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**“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

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

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
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.

TUCSON INDIAN CENTER
RODNEY W. PALIMO SR. CLINIC

- 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 mordunaeticenter.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

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

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

Native Wellness Voice
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.

From l’itoi’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)
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 IOPE 2 days advanced notice

160 N Stone Ave Tucson AZ 85701

Native Wellness Voice

NATIVE SUMMER YOUTH CAMP 2024

Make a memorable experience at our Native Youth Summer Camp, where you can connect with new friends while learning & having fun!

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

TUCSON INDIAN CENTER IS HONORING MEN’S DAY

Please preregister using the QR code

To focus on men’s health and well-being; 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
(520) 884-7131

Lunch will be provided for the first 75 participants

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

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Tohono O’odham

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Vacant

Domestic Violence Advocate
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Tohono O’odham

Youth & Community Health Educator
Vacant

Transportation & Medical Records Specialist
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Diabetes Prevention Specialist
Vacant

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Navajo

Health Promotion Specialist
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Tohono O’odham

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Olivia Villegas-Liston
Tohono O’odham

Native Wellness Voice

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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

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.