken at 5:15p

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



Contact Kathy
(520) 884-7131
Ext. 2225
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**.

July 2023 Job Club schedule

<p>Leo Verdugo ARIZONA@WORK <u>July 6th, 2023</u> Time: 10:00am-11:00am</p>	<p>Thomas Bartkowski Pima County <u>July 13th, 2023</u> Time: 10:00am-11:00am</p>
<p>Dolores Humo Pascua Yaqui Tribe <u>July 22nd, 2023</u> Time: 10:00am-11:00am</p>	<p>Stacy Alameda Home Watch Caregivers <u>July 27th, 2023</u> 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
Please Contact:
Starin@ticenter.org
Or
Jromero@ticenter.org

IN-PERSON
BEADING WORKSHOPS

SPONSORED BY TIC SOCIAL SERVICES DEPARTMENT

FOUR WORKSHOPS DEDICATED TO LEARNING
NATIVE AMERICAN BEADWORK WHILE
DISCUSSING A NEW PROJECT IN COMPUTER
SCIENCE EDUCATION



Data Sciences
Academy



You are invited,

- Parents
- Grandparents
- Students
- Teachers
- Community members invested in education

to food and beading workshop time, where we will discuss Natives Who Code, a new program supporting middle and high school computer science for native students.

LAST WEDNESDAY OF THE MONTH
AT 5:30PM

- APRIL 26
- JUNE 28
- MAY 31
- JULY 26



Tucson Indian Center
160 N Stone Ave
Tucson, AZ 85701



Deadline to register is April 25, 2024

To register, scan the QR Code or Contact
Angela Marquez at
ayazzie@arizona.edu or
(602)349-7259



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: July 10, 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**
TUCSON INDIAN CENTER
NATIVE YOUTH COALITION

**AGES 8-17 YRS
MONTHLY MEETINGS,
TUESDAYS
4:30PM-5:30PM
VIRTUAL AND
IN-PERSON**

CONTACT US:

Grace Salcido | gsalcido@ticenter.org | 520-884-7131

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

Next NYC Meeting: July 11th & July 18th

160 N Stone Ave Tucson AZ 85701





SUMMER FUN BINGO!

**WINNERS!
SNACKS!
FUN!**


July 13th and July 27th
2:00pm-3:30pm
1st Floor!
160 N. Stone Ave

RSVP with
Christina Luna
520-884-7131


NATIVE SUMMER YOUTH CAMP 2023

**YOUTH: AGES 8-12 YEARS
JULY 12, 13, & 14TH
FROM 8:00AM TO 3:00PM**



**YOUTH: AGES 13-17 YEARS
JULY 18, 19, & 20TH
FROM 8:00AM TO 3:00PM**



ACTIVITIES
GAMES! ART!
SNACKS! FIELD TRIPS!
LUNCH!

**LOCATION: THE STUDIO SPACE
4648 E SPEEDWAY BLVD**

**REGISTER WITH GRACE!
GSALCIDO@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
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



Yoga mats available

TUESDAY, JULY 11TH

5:30PM-6:30PM

Tucson Indian Center, 160 N. Stone Ave

Sign up with Christine Chavez,

cchavez@ticenter.org

(529)884-7131



Tucson Indian Center Indigenous Overdose Awareness Event



Saturday, August 5th 2023

8 AM to 12 PM

Location: El Pueblo Center
101 W Irvington Road, Bldg 9
Tucson, AZ 85714

Schedule:

Awareness Walk: 8 AM to 9 AM
Resource Event: 9 AM to 12 PM

Presentations from:

- Pima County Health Department
- The Haven
- HOPE Inc.
- Behavioral Health (Sells, AZ)
- TIC Health Services Department
- TIC Suicide Prevention Team

It's time to learn...

- How substance use is impacting our community.
- What is fentanyl.
- How recovery is possible and how to support others.
- How to reverse an opioid overdose and save a life!

Resources ◊ Prizes ◊ Presentations ◊ Narcan
◊ Fentanyl Testing Kits

Contact **Angela Nasewytewa** for more info at **(520) 884-7131 Ext. 2222**



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 Staff

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Chemehuevi

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Jorge Molina

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Seminole/Creek/Hidatsa

Client Service Support Specialist
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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

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Wellness Director
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Laguna Pueblo/Navajo

Wellness Operations Manager
Mark Gaxiola

Youth & Community Health Educator
Grace Salcido
Tohono O'odham

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
Vacant

Native Connections Project Coordinator
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Tohono O'odham

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Pascua Yaqui

Health Promotion Specialist
Marlene F. Jose
Tohono O'odham

Community Cultural Specialist
Nickolis Joe
Navajo

Prevention & Education Specialist
Francis Alvarez
Pascua Yaqui

Prevention & Education Specialist
Vacant

Health Promotion Specialist
Angela Nasewytewa
Hopi

Prevention & Education Specialist
Misty Castro

Domestic Violence Advocate
Kateri Harris
Tohono O'odham

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 Representative
Vacant

Medical Records Clerk
Kathy Perez
Pascua Yaqui

COVID-19 Community Health Representative
Belinda Cravalho

Social Services Department

Social Services Director
Vacant

Intake & Supportive Services Case Manager
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*

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American Indian Association of Tucson, Inc.



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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 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

TOCC/TIC Youth Basketball Camp— July 27, 28, 2023

Summer Wellbriety Event— August 4, 2023

Indigenous Overdose Awareness Event— August 5, 2023

Gathering of American Indian Veterans— August 12, 2023

- New Client Orientation - Every Monday 11:00am-12:00pm—Contact: Tucson Indian Center
- 2 Spirit of Tucson - July 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— July 11th, 18th @ 4:30 pm—5:30 pm—Contact: Grace Salcido
- COVID-19 Vaccinations — Wednesday, July 12th @3:00pm-5:00pm — Contact: Health Services Department

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.