



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

July 2024

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www.ticenter.org



EXECUTIVE DIRECTOR, JACOB
BERNAL



Welcome and Happy Summertime!!

Welcome to the Tucson Indian Center newsletter! We are thrilled to share with you the latest news.

July is here and the kids are on summer vacation. However, time seems to be flying by and before we know it school will be back in session. As we all know, Independence Day is just around the corner on the 4th of July. The Center will be observing Independence Day on July 4th, 2024, and will be closed and will reopen the following day on Friday, July 5th, 2024.

The Tucson Indian Center has a lot of great upcoming events and activities planned for the summer and back to school events.

The children had a blast at our Native Youth Summer Camp in June, and the

second session for children ages 13-17 will be from July 10-12. The Youth of Native Americans (GONA) will be held from July 23-25, and our Back-to-school Bash will be on July 26, 2024.

July 2024 also marks the first month of the agency fiscal year. Please take a moment to read the newsletter and make plans to attend the upcoming events with your family and friends.

Thank you for taking the time to read the Tucson Indian Center's Newsletter. We look forward to seeing you, your family, and friends at the upcoming events

Respectfully submitted,

Jacob Bernal, Executive
Director

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Tucson Indian Center News

A Message from the Operations Director

Dear Community Members,

We hope this message finds you well. As we move through the summer, we have some exciting updates and important announcements to share with you regarding improvements to the Tucson Indian Center (TIC) facilities.

Modernization of Our East Elevator

We are thrilled to announce that we are beginning construction on the modernization of our East Elevator. This project is essential for ensuring that our facilities are accessible and up to date, meeting the needs of everyone in our community. We apologize in advance for any inconvenience caused by the construction, including any mess or noise you may experience. Your patience and understanding during this time are greatly appreciated.

Upcoming Renovations

In addition to the elevator modernization, we are also planning significant improvements to our center to better serve you:

****Second Floor Remodeling**:** This summer, we will start the remodeling of our second floor to provide additional office space to house TIC's growing Wellness Department. As we continue to expand and offer the wellness services that our community has deemed important, this new space will enhance our ability to support your health and well-being.

****Roof and HVAC Replacement**:** We are also replacing our roof and HVAC system. These upgrades are crucial for maintaining a comfortable and safe environment within the center, ensuring we can continue to provide high-quality services in all weather conditions.

Hosting Events and Programs Offsite

To accommodate the community during construction, TIC will be hosting some of its events and programs offsite. We want to ensure that you continue to have access to our services without interruption. Please consult our newsletter and/or the TIC Website to stay informed about any changes to event and program locations.

What to Expect

****Construction Schedule**:** Construction activities will primarily occur during regular business hours to minimize disruption. However, please be prepared for occasional noise and temporary adjustments to facility access.

****Safety Measures**:** We will implement strict safety protocols to ensure the well-being of all visitors and staff during the construction period. Please follow all posted signs and instructions from staff.

Continued Commitment to Service

Throughout these renovations, TIC will remain open and committed to serving our Urban Native American community. We are dedicated to minimizing disruptions to our programs and services. Should you have any concerns or need assistance, please do not hesitate to reach out to our staff.

We are excited about these improvements and the positive impact they will have on our community. Thank you for your continued support and patience as we work to make the Tucson Indian Center a better place for everyone.

Warm Regards,

Michael Mulligan
Michael Mulligan

July Month Spotlight



July is Minority Mental Health Awareness Month, a critical period for amplifying the unique mental health challenges faced by minority communities. This month highlights the disparities in mental health care and the importance of culturally sensitive approaches to support the well-being of diverse populations. It encourages open conversations, education, and advocacy to reduce stigma and improve access to mental health resources for all minority groups.

Our suicide prevention, intervention, and postvention program (SPIP) is dedicated to serving the Tucson urban Native American population, addressing the cultural and systemic factors that contribute to mental health disparities. By providing culturally sensitive resources, support, and community engagement, we aim to reduce the stigma surrounding mental health and promote holistic well-being within this community. This month serves as a vital reminder of the importance of tailored mental health services and the ongoing need to support and empower minority populations. Remember to wear your green this July in support of Minority Mental Health Awareness Month.

Event News



Veterans Workforce Specialist Arizona @ Work Innovative Workforce Solutions

July 11, 2024

Time: 10:00 AM-11:00 AM

Russell Juan
Human Resources Specialist
TONHC HR

July 18, 2024

Time: 10:00 AM-11:00 AM

Cheryl Lorentine-Grant
HR Specialist
Desert Diamond Casino
August 25, 2022

Time: 10:00 AM-11:00 AM

A Few Notes To Remember



From a book "Think Indigenous: Native American Spirituality for a Modern World"

The author, Doug Good Feather, Lakota from the Standing Rock and Dakota Nation writes about the Seven Directions. I would like to share the information with you all.

East, New Beginnings

South, The Breath of Life

West, The Healing Powers

North, Earth Medicine

Above, The Great Mystery
Below, The Source of Life
Center, The Center of life

2 Spirit of Tucson (GLBTQ)

(2nd Monday of the month)

July 8, 2023, 5:30pm-7:00pm

August 12, 2023, 5:30pm-7:00pm

September 9, 2023, 5:30pm-7:00pm

October 14, 2023, 5:30pm-7:00pm



For more information call (520) 884-7131 ext. 2238 or mjose@ticenter.org

Elder Monthly Luncheon (55 or older) (Last Wednesday of the month)

July 31, 2024, 12:00pm-3:00pm

August 28, 2024, 12:00pm-3:00pm

September 25, 2024, 12:00pm-3:00pm

October 30, 2024, 12:00pm-3:00pm

November 2024-January 2025 NO ELDER MONTHLY LUNCHEON
RSVP with Marlene (520) 884-7131 ext.2238 or mjose@ticenter.org





COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA

Documents Required for Food Box

*Driver's License or State
Issued ID

*Proof Of Address (current
piece of mail or bill confirming
address)

One Food Box Per Month Per Family



Food Box Pick Up Schedule

Monday 11am-4pm

Tuesday 9am-4pm

Wednesday 9am-4pm

Thursday 9am-4pm

Friday 9am-4pm

**160 N Stone Ave
Tucson AZ 85701**

**For Any
Questions Call
(520) 884-7131**



Documents Required for Diaper's



*Driver's License or State
Issued ID

*Child Birth Certificate or
Proof of Guardianship

* Proof of Income
(SNAP/ AHCCCS Card)

**Limit 75 Diapers
25 Period Products
A Month**



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/Location

Monday - Friday 8:00am - 5:00pm *excluding holidays*
160 N. Stone, Tucson AZ 85701

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 8:30 - 10:30am
(*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
- Health Education
- Welfare Checks
- Case management
- Transportation
- AHCCCS Enrollment Application Assistance

Contact Us



520-884-7131 ext 2602



www.ticenter.org

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



Thank you for reading!

TUCSON INDIAN CENTER	520-884-7131
www.ticenter.org	160 N. Stone Ave Tucson, AZ 85701

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
Monique Ugaitafa

Finance Operations Manager
Rajiv Ranjan

Accountant Clerk
Claudia Oldman
Navajo
Executive Assistant
Yolanda Valenzuela

Wellness Director
Veronica Boone
Laguna Pueblo/Navajo

Wellness Department

Grants & Services Manager
Susan Mulligan

Wellness Case Manager
Christina Luna

Community Health Representative
Marcella Delgado
Tohono O'odham

Wellness Case Manager
Vacant

Native Connections Project
Coordinator

Youth & Community Health
Educator
Ramon Maldonado Jr.

Health Promotion Specialist
Marlene F. Jose
Tohono O'odham

Ramona Casillas
Tohono O'odham

Transportation & Medical Records
Specialist
Marcus Baldenegro

Prevention & Education Specialist
Alyssa Dreiling

SAMHSA Specialist
Loretto Maldonado

Diabetes Prevention Specialist
Vacant
Pascua Yaqui

Prevention & Education Specialist
Misty Castro

Domestic Violence Advocate
Kateri Harris
Tohono O'odham

Community Cultural Specialist
Tracy McAfee
Pima/Navajo

Denise Joaquin
Tohono O'odham

Health Promotion Specialist
Angela Nasewytewa
Hopi

Health Services Department

Medical Director
Dr. Peter Ziegler

Health Director
Phoebe Cager
Yup'ik

HSD Admin Assistant
Vacant

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

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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:

Native Youth Summer Camp— July 10-12

Gathering of Native Americans (GONA)- July 23-25

Back-to-School Bash— July 26th

Gathering of Native American Veterans— August 3rd at Desert Diamond Casino Sahuarita

- **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 - July 10th, @ 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 Tracy MacAfee**
- **Self Defense Classes— Every Monday 5:30pm-6:45pm— Contact Kateri Harris**
- **Native Youth Coalition— April 9th, 23rd @ 4:30 pm—5:30 pm—Contact: Ramon Maldonado Jr.**
- **Coffee & Bingo— Every Friday, 10:30am-12:30pm— Contact Wellness Department**
- **Elders Monthly Luncheon— Wednesday July 31st 12:00pm-3:00pm— RSVP with Marlene Jose**
- **Walking Club-Wednesdays @ 8:30am-11:00am**

**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)