



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

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!

In this newsletter you
can expect:

Page 1. Executive Director Updates	Page 7. Series to Attend
Page 2. Updates & Uplifts	Page 8. Services Updates
Page 3. Health Services	Page 9. Activities Update
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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



VISIT OUR SOCIAL MEDIA:

Tik Tok:
[https://www.tiktok.com/
@tucson.indian.center](https://www.tiktok.com/@tucson.indian.center)

Facebook:
[https://www.facebook.co
m/tucsonindiancenter/](https://www.facebook.com/tucsonindiancenter/)

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

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.

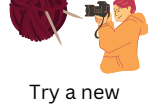
This season also marks the beginning of the holidays, a time to reflect on what matters most. As the Director of the Operations Department at TIC, I feel truly blessed to serve the departments of the Tucson Indian Center, and I hope you have felt blessed by the events and services TIC has been able to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

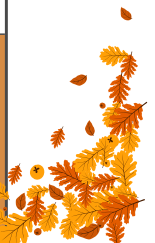
Please keep an eye on our website's event calendar, where you'll soon see details about upcoming holiday gatherings. We sincerely hope you will join us as we celebrate the joy, community, and meaning of this special season together.

Sincerely,

Michael Mulligan
Operations Director
Tucson Indian Center

OCTOBER
2025
Created by Suicide Prevention, Intervention & Postvention Program
520-602-5402

SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3	SAT 4
			Go for a 30 minute walk 	 Try a new hobby	Self Care Night 	Video chat a family member 
5  Write a note to someone you love and deliver it to them	6  Read one chapter in your book	7  Do 15 minutes of meditation	8  Have your own dance party	9  Arm day workout	10  Have a coffee date with yourself	11  Travel around Tucson
12  Self Care Night	13  Make one of your favorite soups	14  Mindfulness Pages Book Club	15  Leg day workout	16  Write about someone who inspires you and why?	17  Have a game night	18  FOOTSTEPS FOR HEALING WALK
19 SLEEP IN 	20  Have a karaoke night	21  Spend time with your family	22 Self Care Night 	23  Make your favorite pie	24  TIC Fright Night	25  Write about your week
26  Spend time with your friends	27  Write about 3 things you are grateful for	28  Mindfulness Pages Book Club	29  Watch a scary movie	30  Carve a pumpkin	31 HALLOWEEN 	1 





Tucson Indian Center

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 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

Contact Us



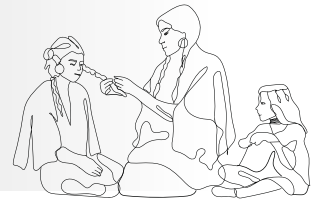
520-506-7131



www.ticenter.org

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 Service

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



2025 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

CONTACT
INFORMATION!

REGISTRATION FOR THIS
EVENT IS NOW CLOSED

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

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".



**SATURDAY,
OCTOBER 18 ,
2025**

8:00 AM - 12:00 PM



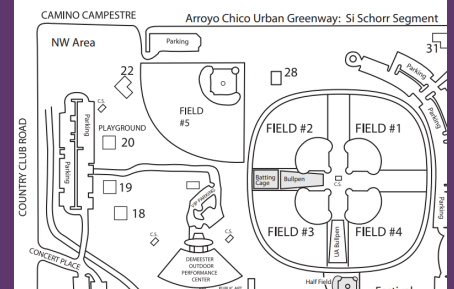
GENE C. REID PARK-
900 S. RANDOLPH
WAY, TUCSON, AZ
85716

CHECK-IN: 7:30 AM

MEET US AT RAMADA 19

GENE C. REID PARK (22nd and Country Club Rd.)

Administration - 900 S. Randolph Way
(520) 791-4873



Join Tucson Indian Center
Suicide Prevention team at the

OUT OF THE DARKNESS WALK

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

NOV. 8, 2025

9AM - 1PM

REID PARK TUCSON



**American
Foundation
for Suicide
Prevention**

***DEADLINE TO
REGISTER
OCTOBER 17***



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.

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



MENU



October 1st : Mesquite Almond Delight

October 8th : Blueberries, Spinach, Broccoli Salad

October 15th : Desert Granola

October 22nd : Broccoli Mandarin Orange Salad

October 29th : Pumpkin Pie Smoothie

TUCSON INDIAN CENTER IS HOSTING

DRUMMING CIRCLE



**EVERY 1ST AND 3RD TUESDAY
OF EVERY MONTH
5:30PM-7:00PM**

**14+ INDIVIDUALS WHO IDENTIFY 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



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA


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



LOOKING FOR A JOB? WE CAN HELP!

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

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

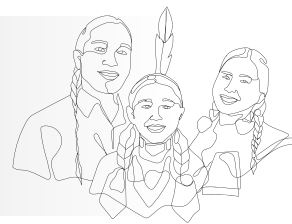
OCTOBER 30, 2025
10:00AM-11:00AM
DESERT DIAMOND CASINO



 520-884-7131  starin@ticenter.org jromero@ticenter.org 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 tsp salt
1 quart milk	1 orange (juiced)
2 tbsps butter or margarine 1 tbsp honey	
2 tbsps maple syrup or light brown sugar	
Dash ground pepper	
1/4 tsp cinnamon	



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, 2nd Floor!



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





Question. Persuade. Refer.

QPR Gatekeeper Training

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

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

"Ricky" Manuel Ochoa

Community Health Representative

Marcella Delgado
Tohono O'odham

Health Promotion Specialist

Autumn Begay

Tohono O'odham

Health Promotion Specialist

Vashti Solis

Community Cultural Specialist & Educator

Javier Aguiñiga

Grants & Services Manager

Mildred Manuel

Wellness Case Manager

Christina Luna

Wellness Case Manager

Priscilla "Loreto" Curti

Prevention & Education Specialist

Alyssa Dreiling

Prevention & Education Specialist

Halia Shirley

Navajo

Domestic Violence Prevention Specialist

Tanya Rios

Tohono O'odham

Native American Cancer Project Educator

Dynnika Tso

Navajo

Administrative Assistant

Angela Reyes

Native Connections Project Coordinator

Misty Castro

SAMHSA Youth Specialist

Jose "Joey" Haro

Youth & Community Health Educator

Jovon Boling

Navajo

Diabetes Prevention Specialist

Jose Duran

Wellness Family Health Advocate

Andres Epaloose

Navajo/Hopi/Zuni

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

Behavioral Health Therapist

Aurora Ramirez

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

Family Nurse Practitioner

Diana Bautista

Family Health Advocate & Community Health Rep

Carolyn Tapia

Medical Billing & Coding Specialist

Vonda Talawepi

Hopi

Medical Record Clerk

Angie Estrella

Medical Assistant

Andi Morgan

COVID - 19 CHR

Vacant

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 & Training Case Manager

Renee Urbina

Employment Case Manager

Estella Tarin

Community Engagement Coordinator & Data Specialist

Natalia Cachora

Tucson Indian Center Board of Directors

Chairman

Alexander Lewis

Tohono O'odham

Vice Chairman

Mark Bahti

Treasurer

Melisa Cota

Tohono O'odham

Secretary

Amalia Reyes

Pascua Yaqui

Yolanda Molina

Pascua Yaqui

Olivia Villegas - Liston

Tohono O'odham

Christine Nelson

Navajo



**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

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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.