



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

May 2025

Vol. 43 ISSUE 5

WWW.TICENTER.ORG



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

Welcome to the Tucson Indian Center! May is here bringing with it the thrilling countdown to summer vacation as the school year races to an end! Congratulations to all the students who are graduating and moving on to new adventures. Your hard work and dedication inspires us all. Keep up the fantastic work!

May is also known as a spring month and is associated with warmer weather, blooming flowers, and the start of summer activities. There are also several awarenesses for this month: May is Mental Health Awareness Month, National Military Appreciation, Better Hearing & Speech Month, National Asthma & Allergy Awareness, National Celiac Disease Awareness, National High Blood Pressure Education, National Nurses, Physical Fitness and Sports, Stroke Awareness, National Teen Pregnancy Prevention, and National Women's Health

Our community continues to thrive, and we are excited to share some of the latest updates and upcoming events with you. Let us get ready to embrace the sunshine, explore new places, make unforgettable memories, and make plans to attend the amazing upcoming Tucson Indian Center events that are right around the corner:

- Heroes for Hope. May 12th
- Women's Day, May 23rd
- QPR Training, May 15th

(Refer to pages 4 and 6 for more information)

We encourage everyone to participate in these events. Your involvement and support make our community stronger and more vibrant. Together, we can continue to build a strong and vibrant community.

Thank you for taking the time to read our newsletter. Stay connected with us on social media for the latest updates and news. Visit our website <https://www.ticenter.org/> like and follow us on social media to keep up and stay informed of upcoming community events, announcements, and other important information.

Tik Tok:

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

Facebook:

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

Instagram:

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

Jacob Bernal / Executive Director

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

TIC will be closed
Memorial Day, May 26th



In this newsletter you can expect:

Page 1. Executive Director Updates	Page 7. TIC Series to Attend
Page 2. Updates & Uplifts	Page 8. TIC Services Updates
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Page 4. TIC Highlights	Page 10. Words of Impact (Upcoming Heroes for Hope Event)
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Updates & Uplifts

Greetings!!!

I hope this message finds you and your loved ones healthy, happy, and content.

As many of you know, the Center has been undergoing a meaningful transformation over the past year—and it's all been with you in mind. Just before the close of 2024, both of our elevators were fully modernized and are now safely and reliably transporting clients, patients, and staff to the second and third floors.

Around that same time, the second floor underwent a complete remodel. This renovation allowed us to bring our entire Wellness Department together to one level, creating a more cohesive team and giving our community access to a beautifully updated, professional space for programming and events.

Now, TIC is preparing to take on its most ambitious project yet: the full replacement of our roof and the third-floor HVAC system. Our hope is to eventually replace the entire HVAC system throughout the building, though this may happen in phases depending on how the project bids come in.

The purpose of sharing all this is simple—transparency and reassurance. We want you to know that every decision we make, every upgrade we pursue, is rooted in our commitment to providing a clean, safe, and welcoming environment for everyone who walks through our doors.

Whether you're here for services, support, or simply to connect, you are valued—and we want TIC to feel like a place you can be proud of and at home in.

Take care of yourselves and one another. We'll continue to keep you updated as progress unfolds.
Warm regards,

Michael Mulligan/Operations Director

Michael Mulligan



MAY



2025

Created by Suicide Prevention, Intervention & Postvention Program
520-602-5402

SUN 27	MON 28	TUE 29	WED 30	THU 1	FRI 2	SAT 3
				Bake a new sweet treat 	Have a dance party with friends 	Take a day trip somewhere
4 Sleep In 	5 	6 Do a full body workout 	7 Attend the Wellness Series @ TIC 	8 What are the blessings you often overlook? 	9 Read a chapter 	10 Heroes 4 Hope Event
11	12	13	14	15	16	17
18 	19 What motivates me to stay positive and focused? 	20 Self Care Night 	21 Attend the Wellness Series @ TIC 	22 TIC QPR Training	23 Call a friend or a family member 	24 Go to the gym
25 Self Care Night with friends	26 Read a chapter 	27 Go to the gym & do an arm workout 	28 Attend the Wellness Series @ TIC 	29 Attend open mic night at Laff's 	30 TIC Women's Day Event 	31 Take a nature walk
What affirmations can I repeat to myself to boost my mood? 	TIC Closed 	32 Cook a new meal 	33 Read a chapter 	34 Listen to a podcast 	35 TIC Inside Out 2 Movie Night 	36 Self Care Night



HELLO WE ARE THE
TUCSON INDIAN CENTER
RODNEY W. PALIMO,
SR. CLINIC

160 N Stone Ave
Tucson, AZ 85701

BENEFITS:



Same Day Appts



Free Validated Parking



Vaccines



Culturally Competent Staff



AHCCCS & Other Benefits
Enrollment Assistance



OUR SERVICES :

Primary Care



Behavioral Health



Pediatric Care



Accept Medicare,
AHCCCS, &
Commercial Insurance



4 Blocks from SunLink
3 Blocks from Ronstadt
Transit Center

CONTACT INFO :



520-506-7131

CHECK ON WEBSITE :



www.ticenter.org

FACEBOOK:



Tucson Indian Center

INSTAGRAM:



[tucson.indian.center](https://www.instagram.com/tucson.indian.center)

TRANSPORTATION ANNOUNCEMENT

Highlights

Dear Valued Clients,
To ensure we can provide the best possible service, **all transportation and medication pick up requests must be made 48 hours in advance.** This will allow us to accommodate your needs effectively and guarantee availability.
We appreciate your understanding and cooperation. If you have any questions or need assistance, please don't hesitate to reach out.

Thank you for choosing our services!

Wellness Department
ticwd@ticenter.org 520-884-7131

IMPORTANT

The Tucson Indian Center is



NOW OFFERING

SATURDAY SUMMER WORKSHOPS

MAY 3RD - AUGUST 2ND
8:30 AM - 12:30 PM

**JOIN US THIS SUMMER FOR A SERIES OF FUN AND
CREATIVE WORKSHOPS!**

ALL AGES WELCOME

DROP IN ANYTIME DURING WORKSHOP HOURS.

**STAY TUNED FOR MORE UPDATES ON
OUR WORKSHOP SERIES!**



Meet our newest Wellness Services Team Member!

Hello, I'm Tanya Rios, I am an enrolled member of the Tohono O'odham Nation. I have 12 years experience working in the behavioral health field, primarily substance abuse. I have held case management and behavioral health technician positions for the past 9 years. I am excited to join the TIC family and contributing to providing support and assistance to our indigenous individuals here in Tucson



Tanya Rios

WELCOME

QPR GATEKEEPER

TRAINING

REGISTRATION IS REQUIRED

QPR stands for Question, Persuade, and Refer — three easy steps anyone can learn to potentially save someone from suicide. Similar to how CPR and the Heimlich Maneuver save lives, QPR training teaches people to spot warning signs of a suicide crisis and how to intervene by questioning, persuading, and directing someone to the proper help.

**Location: Joe D. Valdez Main Library 101 N Stone Ave,
Tucson, AZ 85701 Tortolita Room**

Dates:

Wednesday, May 14th, from 1-3 p.m.

Wednesday, August 20th, from 1-3 p.m.

Wednesday, November 19th, from 1-3 p.m.

Need more information or
interested in attending, please contact:
Alyssa Dreiling, Misty Castro, or
Halia Shirley
ticwd@ticenter.org 520-884-7131

*Let's take a look at
what's happened in
the last month!*



In March, the Tucson Indian Center was excited to host Native Youth Day for 8th graders at Pistor Middle School. This was a workshop with outdoor activities, traditional teachings, connect with nature, and make new friends while learning and having fun. Our teaching for our youth was to respect mother earth for all that she provides and reconnect with the natural elements as our ancestors did at Camp Cooper.

2
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2
5

SPRING SOCIAL POW WOW

In April we came together as a community for our Annual Spring Social Pow Wow. We were honored to be joined by hundreds of relatives, friends, and neighbors, celebrating our cultures through dance, song, and connection.

From beautiful traditional dances to rows of local vendors, activities and community orgs doing outreach. The energy was powerful and heartwarming.

A huge thank you to everyone who came out, danced, and supported. We're happy to continue this tradition together.



Upcoming Events

YOUTH BASKETBALL CAMP W/ ANALYSS BENALLY

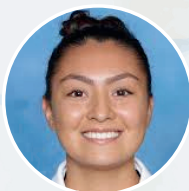


Building skills, resilience, and community through basketball.

Pre-Registration is required. SPACE IS LIMITED, up to 35 participants for the first and second session.



Participants and family can join us Friday, July 11th for Dinner and a movie. We will be showing Rez Ball!



GUEST COACH

Analyss Benally

Professional Basketball Player & actor in Rez Ball Netflix Movie



More Information and registration

Call 520-884-7131 or email hshirley@ticenter.org

July 11th & 12th

El Pueblo Activity Center
101 W Irvington Rd Building 1,
Tucson, AZ 85714

3RD-6TH GRADE

Boys & Girls
8:30 AM - 12:00 PM

7TH-12TH GRADE

Boys & Girls
12:30 PM - 4:00 PM

COMMUNITY JOB CLUB

EVERY THURSDAY @ 10-11 AM

TUCSON INDIAN CENTER
160 N STONE AVE

FEATURING

AZ @ Works - May 1

TMC Health - May 8

USPS Gov - May 15

Pima County - May 22

Pascua Yaqui Tribe - May 29

Onsite assistance with resume building

For more info:

Stella Tarin

520-884-7131



A DAY TO HONOR INDIGENOUS WOMEN

WOMEN'S DAY



FRIDAY MAY 23, 2025
11AM - 2PM

RAMADA BY WYNDHAM
777 W CUSHING ST TUCSON, AZ 85745
(SELF-CARE GOODIES/LUNCH/EDUCATION/FUN FOR THE FIRST 100 WOMEN)

TLC Series to Attend!

Looking for a relaxing time to learn different healthy coping skills, breathing techniques, and mindfulness exercises? Register for our Wellness Series with Shraddha in which tools for your toolbox are introduced!

WELLNESS SERIES WITH SHRADDHA

May 7, 14 & 21

LOCATION TUCSON INDIAN
CENTER 2ND FLOOR

TIME: 5PM - 6PM

MORE INFORMATION OR QUESTIONS
CALL SPIP AT 520-884-7131 OR
EMAIL TICWD@TICENTER.ORG

"Tools for your toolbox"

"Tools for your toolbox"

"Tools for your toolbox"

**Registration
is REQUIRED**

TRADITIONAL FOOD WORKSHOPS

with Rainbow Lopez

Are you interested in learning about the history, cultural background, and nutrition on different traditional foods? Then you're on the perfect page! This workshop also includes a recipe demo on different traditional foods and is for adults 18 years and older!

There are 30 spots available each workshop! If you are interested in a workshop, please contact Jovon! The schedule for upcoming workshops is to the right, if you have any questions, please do not hesitate to reach out!

Email: ticwd@ticenter.org
Phone: (520) 884-7131, Ext. 2218

LOCATION: TUCSON INDIAN CENTER
TIME: 6:00PM - 7:30PM

WORKSHOP SCHEDULE

FEB-5	APR-16
FEB-19	APR-30
MAR-5	MAY 14
MAR-19	MAY 28
APR-2	JUNE 11

FOOD CLUB

DELICIOUS FOOD DEMONSTRATION CLASS

COME JOIN US FOR A FRESH WAY
TO PREPARE FOOD AND ENJOY
WHAT YOU CREATED

M E N U



May 7th: Lentil power



May 14th: Wild Rice Pudding



May 21st: Beans Galore



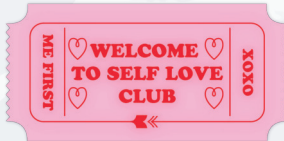
May 28th: Nut Power

Wednesday's at 10:30am at Tucson Indian Center 160 N Stone Ave Tucson 85701, 2nd Floor

TLC Services Update



**Wednesday's
Walking Club
at the Tucson
Indian Center from
8:30am-10:30am.**



★ Join Our Amazing Walking Club! ★

Are you ready to get moving and boost your health and well-being? Come join Jose and friends of our Walking Club, where you'll create social connections and friendships, promote healthy mental-wellbeing, and learn about healthy eating choices.

Walking is a fun, easy way to stay fit, reduce stress, and improve your mood, all while making new friends and strengthening your sense of community. Whether you're looking to get active, unwind, or simply enjoy nature, our Walking Club is the perfect opportunity to do so!

You're Invited!

Elder Monthly Luncheon (Native American 55+)
Join us for a time of connection, community, and celebration! ★



Come enjoy a delicious meal, great company, and an opportunity to socialize with fellow elders. This is a wonderful chance to share stories, spread positivity, embrace our culture, and, most importantly, have a blast together!

📅 DATES:

- MAY 8, 2025
- JUNE 25, 2025
- JULY 30, 2025
- AUGUST 27, 2025
- SEPTEMBER 24, 2025
- OCTOBER 29, 2025

***NO ELDER LUNCHEON*
NOVEMBER 2025
DECEMBER 2025**

Luncheons are held the last
Wednesday of every month
Time: 12:00pm - 3:00 pm

To Register call Marlene F. Jose
520-884-7131 x2238

Let's gather, share laughs, and continue to
strengthen our beautiful Native American
community. We look forward to seeing you there!

COFFEE AND BINGO

Looking for a fun way to spend
your Friday mornings?

Join the Tucson Indian Center for
Bingo every Friday on the 2nd floor.



10:00AM - 12:00PM

EVERY FRIDAY

160 N STONE AVE - 2ND FLOOR



30

Upcoming
Coffee & Bingo

CANCELLATIONS

- April 18 for Good Friday
- May 23 for Women's Day Event
- June 13 for Men's Day Event

Mothers Day Snack Blueberries & Peach Salsa



Ingredients

- 1 cup blueberries
- 1 cup diced peaches
- 1-2 cups diced tomatoes
- 2 minced green onions
- 1 lime
- Salt and pepper to taste
- 1-2 cloves minced garlic (optional)
- 1 tablespoon minced cilantro (optional)

Directions

Simply mix the ingredients and serve with your favorite tortilla chips.



www.firstnations.org

WORDS OF IMPACT

Thank you for reading!



Dear valued audience,

May is Mental Health Awareness Month — a time to remind ourselves and each other that it's okay to not be okay.

In our fast-moving world, we can forget how important it is to pause, check in with ourselves, and take care of our mental and emotional wellbeing. **Self-care isn't selfish — it's necessary.** Setting boundaries, making space for rest, checking in with your goals, and simply giving yourself grace can make all the difference.

Mental wellness is a journey, and it looks different for everyone. Some days are lighter, others feel heavy — and that's okay. You're not alone.

The Tucson Indian Center's Suicide Prevention Team is here to walk alongside you. We're here to support our urban Native community with care, compassion, and culturally grounded resources. Whether you need someone to talk to, support in your healing, or just a reminder that you matter — we're here.

Let's continue to break the silence, lift each other up, and make space for healing. One day, one conversation, one act of care at a time.

Warmly,

Halia Shirley & Alyssa Dreiling

Suicide Prevention, Intervention, Postvention Team at Tucson Indian Center

Email: ticwd@ticenter.org or call/text 520-602-5402



**BE A HERO. BRING HOPE.
LET'S STAND TOGETHER TO
MAKE A DIFFERENCE IN OUR
COMMUNITY!**

"All illness is an illness of the spirit that manifests itself in the body, mind, and emotions. We all carry within our souls the capacity to heal ourselves."

— Dr. Mehl-Madrona, Indigenous physician and clinical psychologist

HEROES FOR HOPE



Join us on May 10th for our Heroes for Hope event!

Take a breath, relax, and spend the day with us as we celebrate self-care, honor the resilience of students wrapping up their semester, and hold space for those impacted by mental health challenges. This will be a calming and uplifting event focused on rest, reflection, and community connection. Let's take this time to recharge and recognize the strength in showing up—for ourselves and each other.

MAY 10, 2025
10AM - 12 PM
UOFA HEALTH
SCIENCE INNOVATION
BUILDING
1670 E DRACHMAN ST,
TUCSON, AZ 85721



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

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Tohono O'odham

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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

Tanya Rios

Tohono O'odham

Prevention & Education Specialist

Alyssa Dreiling

Prevention & Education Specialist

Halia Shirley

Navajo

Domestic Violence Advocate

Vacant

Wellness Family Health Advocate

Andres Epaloose

Navajo/Hopi/Zuni

Native Connections Project Coordinator

Misty Castro

SAMHSA Youth Specialist

Vacant

Community Cultural Specialist Educator

Jovon M. Boling

Navajo

Administrative Assistant

Angela Reyes

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

Tasha Labahe

Navajo

Intake & Support Services Case Manager

Jerry R. Romero

Tohono O'odham

Employment Case Manager

Estella Tarin

Community Engagement Coordinator

& Data Specialist

Natalia Cachora

Employment & Training Case Manager

Renee Urbina

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

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Tucson Indian Center
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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 - May 12th @ 5:30 pm—7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (05/01, 05/08, 05/15, 05/22, 05/29) @ 4:15pm—5:15pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **White Bison Recovery Group - Thursdays (05/01, 05/08, 05/15, 05/22, 05/29) @5:30 pm—6:30pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (05/02, 05/09, 05/16, 05/23, 05/30) @ 8:30 am - 9:30 am**, Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **Native Youth Coalition - @4PM - 6PM, Wednesdays (05/07, 05/14, 05/21, 05/28)**
Contact: Ramon Maldonado Jr.
- **Coffee & Bingo - Every Friday, 10:00am-12:00pm** Contact: Tucson Indian Center
Location: Tucson Indian Center
- **Walking Club - Wednesdays (05/07, 05/14, 05/21, 05/28) @8:30am-10:30am**
Contact: Jose Duran
- **Chair Zumba/Yoga- Tuesdays & Thursdays 12pm -1pm** Contact: Jose Duran
Location: Tucson Indian Center
- **Elder Monthly Luncheon May 28, 2025, 12pm-3pm** RSVP with Marlene F. Jose

**PLEASE REFER TO OUR WEBSITE & SOCIAL MEDIA FOR ALL FLYERS AND ANNOUNCEMENTS.
(REFER TO PAGE 1 FOR SOCIAL MEDIA)**

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.