



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

May 2024

VOLUME 42 ISSUE 5

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

**Office open 8:00am-5:00pm, Monday-Friday. Office Closed Friday, May 17th**

**“Heroes For Hope”**

**May 29, 2024**  
**Registration at 10:30am**  
**Event time 11am - 3 pm**  
**El Casino Ballroom**  
**437 E 26th St, Tucson,**  
**AZ 85713**

This event is to help reduce the stigma of mental health by providing the community with various resources to help them seek the help they or someone they know may need. The event is for all ages and gender.

If you have any questions about the event please contact the Alyssa or Misty  
 520-884-7131  
[suicide.prevention@ticenter.org](mailto:suicide.prevention@ticenter.org)

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# WOMEN'S DAY EVENT

*Honoring Indigenous Women*

**Door prizes for first 120 Women!**

**Lunch will be served**

**Raffle/Health Screenings/Vendors/Activity tables**

**10  
MAY**

**11 AM - 2 PM**

*Ramada by Wyndham*

*777 W. Cushing St*

***RSVP with Marcella  
mdelgado@ticenter.org  
520-884-7131***



# Tucson Indian Center ELDER'S MONTHLY LUNCHEON

(55 AND OLDER)

12:00PM-3:00PM

MAY 29, 2024

## RSVP

with Marlene



520-884-7131 ext 2238



mjose@ticenter.org



Tucson Indian Center



**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

# Rodney W. Palimo Sr. Clinic

## Mission Statement

To provide accessible patient-centered care, to empower our community to achieve the highest quality health and well-being.



## Hours of Operation

Monday - Friday 8:00am - 5:00pm *excluding holidays*

## Primary Care

The clinic will provide full-spectrum primary care services to children, youth, and adults in the model of Family Medicine. This includes health promotion and education, disease prevention, health screenings and interventions by age and risk (ex., immunizations), screening for chronic and/or preventable illness (ex., cancer, diabetes, cardiovascular disease), mental health and substance abuse screening and referral, chronic conditions management, well-child care, women's health care, family planning, elder care, complete physical examinations, pre-participation (Sports/School) physical examinations, and wellness visits.

## Behavioral Health

Therapy: The initial focus at startup will include short-term behavioral health services such as Solution Focused Brief Therapy, Motivational Interviewing, Cognitive Behavioral Therapy, and assessments with individualized treatment planning. Referrals may be completed for more intensive, long-term behavioral health services or for specialized evidence-based practices.

## Events

**Coffee and Bingo** Every Friday 10:00am - 12:00pm

**Walking Club:** Every Wednesday 9:00am - 10:00am (*program ends August 2024*)

## Our Services

### Primary Care

- Vaccines/Immunizations
- Health Screenings
- Medication management/refills
- On-site Laboratory services
- Chronic Condition Management
- Physical Exams (*sports/school*)
- Referrals for Specialty Care Service
- Disease Prevention
- Women's Health Exam's


### Behavioral Health - Therapy

- Individual Therapy
- Family/Group Therapy
- Intake/Comprehensive Assessments
- Individualized Treatment Planning
- Treatment and assessments for: substance abuse, depression, anxiety,

### Outreach and Referrals

- Care packages & COVID-19 supplies
- Education
- Welfare Checks
- Case management
- Transportation

## Contact Us

 520-884-7131

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

# AURORA RAMIREZ, LMSW

Born and raised in Tucson by a Mexican mother from Sonora. I am proud to be the first in my family to acquire a Bachelors in Psychology and become a Licensed Master Social Worker. I have been working with the Tucson community in the behavioral health field since 2010. Most recently as a clinical therapist, working with refugees, youth, and adult clients coping with various mental health difficulties. As a social worker, I am influenced by intersectional liberation theory to understand individuals as a whole, in the context of the environment they were raised and the community at large that plays a current role in their life. My therapeutic approach is person-centered and collaborative. It is informed by evidence based psychodynamic practices, while also understanding the importance of lived experience and knowledge from the ancestors. I deeply value trust, connection, and the therapeutic boundaries to guide individuals in their healing journeys. I enjoy spending time with my family, cuddling with my dogs, creating crochet art, reading, indoor gardening, and watching reality tv. I am looking forward to working at TIC and becoming a source of support for the Tucson Indian community!

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

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



# JUNIPER DERY-CHAFFIN, PA-C

Juniper Dery-Chaffin MPAS MEd is a certified Physician Assistant (PA-C) with over 8 years of experience who specializes in Primary Care with an emphasis on prevention and education and Mental Health/psychiatric concerns. PA Juniper received her Master's in Educational Psychology from the University of Arizona and her degree as a Physician Assistant from Northern Arizona University where she received an award for community service. She is a member of both National and State level PA associations. Her focus is helping people understand their health so they can make educated decisions. She loves seeing how people feel better when they get proper medical care and education. Her favorite motto is "Knowledge is power" which can be applied to health. When not working, Juniper is taking up new hobbies including fishing and coin collecting. She enjoys spending time with friends and family.

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



# Tucson Indian Center

# Leadership Workshops



All are welcome to attend



Begins Thursday April 11th,  
for 5 weekly sessions

160 N Stone Ave

Sign up --with Michele O. at 520.884.7131  
or by email at [morduna@ticenter.org](mailto:morduna@ticenter.org)

**Thursday:**

**April 11**

**April 18**

**April 25**

**from 1:00 pm--3:00 pm**

**Thursday:**

**May 2**

**May 9**

**from 1:00 pm--3:00 pm**

This publication was made possible by Grant Number 90NA8477-01-00 from Administration for Native Americans.  
The project described was supported by Grant Number 90NA8477-01-00 from Administration for Native Americans.

# 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!

### MAY JOB CLUB SCHEDULE

**May 2:**  
Veteran's Innovative Workforce

**May 9:**  
Russell Juan  
TONHC Human Resources

**May 16:**  
Rafael Bejarano  
Goodwill

**May 23:**  
Xavier Pelaez  
Arizona Department of Education  
and Training

**May 30:**  
Thomas Bartkowski  
Human Resources Coordinator

**CONTACT: 520-884-7131**

**Jerry Romero**  
jromero@ticenter.org

**Stella Tarin**  
starin@ticenter.org



## LEMON SAGUARO SEED MUFFINS

### RECIPE

1. In a 1 1/2 QT bowl, using a large spoon, stir together eggs, milk, lemon juice, grated lemon peel and oil until well blended.
2. Add flour, sugar, baking powder, optional nutmeg and saguaro seeds, stirring well as each is added.
3. Fold in optional nuts.
4. Spoon batter into greased muffin tins, until about 3/4 full.
5. Bake at 400F degrees for about 20 min.
6. Makes 12 muffins.

From I'toi's Garden, adapted from chefrick.com



### INGREDIENTS

- 2 eggs
- 1 cup oat milk
- 1 tbs lemon juice
- 2 tbs grated lemon peel
- 1/4 cup canola oil
- 2 cups flour
- 1/4 cup agave
- 2 1/2 tsp baking powder
- 1/4 tsp nutmeg (optional)
- 2 tsp saguaro seeds
- 1/2 cup chopped walnuts (optional)

## UPDATED

# Youth Gathering of Native Americans (GONA)

Regarding Belonging-Mastery-Interdependence-Generosity



Ages 13-17

July 23-25

8am-4pm

Ramada by Wynham, 777 W Cushing St.

Pre-registration required-available soon

For questions call or email

[rcasillas@ticenter.org](mailto:rcasillas@ticenter.org)

Ph. 520-884-7131



[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**



# NATIVE SUMMER YOUTH CAMP 2024



DOWNLOAD REGISTRATION PACKET HERE

**YOUTH AGES 8-12**

**JUNE 26-28**

LOCATION AND DETAILS TO BE ANNOUNCED

**YOUTH: AGES 13-17**

**JULY 10-12**

LOCATION AND DETAILS TO BE ANNOUNCED

FOR MORE INFORMATION CONTACT  
Susan Mulligan at 520-884-7131 [smulligan@ticenter.org](mailto:smulligan@ticenter.org)

**TUCSON INDIAN CENTER IS HONORING MEN'S DAY**




Please preregister using the QR code

To focus on men's health and wellbeing: social, emotional, physical, and spiritual. "To promote positive male role models; not just movie stars and sportsmen, but everyday, working-class men who are living decent, honest lives."

Date: Friday, June 7th, 2024

Location: Ramada by Wyndham  
777 N Cushing St, Tucson, AZ 85745


Registration begins @ 0930  
Event hours 10-2 p.m.

Need more information?  
Contact Marcus Baldenegro  
[mbaldenegro@TICenter.org](mailto:mbaldenegro@TICenter.org)  
(520) 884-7131

Lunch will be provided for the first 75 participants

**TUCSON INDIAN CENTER**

# NATIVE YOUTH COALITION




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

**NEXT MEETINGS:**  
**MAY 7TH**  
**MAY 21ST**

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 **Susan M.**  
[smulligan@ticenter.org](mailto:smulligan@ticenter.org)  
(520)884-7131





# **SOBRIETY SUPPORT GROUPS TUCSON INDIAN CENTER**



**PLEASE JOIN IN PERSON OR VIRTUALLY TEAMS**

**NATIVE SISTERS  
IN RECOVERY**



**THU 4:15P - 5:15P**

**JOIN BY VIDEO (TEAMS)**

**Meeting ID**

**226 175 682 278**

**Passcode**

**46TZWA**



**WHITE BISON**



**THU 5:30P - 6:30P**

**JOIN BY VIDEO (TEAMS)**

**Meeting ID**

**295 293 855 757**

**Passcode**

**BbB8qP**



**AA MEETING**



**FRI 8:30A - 9:30P**

**JOIN BY VIDEO (TEAMS)**

**Meeting ID**

**297 387 388 398**

**Passcode**

**DYtVND**



**CALL CHRISTINA LUNA TO RESERVE YOUR SPOT 520-884-7131 160 N STONE AVE**

## 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  
**Vacant**

Accountant Clerk  
**Claudia Oldman**  
Navajo

## Wellness Department

Wellness Director  
**Veronica Boone**  
Laguna Pueblo/Navajo

Grants & Services Manager  
**Susan Mulligan**

Youth & Community Health  
Educator  
**Vacant**

Wellness Case Manager  
**Christina Luna**

Community Health Representative  
**Marcella Delgado**  
Tohono O'odham

Transportation & Medical Records  
Specialist  
**Marcus Baldenegro**

Wellness Case Manager  
**Vacant**

Native Connections Project  
Coordinator

Diabetes Prevention Specialist  
**Vacant**

Health Promotion Specialist  
**Marlene F. Jose**  
Tohono O'odham

**Ramona Casillas**  
Tohono O'odham

Community Cultural Specialist  
**Nickolis Joe**  
Navajo

Prevention & Education Specialist  
**Alyssa Dreiling**

Prevention & Education Specialist  
**Vacant**

Prevention & Education Specialist  
**Misty Castro**

Domestic Violence Advocate  
**Kateri Harris**  
Tohono O'odham

Health Promotion Specialist  
**Angela Nasewytewa**  
Hopi

## Health Services Department

Health Director  
**Phoebe Cager**  
Yup'ik

Medical Director  
**Dr. Peter Ziegler**

HSD Admin Assistant  
**Adam Fernandez**

Grants & Services Manager  
**Adam Fernandez**

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  
**Rosemary Corella**

Family Health Advocate & Commu-  
nity Health Representative  
**Carolyn Tapia**

Behavioral Health Therapist  
**Aurora Ramirez**

## 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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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:

Women's Day Event— May 10th

Heroes for Hope Event— May 29th

Native Summer Youth Camp— June 26th-28th (8-12 yrs old)

July 10th-12th (13-17 yrs old)

Youth GONA— July 23rd-25th

- 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 - May 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
- Traditional Food Workshop— 2nd & 4th Wednesday 6:00pm-7:00pm— Contact Nick Joe
- Native Youth Coalition— May 7th, 21st @ 4:30 pm—5:30 pm—Contact: Susan Mulligan
- Coffee & Bingo— Every Friday, 10:30am-12:30pm— Contact Health Services Department
- Elders Monthly Luncheon— Wednesday May 29th 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).*