




# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

March 2024

VOLUME 42 ISSUE 3

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

Office open 8:00am-5:00pm



**TUCSON INDIAN CENTER**  
PRESENTS


## **National Native HIV/AIDS Awareness Day**

*"Know your status"*

**Friday, March 22nd**  
**11:30am – 3:00pm**  
**Donna Liggins Center**  
2160 N 6th Ave, Tucson, AZ 85705  
Outside Basketball Court

**SPEAKERS! VENDORS!**  
**MUSIC! FOOD!**

**MORE INFORMATION?**  
**Contact Marlene F. Jose**  
**[mjose@ticenter.org](mailto:mjose@ticenter.org)**  
**520-884-7131**



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# *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

Contact Ramona Casillas  
(SAMHSA Native Connections)  
RCasillas@TICenter.org  
(520) 884-7131





# Tucson Indian Center ELDER'S MONTHLY LUNCHEON

(55 AND OLDER)

12:00PM-3:00PM

MAR 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



# 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


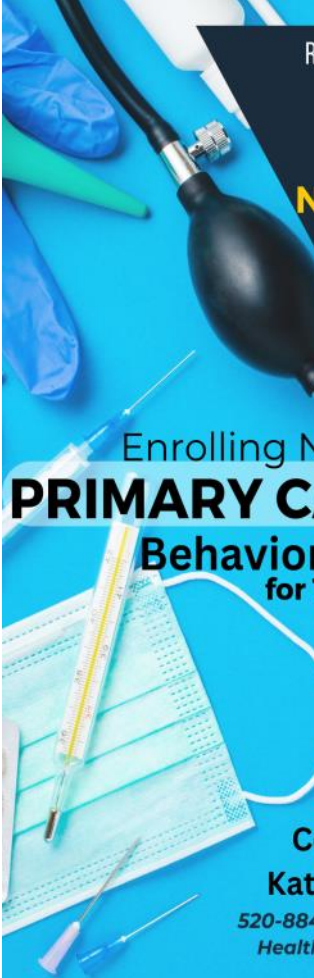
**Now  
Enrolling  
New Patients**

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

**CLINIC**  
Rodney W. Palimo, Sr.  
Tucson Indian Center  
160 N Stone  
Tucson Az 85701  
3rd Floor



## WALKING CLUB RETURNING!



**Updates Coming Soon**

For more information, Contact Vonda!  
health@ticenter.org  
520-884-7131



# Rodney W. Palimo Sr. Clinic Coffee & Bingo



**Friday's  
10am–12pm**

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**2nd  
Floor**

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

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

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



# Social Services Department

## NEED A JOB?

**NEW CLIENT ORIENTATION**  
MONDAYS FROM  
11:00AM-12:00PM

**JOB CLUB!**  
THURSDAYS FROM  
11:00AM-12:00PM

### WE CAN HELP!

- ✓ Job Network!
- ✓ Resume Workshops!
- ✓ Leadership Classes!
- ✓ Job Readiness Training!
- ✓ And much more!

**CONTACT: 520-884-7131**

**Jerry Romero**  
jromero@ticenter.org

**Stella Tarin**  
starin@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



### 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.

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)

## TRADITIONAL FOOD WORKSHOPS



*with Rainbow Loper*

History, Cultural Background  
and demo recipe!

**Tucson Indian Center  
2nd Floor**

**2nd & 4th Wed of the month!  
6:00pm-7:00pm**

**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

## CHOLLA BUD CHILI

### RECIPE

1. Heat 1 tbsp of oil in a large saucepan
2. Add meat and cook until brown on all sides. Remove cooked beef and set aside.
3. Add remaining oil and onions and cook until soft and slightly brown.
4. Add garlic and saute until soft and fragrant, about 2 minutes.
5. Add cooked cholla buds and saute until oil is absorbed, about 5 to 10 min
6. Simmer, covered for 30 min.
7. Add cooked stew meat, salt, and simmer for another 30 min.
8. If chile is too thick, add water until it reaches desired consistency.
9. Adjust seasonings to taste.
10. Makes 4-6 cups

Recipe courtesy of Mary Paganelli.  
"From l'itot's Garden"

### INGREDIENTS

- 3 tbsp olive oil
- 2 onions chopped
- 6 garlic cloves
- 3 cups cholla buds, cooked
- 1 lb beef stew pieces
- 3 cup chile paste
- 3 cups water

### Chile Paste:

- 8 oz dried New Mexico Dried Chile Pods
- 10 cups boiling water
- 2 tbsp vegetable oil



[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

**Marcus Baldenegro,  
Wellness Transportation  
& Records Specialist**  
520-884-7131 ext 2242  
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



Tucson Indian Center

## DOMESTIC VIOLENCE PREVENTION PROGRAM

- Come learn self-defense and meet others within the Native community.
- Take control of your own personal safety and health.
- Family activity to learn and spend time together.
- Learn about domestic violence.
- Learn about resources for domestic violence.

**When:** Every Monday, starting February 26, 2024 - April 29, 2024, 8-week session

**Where:** 160 N. Stone Avenue  
Tucson, Arizona 85701

**Time:** 5:30 PM - 6:45 PM

**Who:**

- Survivors of domestic violence
- Teens
- Adults and Elders
- Ages 5 and up, under 18 must be accompanied by a guardian or parent.



TO LEARN MORE ABOUT THIS ACTIVITY, CONTACT KATERI HARRIS 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
- 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

January-July  
2024

TUCSON INDIAN CENTER

# NATIVE YOUTH



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

**NEXT MEETINGS:**  
**MARCH 12TH**  
**MARCH 26TH**

**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 Christine Chavez  
cchavez@ticenter.org  
(520)884-7131



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.





# **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 Staff

Executive Director <b>Jacob Bernal</b> Chemehuevi	Human Resource Generalist <b>Jorge Molina</b>	Finance Director <b>Michael E. Spotted Wolf</b> Seminole/Creek/Hidatsa
Client Service Support Specialist <b>Alexandria Morgan</b>	Operations Manager <b>Michael Mulligan</b>	Staff Accountant <b>Honey Ignacio</b> Tohono O'odham
Building Maintenance Safety Officer <b>Oscar Thorpe</b>	Client Service Support Specialist <b>Roxann Lozano</b> Pascua Yaqui/Tohono O'odham	Accountant Clerk <b>Claudia Oldman</b> Navajo

## Wellness Department

Wellness Director <b>Veronica Boone</b> Laguna Pueblo/Navajo	Grants & Services Manager <b>Susan Mulligan</b>	Youth & Community Health Educator <b>Vacant</b>
Wellness Case Manager <b>Christina Luna</b>	Community Health Representative <b>Marcella Delgado</b> Tohono O'odham	Transportation & Medical Records Specialist <b>Marcus Baldenegro</b>
Wellness Case Manager <b>Manuel Martinez</b>	Native Connections Project Coordinator <b>Ramona Casillas</b> Tohono O'odham	Diabetes Prevention Specialist <b>Christine Chavez</b> Pascua Yaqui
Health Promotion Specialist <b>Marlene F. Jose</b> Tohono O'odham	Prevention & Education Specialist <b>Vacant</b>	Community Cultural Specialist <b>Nickolis Joe</b> Navajo
Prevention & Education Specialist <b>Alyssa Dreiling</b>	Domestic Violence Advocate <b>Kateri Harris</b> Tohono O'odham	Health Promotion Specialist <b>Angela Nasewytewa</b> Hopi
Prevention & Education Specialist <b>Misty Castro</b>		

## Health Services Department

Health Director <b>Phoebe Cager</b> Yup'ik	Medical Director <b>Dr. Peter Ziegler</b>	HSD Admin Assistant <b>Adam Fernandez</b>
Grants & Services Manager <b>Vacant</b>	Medical Business Office Manager <b>Katrina Rodriguez</b>	COVID-19 Community Health Representative <b>Vonda Talawepi</b> Hopi
Medical Assistant <b>Crysta Duarte-Espinoza</b>	Medical Records Clerk <b>Kathy Perez</b> Pascua Yaqui	COVID-19 Community Health Representative <b>Rosemary Corella</b>
	Behavioral Health Therapist <b>Vacant</b>	

## Social Services Department

Social Services Director <b>Dylan Baysa</b> Choctaw	Intake & Supportive Services Case Manager <b>Jerry R. Romero</b> Tohono O'odham	Employment Case Manager <b>Estella Tarin</b>
Community Engagement Data Specialist <b>Christie Kelly</b>		Community Engagement Coordinator <b>Michelle Orduna</b>

*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](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:**

Gathering of Native Americans— March 1st & 2nd  
National HIV/AIDS Awareness Day Event— March 22nd  
Spring Break Youth Day Camps— March 12th & 14th  
ASIST Training— April 9th & 10th  
2024 Spring Social Pow Wow- April 13th

- **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 - February 11th, @ 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**
- **Self Defense Classes— Every Monday 5:30pm-6:45pm— Contact Kateri Harris**
- **Native Youth Coalition— March 12th, 26th @ 4:30 pm—5:30 pm—Contact: Christine Chavez**
- **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).*