Native Wellness Voice

VOLUME 42 ISSUE 1

January 2024

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

Inside this issue:

<table>
<thead>
<tr>
<th>Inside this issue</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>34th Anniversary Diversity Career Fair</td>
<td>1</td>
</tr>
<tr>
<td>Sobriety Support Groups</td>
<td>2</td>
</tr>
<tr>
<td>New year, New you Food and Diaper Bank</td>
<td>3</td>
</tr>
<tr>
<td>Dr. Ziegler</td>
<td>4</td>
</tr>
<tr>
<td>Dr. Werner</td>
<td></td>
</tr>
<tr>
<td>Vaccine Events</td>
<td>5</td>
</tr>
<tr>
<td>Job Club</td>
<td></td>
</tr>
<tr>
<td>New Client Orientation</td>
<td>6</td>
</tr>
<tr>
<td>Diversity Career Fair</td>
<td>7</td>
</tr>
<tr>
<td>ASIST Training</td>
<td></td>
</tr>
<tr>
<td>Traditional Food Workshop</td>
<td>8</td>
</tr>
<tr>
<td>Mesquite Flour Muffins</td>
<td></td>
</tr>
<tr>
<td>2 Spirit Meetings</td>
<td></td>
</tr>
<tr>
<td>Transportation</td>
<td></td>
</tr>
<tr>
<td>Suicide Prevention</td>
<td>9</td>
</tr>
<tr>
<td>Native Youth Coalition</td>
<td></td>
</tr>
<tr>
<td>My Health, My Choice</td>
<td>10</td>
</tr>
<tr>
<td>TIC Staff</td>
<td>11</td>
</tr>
<tr>
<td>Announcements</td>
<td>12</td>
</tr>
</tbody>
</table>
SOBRIETY SUPPORT GROUPS
TUCCSON 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@ticenter.org

“ONE YEAR EQUALS 365 OPPORTUNITIES”

Tucson Indian Center

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.
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 Sniezek (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

eazzmaazz.creations

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.

LAST TUESDAY OF THE MONTH AT 12:30PM
- JAN 30
- FEB 27
- MAR 26
- 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@email.arizona.edu
ASIST TRAINING

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

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.

Healthy Traditions
A cookbook for Native Americans

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

TRADITIONAL FOOD WORKSHOPS
with Raunbue 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
**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.: 520-770-5905 or 877-770-5912
- Tucson Crisis Line: 1-866-495-6735 or Text TALK to 741741
- National Hotline: Call or text 988
- Veteran Crisis Line: 800-273-8255 (8255)
- Trevor Project: 1-866-488-7386
- Centered Spirit at Peace Yegu: Main Phone 520-878-8050 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)

---

**TRANSPORTATION & MEDICATION DELIVERIES**

To schedule please call:
- Allen Jose
  - 520-884-7131
  - ext. 2244
  - AJose@ticenter.org
- 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 home
- 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

---

**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:**

- JAN 16TH
- DEC 30TH
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
Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

Client Service Support Specialist
Alexandria Morgan

Building Maintenance Safety Officer
Oscar Thorpe

Wellness Director
Veronica Boone
Laguna Pueblo/Navajo

Wellness Case Manager
Christina Luna

Wellness Case Manager
Vacant

Wellness Operations Manager
Vacant

Health Promotion Specialist
Marlene F. Jose
Tohono O’odham

Prevention & Education Specialist
Alyssa Dreiling

Prevention & Education Specialist
Misty Castro

Human Resource Generalist
Jorge Molina

Operations Manager
Michael Mulligan

Client Service Support Specialist
Roxann Lozano
Pascua Yaqui/Tohono O’odham

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

Staff Accountant
Honey Ignacio
Tohono O’odham

Accountant Clerk
Claudia Oldman
Navajo

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

Wellness Department

Wellness Operations Manager
Vacant

Community Health Representative
Marcela Delgado
Tohono O’odham

Native Connections Project Coordinator
Ramona Casillas
Tohono O’odham

Transportation & Medical Records Specialist
Vacant

Diabetes Prevention Specialist
Christine Chavez
Pascua Yaqui

Community Cultural Specialist
Nickolis Joe
Navajo

Prevention & Education Specialist
Vacant

Domestic Violence Advocate
Kateri Harris
Tohono O’odham

Health Promotion Specialist
Angela Nasewytewa
Hopi

Health Services Department

Medical Director
Dr. Peter Ziegler

Medical Business Office Manager
Katrina Rodriguez

Medical Records Clerk
Kathy Perez
Pascua Yaqui

Behavioral Health Therapist
Laura Walker Sanchez

HSD Admin Assistant
Delaine Tyner

COVID-19 Community Health Representative
Vonda Talawepi
Hopi

COVID-19 Community Health Representative
Vacant

Social Services Department

Social Services Director
Dylan Baysa
Choctaw

Community Engagement Data Specialist
Christie Kelly

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

Employment Case Manager
Estella Tarin

Community Engagement Coordinator
Michelle Orduna

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

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
• AllR (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.