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Native Wellness Voice

TUCSON INDIAN CENTER
NATIVE WELLNESS VOICE

August 2023 | VOLUME 41 ISSUE 8 | www.ticenter.org

Office open 8:00am-5:00pm

RODNEY W. PALIMO, SR. CLINIC
Now Pre-Enrolling New Patients
Call Kathy Today to Pre-Enroll

Pre-Enrolling New Patients for PRIMARY CARE SERVICES

Behavior Health Services for Tucson American Indians
*Services Launch Date, To Be Announced in August 2023
Pre-enrolling New Patients Only At this time.

Contact Kathy Perez
520-884-7131 ext. 2225
Health@ticenter.org

Tucson Indian Center
160 N Stone
Tucson Az 85701
3rd Floor
Tucson Indian Center’s

“Mind, Body, Spirit”

SUMMER WELLBRIETY EVENT

- Sobriety Support
- Health Education
- Incentives
- Blessings
- Food

Ages 18 Years And Older

August 4, 2023
10:00AM - 2:00PM

Location:
Ramada By Wyndham
777 W. Cushing St.
Tucson, AZ 85745

Contact Christina Luna
(520) 884-7131 For More Information
Tucson Indian Center

ELDER'S MONTHLY LUNCHEON
(55 AND OLDER)

12:00PM-3:00PM
AUG 30, 2023

RSVP with Marlene

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

Tucson Indian Center

diaper bank 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
Native Wellness Voice
# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

### HEAT STROKE
- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

## WHAT TO DO

- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person’s temperature with cool cloths or a cool bath
- Do not give the person anything to drink

### HEAT EXHAUSTION
- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

- Get medical help right away if:
  - You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS
- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

- Get medical help right away if:
  - Cramps last longer than 1 hour
  - You’re on a low-sodium diet
  - You have heart problems

### SUNBURN
- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

### HEAT RASH
- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash
TUCSON INDIAN CENTER

JOB CLUB

WE CAN HELP!

Start Your Future Career

✓ Job Network
✓ Resume Workshops
✓ Job Readiness Training

160 N Stone Ave
Tucson, AZ 85701

✓ Referrals for GED Classes
✓ Leadership Classes
✓ And Much More!

For more information
520-884-7131
Stella ext. 2223
Jerry ext. 2209

Thursdays
10am-11am

www.ticenter.org

TUCSON INDIAN CENTER

NEW CLIENT ORIENTATION

MONDAYS
11AM-12PM

WALK-INS WELCOME & LEARN ABOUT THE OTHER DEPARTMENTS

160 N Stone Avenue
Tucson, AZ 85701

www.ticenter.org

- Social Services Department
- Wellness Department
- Health Department

TO DELIVER CULTURALLY COMPETENT, RESPECTFUL, AND COMPASSIONATE HEALTH, WELLNESS, AND SOCIAL SERVICES
LEADERSHIP CLASSES

Community leaders to work with others to develop and maintain a healthy community in a changing complex world.

Tucson Indian Center
160 N Stone Ave

- Wednesday, August 02, 2023
- Wednesday, August 09, 2023
- Wednesday, August 16, 2023
- Wednesday, August 23, 2023
- Wednesday, August 30, 2023

2:00pm-4:00pm

Jerry R Romero
520-884-7131 ext 2209
Tucson Indian Center

BACK TO SCHOOL BASH

Backpacks and supplies to first 75 participants!

August 2nd, 2023
5:00pm-7:00pm

Tucson Indian Center
160 N. Stone Ave

Vendors & Resources

For your information please contact Mark:
mgaxiola@ticenter.org
Call: 520-884-7131 ext 2232
Next NYC Meeting: Aug 8th & 22nd

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 Nasewytwewa for more info at (520) 884-7131 Ext. 2222

Transportation & Medication Deliveries

To schedule please call:
Allen Jose
520-884-7131 ext. 2244
AJose@ticenter.org
Cell: 520-331-7134
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 HOPE 2 days advanced notice

160 N Stone Ave Tucson AZ 85701

www.ticenter.org

2 Spirit of Tucson
LGBTQ2S

2nd Monday of every Month
5:30pm-7:00pm, 2nd Floor
Tucson Indian Center
160 N Stone Ave

Celebrating Indigenous Pride!

To join please contact
Marlene F. Jose
520-884-7131 ext. 2238
mjoose@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

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**SITOL BBQ Sauce**

**Directions:**
- In a medium stock pot over medium heat, add olive oil, onions, and garlic. Sauté until translucent.
- Add salt and sauté for 1 min.
- Add remaining ingredients and cook stirring frequently for 10 min.
- Drop heat to low and cook for 1 hour.
- Remove from heat and enjoy.

**Recipe by Cody Manuel, Kitchen Manager at Ajo Farmer Market and Cafe**

**Ingredients**
- 1/2 cup sitol (saguaro syrup)
- 2 cups tomato sauce
- 1 tbsp Worcestershire sauce
- 1/2 cup honey
- 1/2 cup chiles
- 1 tbsp minced garlic
- 1/4 cup olive oil

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“...The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you’ll learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to.”

National Grief Awareness Day,
August 30th

International Overdose Awareness Day,
August 31st

Diabetes Care 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

Need Support? tunidito.org
Native Wellness Voice is Published by the American Indian Association of Tucson D.B.A. Tucson Indian Center

**Tucson Indian Center Staff**

- **Executive Director**
  - Jacob Bernal
  - Chemehuevi

- **Client Service Support Specialist**
  - Margie Merendo

- **Building Maintenance Safety Officer**
  - Oscar Thorpe

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

- **Staff Accountant**
  - Honey Ignacio
  - Tohono O’odham

- **Accountant Clerk**
  - Claudia Oldman
  - Navajo

- **Wellness Director**
  - Veronica Boone
  - Laguna Pueblo/Navajo

- **Wellness Case Manager**
  - Christina Luna

- **Wellness Case Manager**
  - Vacant

- **Health Promotion Specialist**
  - Marlene F. Jose
  - Tohono O’odham

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

- **Prevention & Education Specialist**
  - Misty Castro

- **Wellness Operations Manager**
  - Mark Gaxiola

- **Community Health Representative**
  - Marcella Delgado
  - Tohono O’odham

- **Native Connections Project Coordinator**
  - Ramona Casillas
  - Tohono O’odham

- **Domestic Violence Advocate**
  - Kateri Harris
  - Tohono O’odham

- **Health Promotion Specialist**
  - Angela Nasewytewa
  - Hopi

- **Medical Director**
  - Dr. Peter Ziegler

- **Medical Business Office Manager**
  - Katrina Rodriguez

- **Medical Records Clerk**
  - Kathy Perez
  - Pascua Yaqui

- **Social Services Department**

- **Social Services Director**
  - Dylan Baysa
  - Choctaw

- **Intake & Supportive Services Case Manager**
  - Jerry R. Romero
  - Tohono O’odham

- **Employment Case Manager**
  - Estella Tarin

- **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

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

Save the Date:
- Back to School Bash– August 2nd, 2023
- Summer Wellbriety Event– August 4, 2023
- Indigenous Overdose Awareness Event– August 5, 2023
- Gathering of American Indian Veterans– August 12, 2023
- TIC Hope for Life Event– September 10th, 2023

- New Client Orientation - Every Monday 11:00am-12:00pm—Contact: Tucson Indian Center
- Job Club– Every Thursday 10:00am-11:00am—Contact Tucson Indian Center
- 2 Spirit of Tucson - August 14th, @ 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
- Yoga at TIC– Every Tuesday 5:30pm-6:30pm—Contact Christine Chavez
- Native Youth Coalition– August 8th, 22nd @ 4:30 pm—5:30 pm—Contact: Grace Salcido
- COVID-19 Vaccinations — Wednesday. August 16th @3:00pm-5:30pm — Contact: Health Services Department
- Coffee & Bingo– Every Friday, 10:30am-12:30pm– 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.