



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

January 2024

VOLUME 42 ISSUE 1

www.ticenter.org

Office open 8:00am-5:00pm, Closed MLK Jan 15, 2024

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

Inside this issue:

34th Anniversary Diversity Career Fair	1
Sobriety Support Groups	2
New year, New you Food and Diaper Bank	3
Dr. Ziegler Dr. Werner	4
Vaccine Events	5
Job Club New Client Orientation	6
Diversity Career Fair	7
ASIST Training Traditional Food Workshop Mesquite Flour Muffins 2 Spirit Meetings	8
Transportation Suicide Prevention Native Youth Coalition	9
My Health, My Choice	10
TIC Staff	11
Announcements	12



SOBRIETY SUPPORT GROUPS TUCSON INDIAN CENTER



PLEASE JOIN IN PERSON OR VIRTUALLY WEBEX.COM

NATIVE SISTERS IN RECOVERY



THU 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



THU 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



FRI 8:30A - 9:30P

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 is hosting New Year, New You, New Journey



"New Year-a new chapter, a new verse, or
just the same old story?"

Ultimately we write it.

The choice is ours"

2024

Friday, January 26

160 N Stone Ave

Registration starts @ 11 a.m.

Event ends by 2 p.m

More info?

Contact Christina! cluna@tucsoncenter.org

"ONE YEAR EQUALS 365 OPPORTUNITIES"



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

DR. PETER ZIEGLER



Dr. Peter Ziegler is a Board-Certified Family Physician with over 28 years of experience in primary care. He earned his Medical Doctorate (MD) degree at Tufts University in Boston, MA, and completed a residency in Family Medicine at Brown University in Rhode Island. Dr. Ziegler is skilled in providing care in the prevention, treatment and management of the full range of acute and chronic conditions for patients of all backgrounds. He dedicated 18 years of his clinical skills and administrative leadership to the Indian Health Service (IHS) in Sells, AZ and the Tucson Area. He joined the Tucson Indian Center in 2021 as the Medical Director. Dr. Ziegler takes his own health and fitness seriously as an avid runner and outdoor enthusiast. He lives in Tucson and is the father of two adult children.



TUCSON INDIAN CENTER **RODNEY W. PALIMO SR. CLINIC**

- 520-884-7131
- 160 N. Stone
Tucson, AZ 85701



DR. MARISA WERNER



Originally from Maryland, Dr. Werner is a Board-Certified Pediatrician, a Fellow of the American Academy of Pediatrics, and an active member of the Arizona Chapter of the American Academy of Pediatrics. Dr. Werner has been serving as a pediatrician in Native American healthcare settings for more than thirty years. Dr. Werner enjoys collaborating with families and communities in their visions of wellbeing for their youngest members. For recreation, Marisa likes to be outdoors gardening, walking around or watching the sunrise or sunset.



TUCSON INDIAN CENTER **RODNEY W. PALIMO SR. CLINIC**

- 520-884-7131
- 160 N. Stone
Tucson, AZ 85701





Get a Flu Shot with TIC

**Tucson Indian Center
Health Services Department**

**Vaccines are available for Tribal and Non
Tribal
Patients 6 months+ and enrolled in Health
Service Department**

**Call Kathy and make an
appointment today
520-884-7131**

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

January Job Schedule

- January 4th
 - January 11th
 - January 18th
 - January 25th
- AZ @ Work Innovative Workforce Solutions
 - Thomas Bartkowski (Human Resources Coordinator)
 - Russell Juan (TONHC Human Resources)
 - Monica Snizek (PNC Bank)



@ 160 N Stone Ave
Tucson AZ 85701



Call: 520-884-7131

Stella Tarin
starin@ticenter.org

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



@razzmatazz.creations

LAST TUESDAY OF THE MONTH AT
12:30PM

- JAN 30
- MAR 26
- FEB 27
- APR 23



Tucson Indian Center

160 N Stone Ave
Tucson, AZ 85701



Register at least one week in advance

To register, visit <https://bit.ly/TICbeading>
For any assistance, contact Angela Marquez
ayazzie@arizona.edu



TUCSON INDIAN CENTER

Applied Suicide Intervention Skills Training

ASIST TRAINING

By Livingworks



THURSDAY & FRIDAY

JAN 18 & 19, 2024



ARMORY PARK CENTER

220 South 5th Ave., Tucson AZ



8:30AM-4:30PM

refreshments provided

Contact **Ramona Casillas**,
Native Connections Project
Coordinator to reserve a
spot

RCASILLAS@TICENTER.ORG

520-884-7131

WWW.TICENTER.ORG



TRADITIONAL FOOD WORKSHOPS



with Rainbow Lopez

History, Cultural Background
and demo recipe!

Tucson Indian Center

2nd Floor

2nd & 4th Wed of the month!

6:00pm-7:00pm

Jan 10th: Squash

24th: Mesquite

Feb 14th: Tepary Beans

28th: Flowers

Mar 13th: Corn

27th: Cholla Buds

Apr 10th: Nopales

24th: Saguaro Fruit

May 8th: Prickly Pear

22nd: Tribal Potluck

If interested, Contact Nick!

njoe@ticenter.org (520)884-7131

MESQUITE FLOUR MUFFINS

INGREDIENTS:

- 3/4 cup mesquite flour
- 1 cup unbleached flour
- 2 tbsp sugar
- 2 tsp baking powder
- 2 egg whites, beaten
- 2/3 cup skim or lowfat milk
- 1/3 cup natural applesauce



DIRECTIONS

- Stir together the flours, baking powder and sugar
- Combine egg, milk, and applesauce in a different bowl.
- Make a well in the center of the dry ingredients that you just mixed.
- Put the egg, milk, and applesauce mixture in the well and stir until the flours are just moistened.
- The batter should be lumpy.
- If you mix too much, the muffins will have holes in them.
- Spray muffin tins with non-stick spray.
- Fill muffin tins 1/2-2/3 full.
- Bake for 20-25 min at 400 degrees.



Recipe from Native Seeds/SEARCH

Healthy Traditions
A cookbook for Native Americans

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



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



NEXT MEETINGS:
JAN 16TH
DEC 30TH

ARE YOU STRUGGLING WITH YOUR MENTAL HEALTH?

Are you ready for help?

Are you struggling with intrusive, invasive
and repeated thoughts on hurting yourself
or killing yourself or someone else?



Do you need someone to
help guide you?



Support lines

Non emergency Crisis Line with HOPE inc.: **520-770-9909** or **877-770-9912**

Tucson Crisis Line: **1-866-495-6735** or Text TALK to 741741

National Hotline: Call or text 988

Veteran Crisis Line: **800-273-TALK (8255)**

Trevor Project: **1-866-488-7386**

Centered Spirit at Pascua Yaqui: Main Phone **520-879-6060** Daytime

Crisis Line **1-833-860-5437** & After hours **520-591-7206**

Tohono O'odham: Crisis **844-423-8759** & Main Phone **520-383-6165**

Tucson Indian Center: **520-884-7131** ask for SPIP team

CULTURE IS PREVENTION: You are needed & wanted. Let us help you build a support system.

Tucson Indian Center Suicide Prevention Intervention
Postvention Team (SPIP)

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



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 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
Vacant

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
Vacant

Wellness Case Manager
Vacant

Native Connections Project
Coordinator

Diabetes Prevention Specialist
Christine Chavez
Pascua Yaqui

Health Promotion Specialist
Marlene F. Jose
Tohono O'odham

Ramona Casillas
Tohono O'odham

Prevention & Education Specialist
Vacant

Community Cultural Specialist
Nickolis Joe
Navajo

Prevention & Education Specialist
Alyssa Dreiling

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
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

Community Engagement Data
Specialist
Christie Kelly

Community Engagement
Coordinator
Michelle Orduna

*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

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

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:

ASIST Training— January 18 & 19, 2024

New Year, New You, New Journey— January 19, 2024

34th Annual Diversity Career Fair— January 24, 2024

- 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 - January 8th, @ 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
- Traditional Food Workshop— 2nd & 4th Wednesday 6:00pm-7:00pm— Contact Nick Joe
- Native Youth Coalition— January 16th, 30th @ 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

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.