

October 2025 Vol. 47 ISSUE 10 WWW.TICENTER.ORG

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



WELCOME TO THE TUCSON INDIAN CENTER NEWSLETTER!



VISIT OUR SOCIAL Media:

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

Facebook: https://www.facebook.co m/tucsonindiancenter/

Instagram: https://www.instagram.co m/tucson.indian.center/ Welcome to the month of October. Together, we can embrace October as a time to gather, reflect on our journey, and celebrate the strength of our community.

Fall also brings a sense of excitement as our community gathers and traditions come alive. Amazing and vibrant Tucson Indian Center events are right around the corner.

This month's important awarenesses are National Breast Cancer Awareness Month, National Domestic Violence Awareness Month, National Down Syndrome Awareness Month, ADHD Awareness Month, and Cybersecurity Awareness Month. Additionally, October hosts Mental Illness Awareness Week and World Mental Health Day.

We thank you and are very grateful for your being part of the Tucson Indian Center. Your presence strengthens our circle, center, and community. With open hearts and arms, we invite you to join us in October for the following amazing events:

- Footsteps for Healing Walk
- Elder's Monthly Luncheon
- Drumming Circle
- Mindful Pages Book Club

Thank you for being part of our journey and taking the time to read our newsletter. Please remember to stay connected with us by visiting our website https://www.ticenter.org/ and like and follow us on social media to keep up and stay informed of upcoming community events, announcements, and other important information.

Have a great month of October and enjoy our newsletter!

Jacob Bernal/Executive Director

Jacob Bernal



In this newsletter you can expect:

can expect:	
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Updates and Uplifts



Good day!

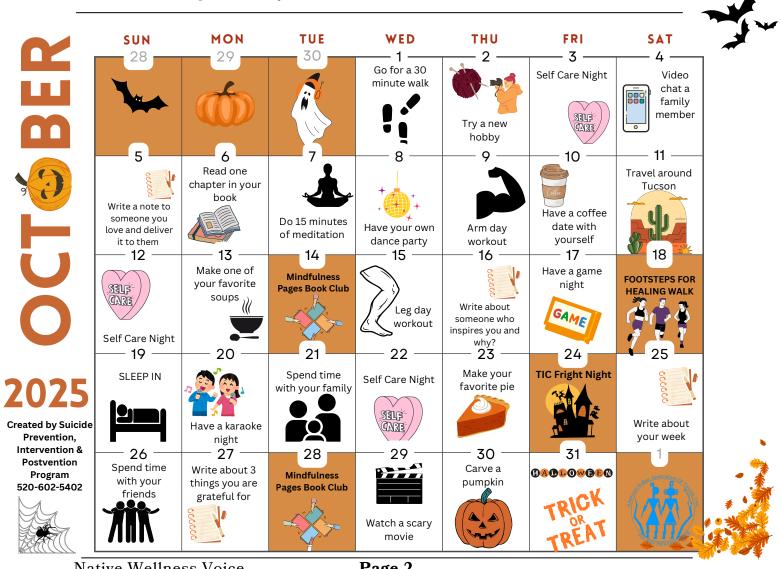
I hope this message finds you and your loved ones happy, healthy, and blessed. With summer behind us and cooler temperatures on the horizon, Tucson is about to come alive. October brings with it the return of festivals, street markets, and outdoor concerts-it's a wonderful time to be part of our vibrant community.

This season also marks the beginning of the holidays, a time to reflect on what matters most. As the Director of the Operations Department at TIC, I feel truly blessed to serve the departments of the Tucson Indian Center, and I hope you have felt blessed by the events and services TIC has been able to provide this year.

Please keep an eye on our website's event calendar, where soon see details about upcoming holiday gatherings. We sincerely hope you will join us as we celebrate the joy, community, and meaning of this special season together.

Sincerely,

Michael Mulligan **Operations Director** Tucson Indian Center



Tucson Indian Center Rodney W. Palimo, Sr. Clinic



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 provides 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 provides 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

- Adult & Pediatrics
- Vaccines/Immunizations
- Well-child visits
- Physical Exams (Sports/School)
- Health Screenings
- Medication management/refills
- On-site Laboratory services
- Chronic Condition Management
- Referrals for Specialty Care Service
- Disease Prevention
- Women's Health Exams

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



October Highlights At the tucson Indian Center



Poem - A Walk in the Sonoran Desert

Acrylic Painting -Kateri Tekawitha

By R. Tony Hughes

I saw the Rainbow in all its glory
I heard the wind running across the desert
I carried my turbulent memories of conflict
I followed the majestic flight of the Hawk

The many colors held me spellbound
The dust devil rooted me to the spot
The understanding helps me on the path of life
The shadow of the Hawk ran across the desert

I journey in beauty homeward bound and beyond
I am here in sacred thought
I continue my way in understanding
I am happy in heart of sunshine restored



Move for Wellness! - by the Indian Health Services

Moving every day helps you stay healthy. Some fun ways to move are dancing, running, swimming, and walking.

Physical activity is important for all individuals and varies throughout each life cycle.

Move for Wellness! by using tools, watching videos, and reading information sheets and tips to help you find ways to stay active.

Learn more about the benefits of physical activity for different stages of life through the images below!

Learn more at https://www.ihs.gov/hpdp/moveforwellness/



Meet our Newest Wellness Department Case Manager - Loreto Curti



My name is Loreto Curti and I have worked in social services for the past 33 years in a variety of roles which includes education, human rights, election monitoring, disabilities, employment services, domestic violence, substance and mental health issues. I was born in Pueblo, CO but the Sonoran Desert has been my home for the past 25 years. I have lived in 5 states and in Mexico and experienced living very urban, suburban and now rural which has widened my perspective. My partner and I have a little piece of land where we experiment with sustainable living practices, upcycling, natural medicines and raising dogs, chickens plus a big beautiful turkey. I am a perpetual student who loves to learn from others' experiences and stories and am always willing to share whatever knowledge I have acquired over the years. I am excited to join the TIC family!

A look at what's happened in the last month

AT THE TUCSON INDIAN CENTER







Hope for Life

Thank You for Making This Event So Impactful. We want to extend our heartfelt thanks to everyone who helped make this event meaningful and powerful. With 23 mental health resources present, we were able to offer support, connection, and healing to our community. We were honored to have Perci Ami, author of "Broken Home, Healed Nest", join us and share storytelling that deeply resonated with our mission of healing and remembrance. This event created a space to honor and acknowledge the lives of family and friends we've lost to suicide, while also providing strength and hope to those still struggling. Members of our community courageously shared personal stories of surviving suicide, reminding us of all of the power of resilience and the importance of being there for one another. The Tucson Indian Center is grateful for your presence, your support, and your willingness to stand together. If you are in need of resources, someone to talk to, or simply someone to listen—we are here.

We are stronger together. YOU ARE NOT ALONE.





16th Gathering of American Indian Veterans

Last month, we had the honor of partnering with the Southern Arizona VA Health Care System, local tribes, and community organizations for the 16th Annual Gathering of American Indian Veterans.

Together, we worked to assist Veterans with benefit claims, VA health care enrollment, and connections to vital community resources. The Coalition for American Indian Veterans of Southern Arizona remains dedicated to raising awareness, providing assistance, and offering outreach services to ensure Veterans and their families can access the VA benefits they've earned.

Thank you to everyone who stopped by and made this event so meaningful. We are proud to stand alongside those who have served.





Upcoming Events At the tucson indian center



WALK WITH THE TUCSON INDIAN CENTER!

FOOTSTEPS FOR HEALING

ORGANIZED BY THE EMERGE CENTER AGAINST DOMESTIC ABUSE

Join our TIC group at Gene C. Reid Park as we walk in unity to honor survivors and families impacted by:

- Domestic Abuse
- Sexual Assault
- Gun Violence
- Transphobia
- Racism
- Violence Against Indigenous Communities

REGISTRATION FOR THIS EVENT IS NOW CLOSED

Tanya Rios: ticwd@ticenter.org (520)884-7131

CONTACT

INFORMATION!

This month we join the Footsteps for Healing Walk hosted by Emerge to show support for those impacted by any type of violence (Domestic Violence, Sexual Assault, Gun Violence and Racism) especially those in our Indigenous Communities. October is Domestic Violence Awareness Month and together we walk to say "Domestic Violence is not our Tradition".

THE DARKNE



Join Tucson Indian Center
Suicide Prevention team at the



American Foundation for Suicide Prevention



JOIN TIC IN THE WALK AS WE WALK AROUND REID PARK WITH

JOIN TIC IN THE WALK AS WE WALK AROUND REID PARK WITH OTHER'S TO PREVENT SUICIDE WITHIN OUR COMMUNITY.

Please register with the AFSP QR code link to join the TIC SPIP team. Click on register for SPIP TIC team and fill out the information it requires. We will send an email to you once we see you are registered.

NOV. 8, 2025

9AM - 1PM

REID PARK TUCSON

SPIP TEAM ticwd@ticenter.org 520-602-5402



Series to Attend At the tucson indian center



Food Club - Brought to you by our Diabetes Prevention Specialist

Come join us for a fresh way to prepare food and enjoy what you create!

Contact Jose Duran for more information (520) 884-7131 ext. 8304





Wednesday's at 10:30 am - 160 N Stone Ave - 2nd Floor

TUCSON INDIAN CENTER IS HOSTING

DRUMMING

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# EVERY I<sup>ST</sup> AND 3<sup>RD</sup> TUESDAY OF EVERY MONTH

14+ INDIVIDUALS WHO IDENITFY AS MALE REGISTRATION REQUIRED



QUESTIONS/ CONCERNS CONTACT SAMHSA/SPIP AT 520-884-7131 TICWD@TICENTER.ORG

You're Invited! - Elder Monthly Luncheon (Native American 55+)

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!

October 29, 2025 Time: 12:00pm - 3:00 pm

## November 2025-January 2026 NO ELDER MONTHLY LUNCHEON

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

2 Spirit of Tucson Support Group (GLBTQ2S)

(2nd Monday of the month @ TIC)

October 13, 2025, 5:30pm-7:00pm November 10, 2025, 5:30pm-7:00pm December 8, 2025, 5:30pm-7:00pm

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

# Services Update

## AT THE TUCSON INDIAN CENTER



## **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.

Our Health Promotion Specialists are here to assist individuals and families impacted by substance use.

Let us help you take the next step toward healing and wellness.



Contact Us (520)884-7131 Ext. 2301







### Pick Up Schedule

Monday: 11am - 4pm Tuesday: 9am - 4pm Wednesday: 9am - 4pm Thursday: 9am - 4pm Friday: 9am - 4pm



**Documents Required for Food Box:** 

· State ID or Tribal ID

One Food Box Per Month Per Family

### **Documents Required for Diapers:**

- · State ID or Tribal ID
- · Child Birth Certificate or Proof of Guardianship
- · Proof of Income or SNAP/AHCCCS Card



### Location:

160 N Stone Ave Tucson, AZ 85701 Questions: Please Call Us At (520) 884-7131



**OCTOMBER 2, 2025** 10:00AM-11:00am **AZ@WORKS** 

# **LOOKING FOR A JOB? WE CAN HELP!**

**New Client Orientation is every** Monday, from 11:00am to 12:00pm.

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

**OCTOBER 9, 2025** 10:00AM **PIMA COUNTY HUMAN RESOURCES** 

**OCTOBER 16, 2025 OUTREACH** INTAKE SPECIALIST FOR **ENDEAVORS** 10:00AM-11:00AM

**OCTOBER 23, 2025 PASCUA YAQUI TRIBE** 10:00AM-11:00AM

**OCTOBER 30, 2025** 10:00AM-11:00AM **DESERT DIAMOND CASINO** 







📞 520-884-7131 🍙 starin@ticenter.org <u>Jromero@ticenter.org</u> rurbina@ticenter.org

# Activities Update At the tucson Indian Center



# Join Our Amazing Walking Club/Workout Sessions!

Are you ready to get moving and boost your health and well-being? Come join, Jose and friends for 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!



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



## This month's recipe is Pumpkin Soup

### **Ingredients**

- 1 lbs 13 oz can water-packed pumpkin puree
- 1 quart milk
- 2 tbsps butter or margarine 1 tbsp honey
- 2 tbsps maple syrup or light brown sugar

Dash ground pepper

1/4 tsp cinnamon

1 tsp salt

1 orange (juiced)



### **Directions**

- 1. Heat pumpkin puree, milk, butter, and honey together slowly in a large saucepan. Stir.
- 2. Combine maple syrup or brown sugar, pepper, cinnamon, and salt. Stir in pumpkin mixture.
- 3. Heat slowly, stirring to a simmer. Do not boil the mixture.
- 4. Add the orange juice, a little at a time, stirring constantly. Serve hot.

# **COFFEE AND BINGO**

Looking for a fun way to spend your Friday mornings?

Join the Tucson Indian Center for Bingo every Friday, 2<sup>nd</sup> Floor!





10:00AM - 12:00PM EVERY FRIDAY 160 N STONE AVE - 2ND FLOOR







# <u>QPR Gatekeeper Training</u>

QPR (Question, Persuade, Refer) is a simple, lifesaving method that teaches people to recognize suicide warning signs and intervene, much like CPR or the Heimlich Maneuver does for medical emergencies.

This training is open to community members aged 18 and older who want to learn the essential skills needed to ask the life-saving question.

# Registration is Required

After completion of training you will receive a certificate & \$10 gift card

Wednesday, November 19th, 2025 Wednesday, February 18, 2026 Wednesday, June 24, 2026 Wednesday, September 16, 2026 Wednesday, December 9, 2026

5:30pm-7:30pm

Location: Tucson Indian Center Tucson, AZ 85701

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

### **Tucson Indian Center Staff** Executive Director Finance Director Operations Director Jacob Bernal Michael E. Spotted Wolf Michael Mulligan Chemehuevi Seminole Nation of Oklahoma Human Resource Generalist Executive Assistant Finance Operations Manager **Jorge Molina** Yolanda Valenzuela Rajiv Ranjan Building Maintenance Safety Officer Pascua Yaqui Staff Accountant **Jackie Shemesh** Client Service Support Honey Ignacio Client Service Support Specialist Specialist Tohono O'odham Rosa Duarte - Espinoza Monique Ugaitafa Accountant Clerk Tohono O'odham Claudia Oldman Navajo Wellness Department Wellness Director Grants & Services Manager Administrative Assistant Veronica Boone Mildred Manuel Angela Reves Laguna Pueblo/Navajo Wellness Case Manager Native Connections Project Health Promotion Specialist Christina Luna Coordinator Marlene F. Jose Wellness Case Manager Misty Castro Tohono O'odham Priscilla "Loreto" Curti SAMHSA Youth Specialist Transportation Specialist Prevention & Education Specialist Jose "Joey" Haro "Ricky" Manuel Ochoa **Alvssa Dreiling** Youth & Community Health Prevention & Education Community Health Representative Educator Specialist Marcella Delgado Jovon Boling **Halia Shirley** Tohono O'odham Navajo Navajo Diabetes Prevention Specialist Health Promotion Specialist Domestic Violence Prevention **Autumn Begav Jose Duran** Specialist Tohono O'odham Wellness Family Health Advocate Tanya Rios Health Promotion Specialist Andres Epaloose Tohono O'odham Vashti Solis Navajo/Hopi/Zuni Native American Cancer Project Educator Community Cultural Dynnika Tso Specialist & Educator Navajo Javier Aguiñiga **Health Department** Medical Director Health Services Director Family Health Advocate & Peter Ziegler MD Phoebe Cager Community Health Rep Family Physician Yup'ik Carolyn Tapia Dr. Paul Weintraub Medical Billing & Coding Specialist Medical Business Office Manager Vonda Talawepi Family Physicians Assistant, PA-C Katrina Rodriguez Juniper Dery-Chaffin Hopi Grants & Services Manager Medical Record Clerk Family Physician Adam Fernandez Angie Estrella Dr. Joan MacEachen Rarámuri & Guachichil Medical Assistant Pediatrician/Pediatric Admin Assistant Andi Morgan Consultant Jaden Hale COVID - 19 CHR Dr. Marisa Werner Navajo Vacant Family Nurse Practitioner Behavioral Health Therapist Diana Bautista Aurora Ramirez **Social Services Department** Employment Case Manager Social Services Director Dylan Baysa Estella Tarin Intake & Support Services Case Manager Choctaw Jerry R. Romero Community Engagement Community Engagement Coordinator Tohono O'odham Coordinator & Data Specialist

Tucson Indian Center Board of Directors

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Tohono O'odham

Vice Chairman Mark Bahti

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Tohono O'odham

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> Christine Nelson Navajo

Tasha Labahe

Navajo

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

### **American Indian Association**

Association

of Tucson, Inc. Tucson Indian Center 160 North Stone Tucson, AZ 85701 Phone: 520-884-7131

Fax: 520-884-0240

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**

### All events listed are held at the Tucson Indian Center

- New Client Orientation Every Monday 11:00am-12:00pm (10/6, 10/13, 10/20, 10/27)

  Contact: Tucson Indian Center
- Job Club Every Thursday 10:00am-11:00am (10/2, 10/9, 10/16, 10/23, 10/30)
   Contact: Tucson Indian Center
- 2 Spirit of Tucson October 13th @ 5:30 pm-7:00 pm Contact: Marlene F. Jose
- Native Sisters in Recovery Thursdays (10/2, 10/9, 10/16, 10/23, 10/30) @ 4:15pm-5:15pm
   Contact: Wellness Case Managers
- White Bison Recovery Group Thursdays (10/2, 10/9, 10/16, 10/23, 10/30) @5:30 pm—6:30pm Contact: Wellness Case Managers
- AIIR (American Indians in Recovery) AA Mtgs. Fridays (10/3, 10/10, 10/17, 10/24, 10/31)
   8:30 am 9:30 am, Contact: Wellness Case Managers
- Native Youth Coalition 4PM 6PM, Wednesdays (10/1, 10/8, 10/15, 10/22, 10/29)
   Contact: Wellness Department
- Leadership Development Workshop Wednesdays and Fridays from 1-3 PM
  - Learning Our Past, Leading Our Future.
  - Join us for a reimagined leadership training that centers Native issues, histories, and voices.
  - Certificate of Completion for those who complete 10 hours (attend 5 classes)
  - For More Info Contact: Tasha 520-884-7131 ext. 2306

# 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 Angela Reyes at (520) 884-7131 ext. 2249 or anreyes@ticenter.org.