



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

January 2025 Vol. 43 ISSUE 1 WWW.TICENTER.ORG



**Office is open
8:00am to 5:00pm,
Monday-Friday**

Here's what has happened in the last month and what's to come!

Welcome to the Tucson Indian Center January Newsletter!

Happy New Year!!!

The holidays have come and gone, and now we welcome 2025! Let's stick to our New Year's resolutions and embrace this fresh start with enthusiasm. January is a month filled with various awareness campaigns such as Glaucoma Awareness, Cervical Cancer Health Awareness, Financial Wellness, National Poverty in America Awareness, National Tea Month, National Mentoring Month, National Stalking Awareness, National Blood Donor Month, National Braille Literacy Month, and National Hobby Month. The Tucson Indian Center will continue to follow our Vision, Mission, and Purpose Statement to deliver culturally competent, respectful, and compassionate Health, Wellness, and Social Services. We hope that you and your family attend our amazing and exciting upcoming events:

- New Year New You
 - Sober Sweet-Hearts Dance
- (Refer to page 5 for more information).

We look forward to seeing you and please remember to follow and visit our social media pages to stay updated on upcoming events and various announcements. We wish you and your family a very Happy and Peaceful New Year!

Tik Tok:
<https://www.tiktok.com/@tucson.indian.center>

Facebook:
<https://www.facebook.com/tucsonindiancenter/>

Instagram:
<https://www.instagram.com/tucson.indian.center/>

Have a great month of January and enjoy this month's newsletter!

Jacob Bernal/Executive Director

In this newsletter you can expect:	
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Page 2. TIC News / Self Care Calendar	Page 8. Rodney W. Palimo, Sr. Clinic
Page 3. 30th Annual Elders Holiday Luncheon Update	Page 9. Recipe of the month
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TIC News:

Welcome to 2025!

I hope this message finds you and your family happy, healthy, and looking forward to the opportunities this new year brings. For those who don't know me, my name is Michael Mulligan, and I'm the Operations Director here at the Tucson Indian Center. As we kick off the first newsletter of 2025, I'd like to introduce you to the amazing team that makes up our Operations Department.

Client Services Support Specialists

Our front desk is the heart of your experience at TIC, and we are fortunate to have two wonderful team members who ensure every visit is warm and welcoming:

- Monique Ugaitafa has been with us for 8 months and is a true joy to have on the team. Her cheerful smile and infectious laugh brighten everyone's day, and she goes above and beyond to make your visit as comfortable as possible.
- Rose Duarte Espinoza joined us 4 months ago and has quickly become an integral part of our team. Her friendly demeanor and warm smile make every visitor feel right at home.

Human Resource Generalist

Jorge Molina, our HR Generalist, works closely with all departments to ensure we hire, train, and develop outstanding candidates who help fulfill TIC's mission and values. With just over a year at the Center, Jorge plays a vital role in strengthening our community by bringing talented and passionate individuals to our team.

Building Maintenance & Safety Officer

Our newest team member is Jacky Shemesh, who joined us 3 months ago as our Building Maintenance & Safety Officer. Jacky is the reason TIC remains a safe, clean, and secure environment for clients, patients, and staff alike.

Each of these individuals brings their unique talents and dedication to the Operations Department, helping make the Tucson Indian Center a place where everyone feels welcome and supported.

Here's to a fantastic year ahead! 🎉

Warm regards,
 Michael Mulligan
Michael Mulligan
 Operations Director

Elders 30th Annual Holiday Luncheon



December 3rd, 2024, Tucson Indian Center hosted the 30th Annual Elders Holiday Luncheon, partnering with San Xavier Senior Center and Pascua Yaqui tribe. We would like to thank the Office of the Chairman and Tohono O'odham Nation Legislative Council for their donations to make a successful raffle for our elders to participate in. We had the pleasure of having PYT royalty join us to assist with delivering raffles to the elders. We are thankful for Casino Del Sol for allowing us to host our event with them and for providing the food. We'd also like to thank our planning committee for putting together a successful event for our elders to have a great day filled with music, dancing, raffles, photo booth fun, vendors, food, and Santa with Grinch.



Health Services team provided COVID and Flu vaccines with PIMA County as well as tabled, providing further information on Tucson Indian Center's clinic

Carol Noriega was very involved in several community programs and councils. She played an important role at the Tucson Indian Center. She was Chair of the Board and a founding member of the Elder's Holiday Luncheon. We are proud to continue celebrating her legacy of service, compassion, and dedication with this award. Carol Noriega Award winners:

- From Tucson Indian Center: Edta Curley
- From San Xavier Senior Center: Cecilia Valencia
- From Pascua Yaqui Tribe: Michael Encinas



Winter Wellness Wonderland

Our Winter Wellness Wonderland was an evening of bonding, making memories, and enjoying a wide range of fun filled activities. Into the evening, we had introduced Santa and the lovely Grinch in which our guests had a fantastic time taking photos with. In the event our guests had also enjoyed stocking decorating, bingo, card games, dancing, and a healthy chicken Caesar salad for dinner. In the end we finished with raffles and a sweater parade. Thank you to our community for joining us and making it a successful evening full of fun!



Upcoming Events

NEW YEAR NEW YOU
NEW YEAR NEW YOU
NEW YEAR NEW YOU
NEW YEAR NEW YOU

Heads up for the NEW YEAR! We are kicking off January celebrating “New Year, New You” to serve as a powerful reminder of renewal and self-improvement.

Date: Saturday, January 11th, 2025
Time: 10 a.m. to 12 noon
Registration starts @ 9:30 a.m.
Location: El Pueblo Activity Center 101 W Irvington Rd, Tucson, AZ 85714

Questions about the event? Email, TICWD@TICenter.org or call Christina Luna, (520) 884-7131

Self-Care: It's a chance to prioritize self-care and well-being, reminding us to invest in ourselves.

Reflection: It encourages us to reflect on the pas year, acknowledging both achievements and lessons learned

Goal Setting: This celebration provides an opportunity to set intentions and goals for personal growth, health, and well-being.

Community: Sharing resolutions and experiences can strengthen connections with family and friends, creating a supportive network.

Motivation: It fosters a sense of motivation and excitement or change, helping to kick-start positive habits.



Tucson Indian Center is hosting

Sober Sweet Heart Dance 2025

**YOUR HEALTH IS TO BE
EXPLORED & EMBRACED BY
ACCOMPLISHING YOUR
RECOVERY &
TRANSFORMATION**



Save the date: Friday, February 7th, 2025

Time: 5:00 p.m. to 8:00 p.m.

Location: Armory Park Recreation Center

220 S 5th Ave, Tucson, AZ, 85701



Questions about the event? Please email TICWD@Ticenter.org or

LET'S GET
Groovy

As we go into the New Year, we would also like to invite you all to our Sober Sweet Heart Dance! An evening of celebration for more than just the sweetheart vibes but celebration of recovery from anything you have recovered from! :)

Recovery is about Progression, not Perfection

SAVE THE DATE

Limited Booths Available!



Wednesday, January 29, 2025

1 pm-4 pm

Desert Diamond Casino

on South Nogales Hwy

RESERVE NOW!

ON SPOT INTERVIEW ROOM AVAILABLE
COMPUTERS AVAILABLE FOR ATTENDEES TO APPLY ONLINE



Find your next star among more than 500 qualified jobs seekers

Denise Tellez

520-534-7315 or dtellez@tucson.com

Random act of kindness for
 Holiday Blues...

Elderly & Youth

Regular exercise: Engage in physical activity like walking, gentle stretching, or chair exercises.

Reach out to loved ones: Spend time with family and friends, even if it's just a phone call or text.



Accept your feelings: It's okay to not feel festive all the time.

Pay your friend or family a visit, its the simple things that matter!

Balanced diet: Eat nutritious meals and stay hydrated. Adequate sleep: Aim for consistent sleep schedules.

To cope with holiday depression as an elderly person or young adult, focus on self-care practices like maintaining a healthy routine, staying connected with loved ones, setting realistic expectations, engaging in activities you enjoy, and seeking professional help if needed; if you're supporting an elderly person or young adult, be patient, listen actively, and encourage them to talk about their feelings while respecting their boundaries and offering practical assistance.

988 SUICIDE & CRISIS LIFELINE

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

988-01-01-04

A Life in the Community for Everyone
SAMHSA
 U.S. Department of Health and Human Services



The Native Youth Coalition is a group of young talented individuals who take the initiative in meaningful ways to support cultural preservation, personal development, and community engagement. While taking the lead to learn about the negative side effects of tobacco and teach their fellow youth about the importance of tobacco prevention. The Coalition was created with the purpose of giving Native Youth the chance to come together and share wellness ideas, learn leadership skills and impact their communities. The coalition focuses on the prevention and education of substance abuse, tobacco, and drug abuse prevention, as well as teaching its members to stay healthy in body, mind, and spirit. The Native Youth Coalition Group will continue to take place throughout January on 01/07, 01/14, 01/21, 01/28 from 4:30PM - 5:30PM.



LOOKING FOR A JOB? WE CAN HELP!

Our **WIOA Program** (Workforce Innovation & Opportunity Act) is designed to assist adult Native Americans living off-reservation and within the Tucson Metropolitan area.

New Client Orientation is every Monday, from 11:00AM to 12:00PM.

Job Clubs are every Thursday, from 10:00 AM to 11:00AM

Enrollment includes

Job referrals

Resume Workshops

Job readiness training

Tucson Indian Center

160 N. Stone Ave.
Tucson, AZ 85701
(520) 884-7131
www.ticenter.org

Please Contact:
Starin@ticenter.org
Jromero@ticenter.org
or
Renee Urbina Ext: 2224

VICTOR BUENO
JANUARY 2, 2025
TIME: 10:00 AM-11:00 AM

THOMAS BARTKOWSKI
HUMAN RESOURCES
COORDINATOR
JANUARY 9, 2025
TIME: 10:00 AM-11:00 AM

USPS GOV
LINETTE GOMEZ
JANUARY 16, 2025
TIME: 10:00AM-11:00AM

PASQUE YAQUI TRIBE
ANTHONY.ESTRELLA@PASCUA
YAQUI-NSN.GOV>
ANTHONY J. ESTRELLA
JANUARY 23, 2025
TIME: 10:00 AM - 11:00AM

JUAN RUSSEL
HUMAN RESOURCES SPECIALIST
TONHC HR
JANUARY 30, 2025
TIME: 10:00 AM-11:00 AM



TUCSON INDIAN CENTER INVITES YOU ALL TO...

GET FIT WITH US WITH CHAIR ZUMBA/YOGA!



MONDAYS & WEDNESDAYS

TUCSON MAIN LIBRARY THIRD FLOOR TORTOLITA
CONFERENCE ROOM
12 PM - 1PM

ANY QUESTIONS PLEASE CONTACT JOSE DURAN, DIABETES
PREVENTION SPECIALIST: (520) 884-7131



Pima C.A.R.E.S. Health Promotion Specialist

Our Core Services

Assist individuals with a substance use issue to connect with treatment services.

Assist individuals with locating treatment services for a person with a substance use issue.

Assist individuals with connecting to support groups.

Provide Narcan and Fentanyl Testing Kits to the community.

Contact Us

(520)884-7131 Ext. 2301
www.ticenter.org



Appointment with Health Services?



(PARKING GARAGE)
38 E ALAMEDA STREET

USE EAST ENTRANCE OF PIMA
COUNTY PUBLIC SERVICE
GARAGE FOR PARKING
VALIDATION

MUST BE A HEALTH
SERVICES PATIENT

Call 520-884-7131 ex. 2602
for questions

YOU MUST HAVE A SCHEDULED
APPOINTMENT AT THE RODNEY W.
PALIMO, SR. CLINIC TO RECEIVE
FREE PARKING



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: TIC Clinic staff &/or contractors will provide behavioral health therapy services such as Eye movement desensitization and reprocessing (EMDR) therapy, 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. Behavioral health services will be offered by TIC Clinic staff &/or contractors through in-person visits and, when deemed clinically appropriate based upon patient need, through established telemedicine modalities. Coming Soon, Psychiatry: Psychiatric services provided by a board-certified psychiatrist (MD or DO) as a TIC Clinic staff &/or contractor(s).

Our Services

Primary Care

- Vaccines/Immunizations
- Health Screenings
- Medication management/refills
- On-site Laboratory services
- Chronic Condition Management
- Referrals for Specialty Care Service
- Disease Prevention
- Women's Health Exams
- Coming Soon, Physical Exams (Sports/School)

Behavioral Health - Therapy

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

Outreach and Referrals

- Care packages & COVID-19 supplies
- Health Education
- Welfare Checks
- Case management
- Transportation
- AHCCCS/SNAP Enrollment Application Assistance

Contact Us



520-884-7131 ext 2602

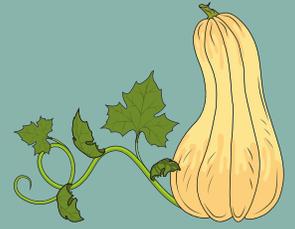


www.ticenter.org

THREE SISTERS SOUP



A healthy recipe for the winter!



Ingredients

- 1 winter squash of your choice
- 1 tbsp avocado oil
- 1 diced yellow onion
- 4 cloves garlic (minced)
- 8 cups vegetable stock or water
- 1 tsp dried thyme
- 1 tsp ground cumin
- 1 lb corn
- 1 can cannellini beans
- 1/4 cup green onions (sliced)
- Salt to taste

Instructions

1. Remove the seeds from the squash. Once the seeds are removed, cube the squash into 1 inch pieces.
2. In a large pot, heat the oil, garlic, squash, and onions over medium heat. Cook until the onions are soft and/or translucent.
3. Add spices and stir for 60 seconds.
4. Add the stock or water, corn, and beans. Let simmer for 20 minutes, or until squash is fork tender.
5. Taste, adjust seasoning, and ENJOY!

8 SUGAR ALTERNATIVES TO USE FOR HEALTHY BAKING

Refined sugars can affect our mood, blood sugar, body shape, inflammation, and more. Reminder, this is NOT about going on a diet and never having a regular cupcake again.

It's about creating balance and more nutrient-dense versions of some of our favorites, which supports how we feel as well!

Same great taste, better for you! Let's look at the 8 options for substituting white sugar:

- 1 - MONK FRUIT
- 2 - AGAVE NECTAR
- 3 - COCONUT SUGAR
- 4 - ERYTHRITOL
- 5 - MAPLE SYRUP OR HONEY
- 6 - STEVIA
- 7 - ALLULOSE

There are a ton of paleo recipes with only sugar in the recipe coming from fruit like banana, dates, figs, or even fruit juice concentrate.

Once we start to have a little less sugar, our taste buds also adjust, and naturally sweet foods start to taste better!

When we're having a lot of sugar, things like berries and apples might not even taste sweet to us, just sour.

Call Jose Duran, our new Diabetic Specialist for more ideas.

STORY OF IMPACT

This month's story of impact, our Suicide Prevention, Intervention, postvention and SAHMSA group would like to share an experience they had with a client. We'd like to thank them for sharing their story.

Thank you for reading!

"We're thrilled to share a success story from our center. Recently, a client came to us during a mental health crisis, seeking help and guidance. Our mental health team stepped in, providing compassionate support and connecting them with valuable resources. Through their conversations, they gained the courage to reach out to family members and friends for additional support.

Just a week later, this client returned to update us on their progress, and the news couldn't have been better! They shared how much their situation has improved, how excited they are for a family member to visit during the holidays, and how they're receiving job offers to kick off the new year on a positive note.

This story reminds us of the importance of reaching out during tough times and the power of community and connection. We're so proud of this client's courage and resilience, and we look forward to seeing all the great things they will achieve."

With the New Year we'd like to continue to express our gratitude for our clients, we are grateful every day for being part of making the urban native community better. We encourage you all to take care of your mental health and health overall, as always, TIC is here to help!

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

Executive Assistant

Yolanda Valenzuela
Pascua Yaqui

Client Service Support Specialist

Monique Ugaitafa
Tohono O'odham

Operations Director

Michael Mulligan

Human Resource Generalist

Jorge Molina

Building Maintenance Safety Officer

Jackie Shemesh

Client Service Support Specialist

Rosa Duarte - Espinoza

Finance Director

Michael E. Spotted Wolf

Seminole Nation of Oklahoma

Finance Operations Manager

Rajiv Ranjan

Staff Accountant

Honey Ignacio
Tohono O'odham

Accountant Clerk

Claudia Oldman
Navajo

Wellness Department

Wellness Director

Veronica Boone
Laguna Pueblo/Navajo

Health Promotion Specialist

Marlene F. Jose
Tohono O'odham

Transportation Specialist

Marcus Baldenegro

Community Health Representative

Marcella Delgado
Tohono O'odham

Health Promotion Specialist

Autumn Begay
Tohono O'odham

Health Promotion Specialist

Vashti Solis

Grants & Services Manager

Susan Mulligan

Wellness Case Manager

Christina Luna

Wellness Case Manager

Vacant

Prevention & Education Specialist

Alyssa Dreiling

Prevention & Education Specialist

Halia Shirley

Navajo

Prevention & Education Specialist

Vacant

Wellness Family Health Advocate

Andres Epaloose

Navajo/Hopi/Zuni

Native Connections Project Coordinator

Misty Castro

Administrative Assistant

Vacant

SAMHSA Youth Specialist

Loretto Maldonado

Pascua Yaqui

Community Cultural Specialist Educator

Jovon M. Boling

Navajo

Youth & Community Health Educator

Ramon Maldonado Jr.

Pascua Yaqui

Diabetes Prevention Specialist

Jose Duran

Health Department

Health Services Director

Phoebe Cager
Yup'ik

Medical Business Office Manager

Katrina Rodriguez

Grants & Services Manager

Adam Fernandez
Rarámuri & Guachichil

Admin Assistant

Jaden Hale
Navajo

Medical Director

Peter Ziegler MD

Family Physician

Dr. Paul Weintraub

Family Physicians Assistant, PA-C

Juniper Dery-Chaffin

Family Physician

Dr. Joan MacEachen

Pediatrician/Pediatric Consultant

Dr. Marisa Werner

Behavioral Health Therapist

Aurora Ramirez

Family Health Advocate &

Community Health Rep

Carolyn Tapia

Medical Billing & Coding Specialist

Vonda Talawepi

Hopi

Medical Record Clerk

Angie Estrella

Medical Assistant

Crysta Duarte - Espinoza

COVID - 19 CHR

Rosemary Corella

COVID - 19 CHR

Andi Morgan

Social Services Department

Social Services Director

Dylan Baysa
Choctaw

Community Engagement Coordinator

Natalia Cachora

Intake & Support Services Case Manager

Jerry Romero

Tohono O'odham

Employment Case Manager

Estella Tarin

Community Engagement & Data Specialist

Tasha Labahe

Navajo

Employment & Training Case Manager

Renee Urbina

Tucson Indian Center Board of Directors

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Alexander Lewis
Tohono O'odham

Vice Chairman

Mark Bahti

Treasurer

Melisa Cota
Tohono O'odham

Board of Directors

Secretary

Amalia Reyes
Pascua Yaqui

Board of Directors

Member

Yolanda Molina
Pascua Yaqui

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
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www.ticenter.org

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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.

Reminder and Announcements

- **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 13th @ 5:30 pm-7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (01/02,01/09, 01/16, 01/23,01/30) @ 4:15pm-5:15pm**
Contact: Wellness Case Managers
- **White Bison Recovery Group - Thursdays (01/02, 01/9, 01/16, 01/23, 01/30) @5:30 pm-6:30pm** Contact: Wellness Case Managers
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (01/03, 01/10, 01/17, 01/24, 01/31) @ 8:30 am - 9:30 am,** Contact: Wellness Case Managers
- **Native Youth Coalition- @4:30 pm-5:30 pm, Tuesdays (01/07, 01/14, 01/21, 01/28)**
Contact: Ramon Maldonado Jr.
- **Coffee & Bingo- Every Friday, 10:00am-12:00pm** Contact Social Services Department
- **Walking Club-Wednesdays (01/08, 01/15, 01/22, 01/29) @8:30am-11:00am** Contact: Jose Duran
- **Chair Zumba/Yoga- Mondays & Wednesdays, 12pm-1pm** Contact: Jose Duran
- **(There will be NO elders monthly luncheon in January. Will Resume February 26, 2025)**
- **Tucson Indian Center will be closed on December 23rd, 24th, 25th, 26th, 27th, 2024**
- **Tucson Indian Center will be closed on January 1st and 20th of 2025**

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 Susan Mulligan at (520) 884-7131 ext. 2232 or vboone@ticenter.org.