



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

September 2023

VOLUME 41 ISSUE 9

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

**Office open 8:00am-5:00pm**

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National Suicide Prevention

## HOPE FOR LIFE

### September 10th, 2023

Location: Ramada by Wyndham

**777 W CUSHING ST**

**Registration starts @ 9:30 a.m.**

**Event: 10:00-2:00 p.m.**

**MISS TON-ELENI CACHORA**

**FOOD**

**Traditional Games**

*Four Winds, Drum Group*

**CRAFTS**

**Incentives**

**TOKA**

**MUSIC**

**MC, "T" Choyguha**







# Happy Retirement

**The Tucson Indian Center is sad, and yet also happy, to announce that Margie Merendo has made the decision to open a new chapter in her life by announcing her retirement. Margie has been a HUGE part of the success of this center, and she will be sorely missed.**

**Margie has been with TIC for more than 20 years, and in that time, she has developed strong relationships with coworkers and clients alike. No one enters the center without a big warm smile and a cheerful hello. Her belief in the Tucson Indian Center and its mission to serve the Urban Native Community is felt and seen by all she meets. Things just won't be the same without her, and we all want her to know how much we will miss her presence. Margie's last week will be the week of August 7.**

**The staff of Tucson Indian Center would like to thank Margie for her many years of selfless and energetic service. Our center is what it is today largely due to you and the spirit you brought with you each day. May you be blessed as you start this new chapter in your life!**

**Sincerely, The Staff at Tucson Indian Center**



Tucson Indian Center

# ELDER'S MONTHLY LUNCHEON

(55 AND OLDER)

12:00PM-3:00PM

SEPT 27, 2023

## RSVP

with Marlene



520-884-7131 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





**PLEASE JOIN HEALTH  
SERVICES  
FOR A MORNING OF**



# COFFEE & BINGO

**ONGOING EVERY FRIDAY  
THROUGH SEPTEMBER**



**10:30AM – 12:00PM**

**160 N Stone, 2nd Floor**

Coffee break? How about Coffee & Bingo?  
Take a break with us for Coffee, Snacks,  
Bingo, Health Education & Cool Prizes!!

**FOR MORE INFO  
CONTACT KATHY  
(520)884-7131 EXT. 2225**

**[www.health@ticenter.org](http://www.health@ticenter.org)**





RODNEY W. PALIMO, SR. CLINIC

**Now  
Pre-Enrolling  
New Patients**

Call Kathy  
Today to  
Pre-Enroll



Pre-Enrolling New Patients for  
**PRIMARY CARE SERVICES**

**Behavioral Health Services  
for Tucson American Indians**

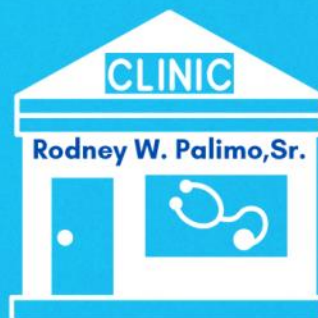
Pre-enrolling New Patients Only At this time.



**Contact**

**Kathy Perez**

520-884-7131 ext. 2225  
[Health@ticenter.org](mailto:Health@ticenter.org)



**Tucson Indian Center**  
160 N Stone  
Tucson Az 85701  
3rd Floor

Tucson Indian Center

# NEW CLIENT ORIENTATION



**WALK-INS WELCOME & LEARN ABOUT THE OTHER DEPARTMENTS**

- Social Services Department
- Wellness Department
- Health Department

**MONDAYS**  
**11AM-12PM**

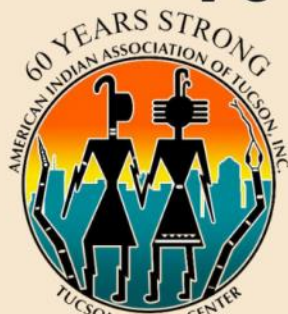
TO DELIVER CULTURALLY COMPETENT, RESPECTFUL, AND  
COMPASSIONATE HEALTH, WELLNESS, AND SOCIAL SERVICES



160 N Stone Avenue  
Tucson, AZ 85701

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





1963 - 2023

## 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!

**Thursdays  
10am-11am**

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

**For more information**

**520-884-7131**

**Stella ext. 2223**

**Jerry ext. 2209**



# PARENTS 9 THINGS TO SAY TO YOUR CHILDREN



**I'M PROUD OF YOU!**  
**YOU ARE STRONG  
AND RESILIENT.**

**I LOVE YOU WHEN  
YOU'RE HAPPY AND  
WHEN YOU'RE  
MAD.**

**YOU ARE  
BEAUTIFUL INSIDE  
AND OUT.**



**IT'S OKAY TO BE  
DIFFERENT.**

**YOU ARE AN  
IMPORTANT PART  
OF THIS FAMILY.**



**YOUR VOICE  
MATTERS.**

**THERE IS NO ONE  
ELSE IN THE  
WORLD LIKE YOU.**

**WHAT MAKES YOU  
HAPPY?**



**TUCSON INDIAN CENTER,  
DOMESTIC VIOLENCE  
PREVENTION PROGRAM**

**CONTACT: KATERI HARRIS,  
DOMESTIC VIOLENCE  
ADVOCATE,  
520-884-7131**



Resource: Create Kids Inc.

## 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



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  
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  
4:30PM-5:30PM  
VIRTUAL AND  
IN-PERSON



### CONTACT US:

Mark Gaxiola

mgaxiola@ticenter.org

520-884-7131

**Next NYC Meetings: Sept 5th & 19th**

## Yoga at Tucson Indian Center

Every Tuesday! 5:30pm-6:30pm!  
Starting August 22nd!



If interested, contact Christine!  
cchavez@ticenter.org  
(520)884-7131



## 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



## PRICKLY PEAR SORBET

*Recipe from Scrumptious Moms*

### Ingredients

- 4 prickly pears
- 1 cup almond milk
- 1/4 cup wild honey
- 2 tbsp. fresh squeezed lime juice

### Recipe

- Using leather gloves carefully clean off the outside of your prickly pears.
- Slice each fruit in half.
- Gently scoop out the flesh, keeping the tender skin intact.
- Place flesh in the bowl of a food processor or blender.
- Place emptied shells on a parchment paper lined cooking sheet and place in freezer for about 1 hour.
- Add almond milk, honey and lime to prickly pear and purée.
- Taste and add more lime or honey as needed.
- When shells are ready, using a cheese cloth or strainer, pour purée into shells and discard the seeds.
- Freeze for hours.
- Allow sorbet to soften for about 15 minutes before serving.



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](mailto: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 Staff

Executive Director  
**Jacob Bernal**  
Chemehuevi

Human Resource Generalist  
**Jorge Molina**

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

Client Service Support Specialist  
**Alexandria Morgan**

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  
**Fredy Aranda**  
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  
**Joni Hubbard**  
White Mountain Apache

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  
**Vacant**

Community Cultural Specialist  
**Nickolis Joe**  
Navajo

Prevention & Education Specialist  
**Vacant**

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

Health Promotion Specialist  
**Angela Nasewytewa**  
Hopi

Prevention & Education Specialist  
**Misty Castro**

## Health Services Department

Health Director  
**Phoebe Cager**  
Yup'ik

Medical Director  
**Dr. Peter Ziegler**

HSD Admin Assistant  
**Delaine Tyner**

Grants & Services Manager  
**Vacant**

Medical Business Office Manager  
**Katrina Rodriguez**

COVID-19 Community Health Rep-  
resentative  
**Alexander Begay**  
Navajo

Medical Assistant  
**Crysta Duarte-Espinoza**

Medical Records Clerk  
**Kathy Perez**  
Pascua Yaqui

COVID-19 Community Health Rep-  
resentative  
**Vacant**

## 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**

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

## Tucson Indian Center Board of Directors

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Tohono O'odham

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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

**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 Closed— Labor Day, September 4th, 2023

TIC Hope for Life Event— September 10th, 2023

TIC Closed— Native American Day, September 29th, 2023

Native American Family Fitness Day— October 7, 2023

Movie Night at the Loft— October 25th, 2023

Fright Night— October 27th, 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 - September 11th, @ 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
- Yoga at TIC— Every Tuesday 5:30pm-6:30pm— Contact Christine Chavez
- Native Youth Coalition— September 5th, 19th @ 4:30 pm—5:30 pm—Contact: Fredy Aranda
- COVID-19 Vaccine Event— September 14th, @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](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).*