



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

February 2024

VOLUME 42 ISSUE 2

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

Office open 8:00am-5:00pm, Closed Presidents Day Feb 19, 2024

Tucson Indian Center

## SOBER HEARTS

Free Healthy Heart and Wellbriety Event

Vendors! Incentives! Crafts! Lunch! Dancing!

**DATE**

**16 FEB 2024**

**TIME**

**10.00 AM- 2:00 PM**

**PLACE**

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



More info?

520-884-7131

Christine Chavez: [cchavez@ticenter.org](mailto:cchavez@ticenter.org)

Christina Luna: [cluna@ticenter.org](mailto:cluna@ticenter.org)

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# **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 **ELDER'S MONTHLY LUNCHEON**

(55 AND OLDER)

**12:00PM-3:00PM**

**FEB 28, 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**



# DR. JOAN MACEACHEN

I have worked as a Family Physician for the past 36 years. Most of those years were with Indian Health Service in Utah, Colorado, Arizona and Alaska. I had the privilege of delivering and caring for babies, as well as caring for children, adults, pregnant women, and elders, both in clinics and in hospitals. During the pandemic, I worked in a rural remote clinic in New Zealand which served Maori and Pakeha (Europeans). I am pleased to come now to Tucson Indian Center Rodney W. Palimo Sr. Clinic as you extend health care to Native Americans living in the Tucson Area.

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

- 520-884-7131
- 160 N. STONE AVE  
TUCSON AZ, 85701





RODNEY W. PALIMO, SR. CLINIC

**Now  
Enrolling  
New Patients**

Call Kathy  
Today to  
Enroll



Enrolling New Patients for  
**PRIMARY CARE SERVICES**  
**Behavioral Health Services**  
for Tucson American Indians

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



**Rodney W. Palimo Sr.  
Clinic  
Coffee & Bingo**



**Friday's  
10am-12pm**

**2nd  
Floor**

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

**More Info:**  
Contact Vonda  
health@ticenter.org  
520-884-7131

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



The **Pima Models for Indigenous Assessment (PIMA)** project and Tucson Indian Center is seeking Tribal member volunteers for a **Community Advisory Council (CAC)**. The overarching goal of the PIMA project is to build a data ecosystem that centers Tribal community voices. The CAC will play an integral role throughout the data projects, which includes providing a voice and feedback to the team on interacting and collaborating with Tribal communities. Training in data collection, data evaluation, and data research will be provided to CAC members. Both Western and Indigenous models of data collection, evaluation, and interpretation will be braided together in building the ecosystem.

**What will you be asked to do as a CAC member?**

CAC members will be asked to attend monthly meetings as well as training sessions on research.

**What do you need to have to be a part of CAC?**

We are looking for diverse Tribal community members and you do not need to have advanced degrees or any particular level of education to volunteer for CAC.

**Will you be compensated?**

Yes, CAC members will receive a gift card after each meeting, a meal will be provided, and mileage and childcare will be reimbursed.

CONTACT: Christie Kelly by email at [ckelly@ticenter.org](mailto:ckelly@ticenter.org)





# 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

### February Job Schedule

- February 1st
- February 8th
- February 15th
- February 22nd
- February 29th
- AZ @ Work Innovative Workforce Solutions
- Thomas Bartkowski (Human Resources Coordinator)
- Russell Juan (TONHC Human Resources)
- AURA Space Ground
- Anthony Estrella- Pascua Yaqui Tribe



@ 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](mailto:ayazzie@arizona.edu)







Suicide Prevention  
Alyssa Dreiling & Misty Castro

Native Connections  
Ramona Casillas



Would you like more information? Contact us  
160 N Stone Ave  
Tucson, AZ  
(520) 884-7131  
[suicide.prevention@ticenter.org](mailto:suicide.prevention@ticenter.org)

### Tucson Indian Center Suicide Prevention and Native Connections offer QPR and ASIST (Applied Suicide Intervention Skills Training).

QPR will teach participants the warning signs and common causes of suicidal behavior while empowering them to safely question, persuade, and refer someone who may be thinking about suicide.  
QPR training dates coming soon.

(ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

ASIST Training dates: April 9 & 10  
June 13 & 14

You must RSVP for these trainings.



## 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**

**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](mailto:njoe@ticenter.org) (520)884-7131



## SAUSAGE & KALE WHITE TEPARY BEAN SOUP

RECIPE BROUGHT TO YOU BY  
RAMONA FAMRS

### INGREDIENTS

- 2 cup uncooked white teparies
- 8 quarts of pure water ( half water&half chicken stock )
- 1 bay leaf
- 1 tsp Oregano
- 3 minced garlic clove
- Cook for eight hours in a crock
- drain Tepary Beans and return to pot with 2 cups of broth saving one 1/2 cup cooked Tepary Beans to add later

### DIRECTIONS

In large skillet cook Italian sausage until brown  
in same skillet sauté one stalk of chopped celery and 1 medium chopped carrot and 1/2 onion  
1 inch Julian cut peppers (1 red and 1 yellow) (saving back a few slices for garnish)  
1 yellow onion Julian cut 1 inch long  
3 medium garlic cloves minced  
(too much veg for your skillet no worries do batches)  
when soft add cooked veg to beans and broth in cook pot  
puree the beans, broth, and veg ( I use an emulsifier right in the hot soup pot.  
Be careful of splash back!!)  
you can also use a food processor or blender

2 leaves kale chopped fine (with out stem)  
Sauté kale in seasoned pan with 1 tsp olive oil  
Add to soup with 1/2 cup cooked beans ( saved back earlier)  
bring to desired temperature  
Garnish with sausage and peppers and a dollop of sour cream or shredded cheddar cheese and serve to your loved ones, they will feel the love.



[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:

**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



Question. Persuade. Refer.



## QPR Gatekeeper Training

This training is open to any community member 18 years and older, who wants to learn the skills on asking the most important question to save a life.

February 27, 2024

9am - 11am

Tucson Indian Center 2nd Floor  
160 N Stone Ave Tucson, AZ 85701

Need more information or interested in attending contact  
Ramona Casillas Native Connections Project Coordinator  
rcasillas@ticenter.org  
520-884-7131 ext. 8353

## Gathering of Native Americans

# GONA 2024

A safe place to share, heal, and plan for action  
**Community Gathering**

Regarding four themes:

Belonging - Mastery - Interdependence - Generosity

Presenter, Angel Garcia,

"How he became The Blind Bandit"

### SAVE THE DATE:

MARCH 1ST & 2ND

EVENT TIME: 9-4 P.M.

RAMADA INN BY WYNDHAM

777 W CUSHING ST

TUCSON, AZ

Want more information?

Contact Ramona Casillas  
(SAMHSA Native Connections)

RCasillas@TICenter.org  
(520) 884-7131



TUCSON INDIAN CENTER

# NATIVE YOUTH

# COALITION

Giving Native Youth an opportunity to advance wellness, cultural, and leadership initiatives in their communities.

### NEXT MEETINGS:

**FEB 13TH**

**FEB 27TH**

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



January-July  
2024



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
- Support in getting a cancer screening
- In-person or virtual options available
- A total 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

Angela Nasewytewa  
520-884-7131, ext. 2222  
[anasewytewa@ticenter.org](mailto:anasewytewa@ticenter.org)





## 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  
**Adam Fernandez**

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  
**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**

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

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Tohono O'odham

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Tohono O'odham

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**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:**

Sober Hearts— February 16th

Tucson Rodeo Parade— February 22nd

Gathering of Native Americans— March 1st & 2nd

National HIV/AIDS Awareness Day Event— March 22nd

- **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 13th, 27th @ 4:30 pm—5:30 pm—Contact: Fredy Aranda**
- **Coffee & Bingo— Every Friday, 10:30am-12:30pm— Contact Health Services Department**
- **Elders Monthly Luncheon— Wednesday February 28th 12:00pm-3:00pm— RSVP with Marlene Jose**

**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).*