



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

November 2023

VOLUME 41 ISSUE 11

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

Office open 8:00am-5:00pm

## Native American Family Wellness Day

**SATURDAY, NOV 18**  
9:00AM-2:00PM

**San Xavier Rec Center**  
8549 S J Mayor Dr, Tucson, AZ 85746

**“Rock your Mocs or Chancs” Fun run/walk!**  
8:00am-9:00am

For more info? Contact Mark, [mgaxiola@ticenter.org](mailto:mgaxiola@ticenter.org) (520)884-7131

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THE UNIVERSITY OF ARIZONA  
Mel & Enid Zuckerman  
College of Public Health



# **SOBRIETY SUPPORT GROUPS TUCSON INDIAN CENTER**



**PLEASE JOIN IN PERSON OR VIRTUALLY WEBEX.COM**

## **NATIVE SISTERS IN RECOVERY**



**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**



**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**



**8:30A-9:30A**

### **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 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

For more info, contact Fredy Aranda  
faranda@ticenter.org  
(520)884-7131



**NEXT MEETINGS:**  
**OCT 3RD**  
**OCT 17TH**



**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

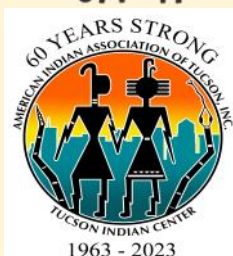


OR SHOT RECORDS



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





**Every  
Friday**

# Coffee & Bingo

**10:30a –  
12:00p**

**2nd  
Floor**

**Tucson Indian  
Center  
160 N. Stone Ave**

**More Info:  
Contact Kathy!  
[health@ticenter.org](mailto:health@ticenter.org)  
520-884-7131**



**Join us for coffee, snacks, health  
education, prizes, and bingo!**



# Get a Flu Shot with TIC

GET YOUR FLU SHOT HERE AT:

**Tucson Indian Center  
HealthServices Department**

**10/30 3pm-5pm**

**11/02 3pm-5pm**

**11/06 3pm-5pm**

**APPOINTMENTS ARE REQUIRED  
MUST BE ENROLLED WITH HEALTH  
SERVICES**

**Call Kathy and make an appointment  
today**

**520-884-7131**





# LOOKING FOR A JOB? WE CAN HELP

**JOB CLUBS EVERY THURSDAY,  
FROM 10:00AM TO 11:00AM.**

Introducing employment workshops taking place after Job Club

**November 2nd, 2023**

**10:00am Job Club Speaker:**

Veterans Workforce Specialist

Arizona @ Work Innovative Workforce Solutions

**11:00am Workshop: "Job searching techniques"**

**November 9th, 2023**

**10:00am Job Club Speaker:** Thomas Bartkowski

Human Resources Coordinator

**11:00am Workshop: "Resume Writing"**

**November 16th, 2023**

**10:00am Job Club Speaker:** Gabriel Marana

Desert Diamond Casinos

**11:00am Workshop: "Interviewing techniques"**

**November 30th, 2023**

**10:00am Job Club Speaker:** Laura Gomez

TMC Health

**11 am Workshop: "Career Fair Success"**

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



**Social Services Dept  
Contact: Stella Or Jerry  
Employment Case Manger  
520-884-7131, Ext. 2223**

# SAVE THE DATE

Limited Booths Available!



**Wednesday, January 24, 2024**

**1pm-4pm**

**Desert Diamond Casino**

on South Nogales Hwy

**RESERVE NOW!**

**FREE RESUME REVIEW PROVIDED**  
**ON SPOT INTERVIEW ROOM AVAILABLE**  
**COMPUTERS AVAILABLE FOR ATTENDEES TO APPLY ONLINE**

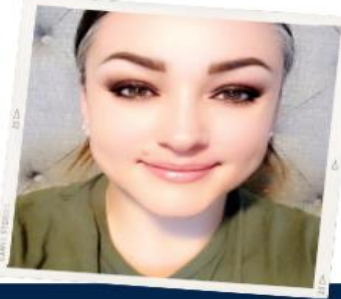


**Find your next star among  
more than 500 qualified  
jobs seekers**

Denise Tellez

**520-534-7315 or [dtellez@tucson.com](mailto:dtellez@tucson.com)**





**MISTY CASTRO**

**988**  
SUICIDE  
& CRISIS  
LIFELINE

There is hope

Talk with us.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org



*Alyssa Dreiling*

**WILLIAM JONES**

**I SAY I AM FINE**  
*but I am going insane*

**I SAY I AM FEELING GOOD**  
*but I am in a lot of pain*

**I SAY IT'S NOTHING**  
*but it's really a lot*

**I SAY I AM OKAY**  
*but I am really not*

~~~~~ *but* ~~~~~

**NO MATTER HOW I FEEL**  
*I am still a fighter*

**AND I WILL NEVER QUIT**  
*because things will get brighter*

**SUICIDE PREVENTION WARRIOR**

## Want to learn more about pre-conception health?

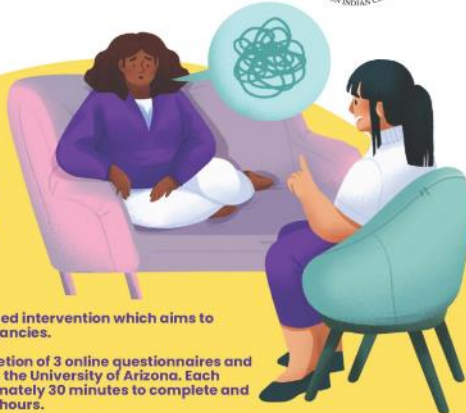
SEEKING AMERICAN INDIAN/ALASKA NATIVE WOMEN AGES 18-28  
FOR RESEARCH STUDY TO PROMOTE HEALTHY CHOICES AROUND ALCOHOL AND CONTRACEPTIVE USE



MEL AND ENID ZUCKERMAN  
COLLEGE OF  
PUBLIC HEALTH



RECEIVE UP TO  
\$150  
IN GIFT CARDS



TIC CHOICES is an evidence-based intervention which aims to prevent alcohol-exposed pregnancies.

Participation will involve completion of 3 online questionnaires and 4 group meetings on campus at the University of Arizona. Each questionnaire will take approximately 30 minutes to complete and each group meeting will last 1.5 hours.

Participants will receive a \$30 gift card after each completed survey, as well as \$60 in gift cards after completing the 4 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.

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



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



## 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



## YOGA CLASS

at Tucson Indian Center

with Yesi Olivera

Every Tuesday!  
5:30pm-6:30pm

Tucson Indian Center  
160 N. Stone Ave

For additional information, Contact Christine!  
cchavez@ticenter.org  
(520)884-7131

FROM SEAN SHERMAN, THE SIOUX CHEF

### TEPARY BEAN WITH CHILE-AGAVE GLAZE



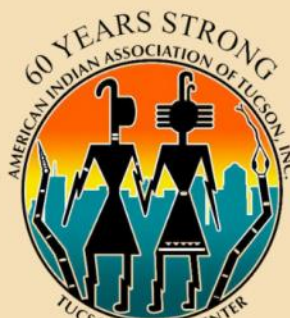
#### INGREDIENTS

- 2 cups Tepary Beans (Precooked)
- 1 tbsp sunflower oil
- ½ small yellow onion, thinly sliced
- 3 tbsp light agave nectar
- 1 tbsp New Mexico Hatch chile powder or chipotle powder, plus more for garnish
- Sea salt
- 2 tsp whole fresh oregano leaves



#### DIRECTIONS

- In a large, deep skillet, heat the oil over medium. Add the onion and sauté until translucent, about 3 minutes. Add the cooked beans and the reserved bean cooking liquid, the agave and the chile powder. Cook, stirring occasionally, until the liquid has reduced to a glaze, about 10 minutes. Season with salt to taste. Divide among bowls, sprinkle with additional chile powder and top with oregano.



1963 - 2023

TUCSON INDIAN CENTER

# WINTER WELLNESS WONDERLAND

Activities:

- Vendors
- Arts & Crafts
- Games/Raffles



**DEC 08**  
**2023**

**06.00-8.00 PM**

Armory Park Center  
220 S. 5th Ave  
Tucson, AZ 85701



**SNACKS & WATER**



More information contact:  
Marlene F. Jose  
520-884-7131 ext. 2238





## 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 Operations Manager

**Mark Gaxiola**

Wellness Director

**Veronica Boone**  
Laguna Pueblo/Navajo

Community Health Representative

**Marcella Delgado**  
Tohono O'odham

Youth & Community Health  
Educator

**Fredy Aranda**  
Tohono O'odham

Wellness Case Manager

**Christina Luna**

Native Connections Project

Coordinator

**Ramona Casillas**  
Tohono O'odham

Transportation & Medical Records  
Specialist

**Allen Jose**

Tohono O'odham

Wellness Case Manager

**Joni Hubbard**  
White Mountain Apache

Health Promotion Specialist

**Marlene F. Jose**  
Tohono O'odham

Prevention & Education Specialist

**William Jones**

Diabetes Prevention Specialist

**Christine Chavez**  
Pascua Yaqui

Prevention & Education Specialist

**Alyssa Dreiling**

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

**Vacant**

Medical Business Office Manager

**Katrina Rodriguez**

COVID-19 Community Health Rep-  
resentative

**Vonda Talawepi**  
Hopi

Medical Assistant

**Crysta Duarte-Espinoza**

Medical Records Clerk

**Kathy Perez**  
Pascua Yaqui

COVID-19 Community Health Rep-  
resentative

**Vacant**

Behavioral Health Therapist

**Laura Walker Sanchez**

## 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

Vice Chairman

**Mark Bahti**

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**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

**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:

Native American Family Wellness Day— November 18, 2023

Winter Wellness Wonderland— December 8, 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 - November 13th, @ 5:30 pm—7:00 pm 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— November 7th, 21st @ 4:30 pm—5:30 pm—Contact: Fredy Aranda
- 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).*