



# TUCSON INDIAN CENTER

## NATIVE WELLNESS VOICE

February 2026 Vol. 51 ISSUE 14 [WWW.TICENTER.ORG](http://WWW.TICENTER.ORG)



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

**TIC will be closed on February 16, 2026 in observance of President's Day**

**Stay up to date with our very own Podcast**  
<https://bit.ly/TICtalks>



## WELCOME TO THE TUCSON INDIAN CENTER NEWSLETTER!

The new year kicked off quickly—January is gone, and February has arrived, bringing the shortest stretch of the calendar. Even though February is the shortest month, it is packed with opportunities.

This month gives us a fresh chance to set our goals, determine our priorities, take action, and make meaningful progress. With fewer days on the calendar, every moment counts—so let us embrace this month with energy and purpose!

This month we recognize the following important awarenesses:

- Black History Month
- National School-Based Health Care Awareness Month
- Teen Dating Violence Awareness & Prevention
- Age-Related Macular Degeneration (AMD) / Low Vision Awareness
- National Cancer Prevention
- American Heart Month

The Tucson Indian Center remains committed to striving for excellence with passion and purpose—striving to reach new heights, amplify our impact, and expand the programs and services that make a difference. Together, we are building a future of success and influence. It is with great enthusiasm that we invite you, your family, and friends to join us at our upcoming events, which are just around the corner.

- Elder's Monthly Luncheon
- Sober Sweetheart Dance
- 2 Spirits of Tucson

Thank you for taking the time to read our newsletter every month. Please do not forget to also follow us on social media to keep up with the announcements, daily post and stay updated on upcoming events.

ew Year filled with success and happiness!

Have a great month of February and enjoy our newsletter!



### VISIT OUR SOCIAL MEDIA:

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

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

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

**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
Page 4. Highlights	Page 10. Words of Impact
Page 5. A look at what's happened	Page 11. TIC Staff
Page 6. Upcoming Events	Page 12. Announcements

**Jacob Bernal/Executive Director**

*Jacob Bernal*

# Updates and Uplifts



## Greetings and Happy New Year!

Greetings! I hope this message finds you and your loved ones blessed, happy, and healthy. I would like to officially welcome each of you to 2026!

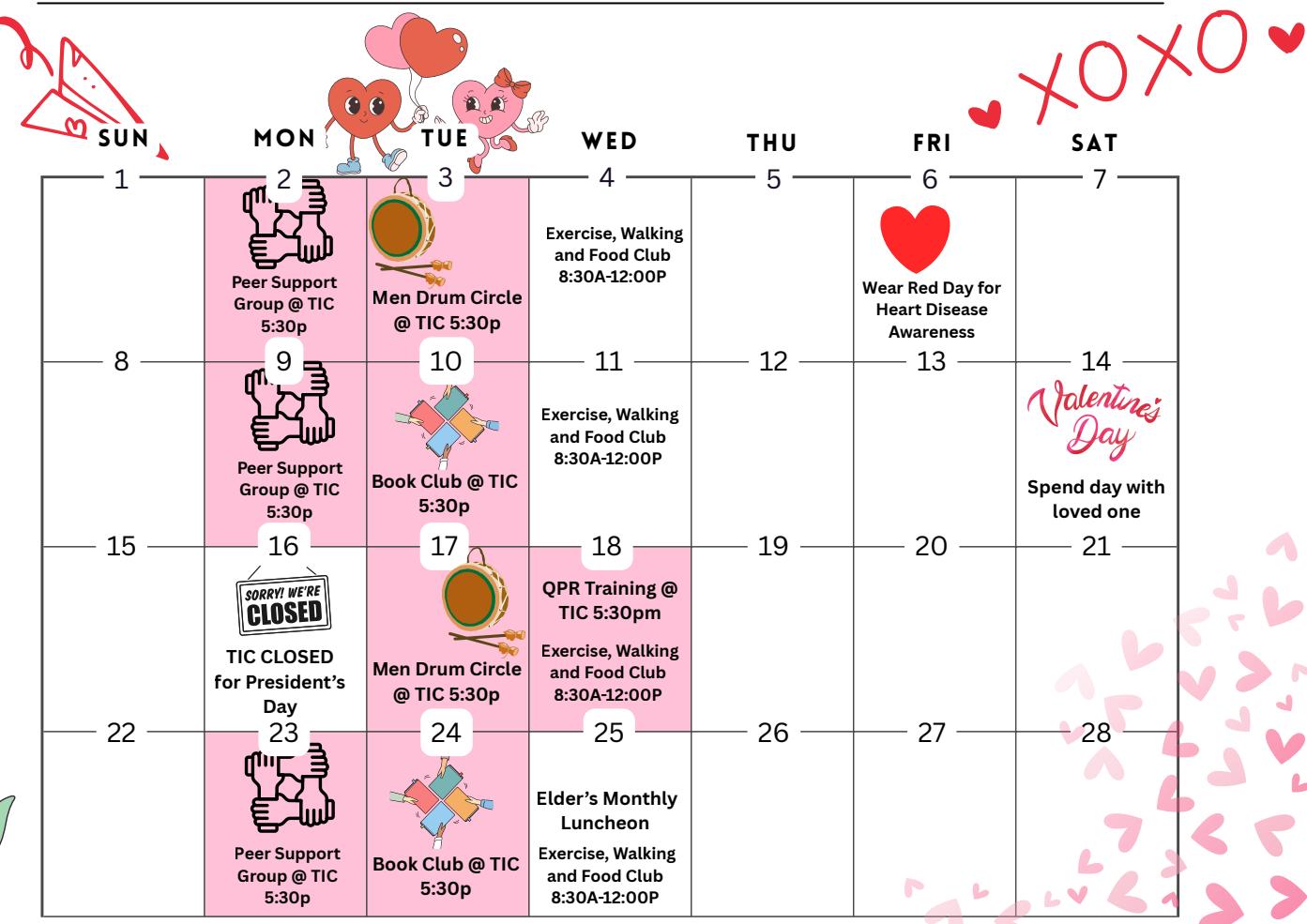
Last year was a busy and productive year at TIC. We successfully modernized our elevators, restoring full service with two fully operational elevators, and completed the remodel of the second floor. This project provided much-needed office space and created a more welcoming, functional community area. We hope you have noticed and enjoyed the improvements made throughout the Center over the past year.

As we move forward, TIC continues its efforts to replace the roofing system and the third-floor HVAC units. While this project has presented more challenges than initially anticipated, we remain committed and confident that, with perseverance, it will be completed. As mentioned in previous updates, construction may temporarily affect access to the Center for short periods of time. While this has not occurred yet, please be aware that it is expected in the near future. I will continue to keep you informed as the timeline becomes clearer.

We look forward to another great year serving our community and wish you and your families a blessed and prosperous New Year.

Michael Mulligan  
Operations Director

# FEBRUARY



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





## Hours of Operation/Location

Monday - Friday 8:00am - 5:00pm *excluding holidays*

160 N. Stone, Tucson AZ 85701

## Mission Statement

To provide accessible patient-centered care, to empower our community to achieve the highest quality health and well-being.

## 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.

## **FREE RIDES**

### **TO YOUR HEALTH SERVICES APPOINTMENT AT TUCSON INDIAN CENTER**

Do you have an appointment at the Rodney W. Palomo, Sr. clinic? We can transport you directly to your appointment, so a reliable ride is not a barrier.

#### **BENEFITS:**

- ✓ Reliable Transportation
- ✓ Prompt Pick Ups
- ✓ Get Picked Up and Dropped Off Directly from your House or Living Facility

## Contact Us



520-506-7131



[www.ticenter.org](http://www.ticenter.org)

## Our Services

### Primary Care

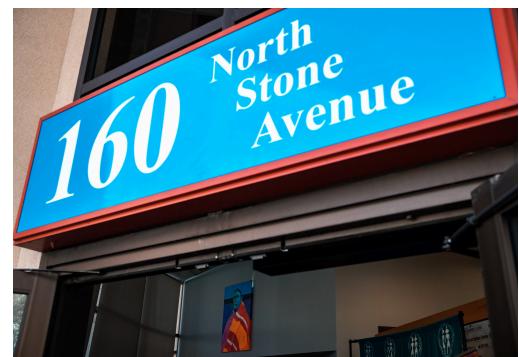
- Adult & Pediatrics
- Vaccines/Immunizations
- Well-child visits
- Physical Exams (Sports/School)
- Health Screenings
- Medication management/refills
- On-site Laboratory services
- Chronic Condition Management
- Referrals for Specialty Care Service
- Disease Prevention
- Women's Health Exams

### 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



# February Highlights AT THE TUCSON INDIAN CENTER



Several ways to lower your risk of cardiovascular disease

- Exercise at least 30 minutes a day. (ex: walk, ride a bike, go to the gym, garden, clean)
- Visit your health care provider to discuss a plan for your health goals, including your blood pressure, cholesterol, blood sugar, and body mass index (BMI).
- Create better selections of food and drinks to consume. Include more vegetables in your diet and lean meats like turkey or chicken.



## 101st Annual Tucson Rodeo Parade



Join us at the 101st Annual Tucson Rodeo Parade!

The Youth Coalition will be out celebrating Tucson's tradition.

Come, wave, cheer, and say hello.

 **Thursday, February 26, 2026**  
 **9:00 AM**



## MINDFUL PAGES BOOK CLUB

*Whether you're on a journey of healing or looking to support others, all are welcome. Let's turn pages and start meaningful conversations together!*

**EVERY OTHER TUESDAY  
OF THE MONTH**

**5:30 PM - 7 PM**

*More information contact Alyssa or Halia*  
[ticwd@ticenter.org](mailto:ticwd@ticenter.org)  
**520-884-7131**



**February 10 & 24**  
**March 10 & 24**  
**April 7 & 21**  
**May 5 & 19**  
**June 2, 16 & 30**  
**July 14 & 28**

**Tucson Indian Center**  
**160 N Stone Ave Tucson,**  
**AZ 85701**  
**First Floor**

# *A look at what's happened in the last month* AT THE TUCSON INDIAN CENTER



## *TIC Native Youth Coalition*



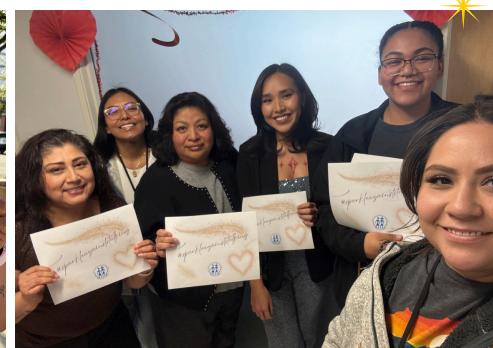
In this picture: Santiago, Mikaela, Kiara, Arturo, Nehemin, Shayden and Dorian

The Native Youth Coalition participated in a competitive Kickball Tournament in January. The group had the opportunity to meet and interact with local Native American youth clubs, teams, and coalitions. As we are getting back into programming and activities, the youth are getting introduced to more opportunities outside the center and expanding their outreach! If you or someone you know is interested in joining the coalition, please reach out to the Wellness department!

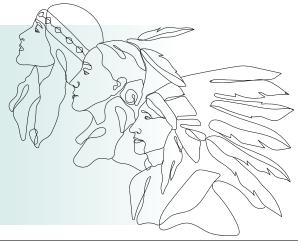
## *Sparkle Against Stalking*

January is National Stalking Awareness Month with January 18<sup>th</sup> being Day of Action for Stalking Awareness. This was started by Stalking Activist Debbie Riddle, in memory of her sister Peggy Kinkle who was murdered by her ex-boyfriend after years of stalking. On the anniversary of her death, we bring back the sparkle for Peggy and all victims and survivors of stalking by wearing sparkly attire and posting pictures with the hashtag #SparkleAgainstStalking.

Here at TIC we took pictures to show support and stand for action for victims and survivors of stalking.



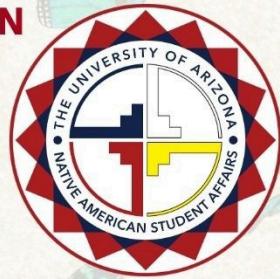
*Upcoming Events*  
AT THE TUCSON INDIAN CENTER



# Save the Date

## SPRING SOCIAL POW WOW

PRESENTED BY TUCSON INDIAN  
CENTER & UOFA NATIVE AMERICAN  
STUDENT AFFAIRS



SATURDAY

APRIL  
**11**  
2026

10AM-7PM

**University of Arizona, Tucson, AZ**

*Outdoor event, free & Open to the Public*

### Event Features

GOULD DANCE | POW WOW DANCES |

NATIVE AMERICAN FOOD

ARTS & CRAFT VENDORS | COMMUNITY &

UA CAMPUS RESOURCES

ALL DRUMS WELCOME

Arts & Craft Vendor/Community

Resource Coordinator

Jovon Boling (jboling@ticenter.org)

Campus Resource & Volunteer

Coordinators

Nickolis Joe (nickolisjoe@arizona.edu)

M. Talia white (mtwhite@arizona.edu)

Everyone Welcome, this is an  
alcohol & drug free event

# Series to Attend

## AT THE TUCSON INDIAN CENTER



Join us on February 25, 2026 | 12 PM - 3PM

### Elder Monthly Luncheon

Must be 55+

Currently enrolled with the Tucson Indian Center Wellness Department

For more information call Angela (520) 884-7131 ext. 2249

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact: Angela Reyes (520) 884-7131 ext. 2249



### THE TUCSON INDIAN CENTER IS HOSTING DRUM GROUP

Men who identify as male and are 14 years of age or older are welcome to join our Men's Drum Group. This gathering is open to beginners as well as elders who wish to share their knowledge, songs, and experiences.

This group gathers every other week beginning Tuesday, January 6, from 5:30-7:00 p.m. at the Tucson Indian Center. Here are the scheduled 2026 dates:

February 2nd & 17th,  
March 3rd, 17th & 31st,  
April 15th & 28th,  
May 12th & 26th,  
June 9th & 23rd.

Please arrive on time, as the drum is opened promptly and no entry will be allowed after 5:45 p.m. to honor the circle and the time we share together.

Questions? Please contact the SPIP/ SAMHSA team at 520-884-7131 or [TICWD@TICENTER.ORG](mailto:TICWD@TICENTER.ORG)



IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT (ADA), THE TUCSON INDIAN CENTER WILL CONSIDER REASONABLE ACCOMMODATIONS FOR INDIVIDUALS WITH DISABILITIES. TO REQUEST AN ACCOMMODATION, PLEASE CONTACT: THE SPIP/SAMHSA TEAM.



### TRADITIONAL POTTERY CLASSES

HOSTED BY THE TUCSON INDIAN CENTER

JOIN US FOR A HANDS-ON JOURNEY  
INTO THE ART OF TRADITIONAL POTTERY!

#### DATES OF WORKSHOP:

FEBRUARY 5

FEBRUARY 12

FEBRUARY 19

FEBRUARY 26

MARCH 5

MARCH 12



Instructor: Elizabeth  
Ortega

Time: 5:15PM– 7:15 PM

Location: First Floor,  
Tucson Indian Center

**ABOUT THE WORKSHOPS:**  
These classes are open to teens (13+) and adults at all levels of experience. Space is limited to 25 participants.

**Everyone Is  
Welcome!  
Registration is  
Encouraged**

Contact Information:  
Javier Aguiniga:  
[ticwd@ticenter.org](mailto:ticwd@ticenter.org)  
(520) 884-7131  
EXT. 2248

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact: Angela Reyes



# Services Update

## AT THE TUCSON INDIAN CENTER



# Need a Job?

New Client Orientation Mondays 11am-12pm

No Orientation on February 16

Job Club Thursdays 10am-11am

- Job Network
- Resume Workshop

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

We can help!



CALL: 520-884-7131

Email:

Stella Tarin  
starin@ticenter.org

Email:

Jerry Romero  
jromero@ticenter.org

Email:

Renee Urbina  
rurbina@ticenter.org

Tucson Indian Center Presents

## Finding Our Purpose:



An Indigenous-Centered Community Leadership Workshop

Join us for a community workshop centered on learning, growth, and connection. Together, we'll explore Native ways of knowing, reflect on our shared histories, and build skills that strengthen our families, communities, and future generations.

This workshop is open to all community members of all ages – youth, adults, parents, caregivers, Elders, and anyone interested in growing, learning, and contributing to a stronger community.

We will explore topics such as:

- Confidence Building – recognizing your strengths and finding your voice
- Leading with Purpose – learning to move with intention, balance, and care
- Cultural Foundations – understanding how history, teachings, and values guide us today
- Community Strength – uplifting one another through connection and shared learning

Come take part in a supportive circle where we uplift our stories, share our voices, and grow together in a good way.

**Registration is Recommended:**



For More Info Contact:

Tasha L. | tlabahe@ticenter.org | 520-884-7131 Ext. 2306

The project described was supported by Grant Number 90NA8477-01-01 from  
Administration for Native Americans



### 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:

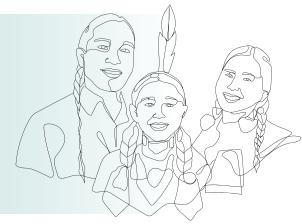
160 N Stone Ave  
Tucson, AZ 85701

Questions:  
Please Call Us At  
(520) 884-7131



# Activities Update

## AT THE TUCSON INDIAN CENTER



### Join Our Walking Club/Workout Sessions and Food Club!

Have questions about how to eat more nutritious meals, exercise, and build healthy habits, and need support? Join us at the Tucson Indian Center on Wednesdays from 8:30 a.m. to 12 p.m. for our three amazing clubs.

Exercise Club	8:30 a.m. – 9:30 a.m.
Walking Club	9:30 a.m. - 10:30 a.m.
Food Club	10:30 a.m. – 12:00 p.m.

Wednesday's at the Tucson Indian Center  
from 8:30am-12:00pm.



Last month at our food club, participants made the following recipes: chicken spring rolls, overnight strawberry oats, chipotle bowls, and chocolate mousse. To get recipes, contact TIC Diabetes Prevention Specialist Amber Labahe. [alabahe@ticenter.org](mailto:alabahe@ticenter.org)

### This month's recipe is *Chicken with Napa Cabbage and Rice Noodles*

#### Ingredients

- 4 ounces dried medium Asian rice stick noodles, broken in half
- 1 tablespoon toasted sesame oil
- 1-pound boneless, skinless chicken breasts, all visible fat discarded, patted dry, and cut into 1/2-inch strips
- 1 1/2 tablespoons minced peeled gingerroot
- 1 medium red bell pepper, chopped
- 1/2 cup matchstick-size carrot strips
- 4 cups thinly sliced napa cabbage
- 3/4 cup sliced green onions (dark green part only)
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped unsalted peanuts, dry-roasted

#### Sauce Ingredients

- 2 tablespoons soy sauce (lowest sodium available)
- 2 teaspoons of honey
- 1 teaspoon plain rice vinegar
- 1/2 teaspoon cornstarch
- 1/4 teaspoon hot chile sauce (sriracha preferred)



**Chicken with Napa Cabbage and Rice Noodles**  
A delectable sauce spiced with sriracha and sweetened with honey coats a ginger-scented mixture of chicken, rice noodles, and fresh vegetables in this one-dish meal.

© heart.org

#### Directions

1. In a small bowl, whisk together the sauce ingredients. Set aside.
2. Put the noodles in a large bowl. Pour in boiling water to cover. Let stand for 5 to 7 minutes, or until tender. Drain well in a colander.
3. Meanwhile, heat a large skillet or wok over high heat. Pour in the oil, swirling to coat the bottom. Cook the chicken for 5 minutes, or until lightly browned, stirring frequently. Transfer to a plate (the chicken won't be done at this point).
4. Cook the gingerroot for 30 seconds, still over high heat, stirring constantly. Stir in the bell pepper and carrots. Cook for 2 to 3 minutes, or until slightly softened, stirring constantly (add a little water if the vegetables are sticking). Stir in the cabbage. Cook for 1 minute, stirring constantly. Stir in the green onions, chicken, and sauce. Cook for 1 minute, or until the chicken is no longer pink in the center and the vegetables are tender-crisp, stirring constantly. Stir in the noodles. Just before serving, sprinkle with the cilantro and peanuts.



# Tucson Indian Center Presents:

# GONA



**What is GONA?** Gathering of Native Americans. A GONA is a community healing process to address challenges like addiction, violence, chronic negativity and other lasting impacts identified by the community. GONA is a process that helps participants connect the dots between trauma, behavior, healing and living in balance. The process follows four powerful phases: **Belonging, Mastery, Interdependence, and Generosity.** Each offering a path towards healing.



Dear Community Member,  
We invite you to join us for the 2 FULL days of GONA. Participation in both days is important for the experience, and registration is required to attend. Space is limited, and we can accommodate up to 50 participants, so please register early to reserve your spot.



If you are unable to participate in both full days of the GONA, we kindly ask that you allow this space to be filled by another participant who can commit to the entire event.

Friday, March 20th & Saturday March 21st 2026.  
From 9 a.m. to 4:00 p.m.

Location: Pima Community College - Downtown Campus Azurite Room

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact SPIP/SAMHSA .

For questions regarding registration call SPIP/SAMHSA  
520-884-7131

## Tucson Indian Center Staff

*Executive Director*

**Jacob Bernal**

Chemehuevi

*Executive Assistant*

**Yolanda Valenzuela**

Pascua Yaqui

*Client Service Support*

*Specialist*

**Lauren Kaibetoney**

Navajo

*Operations Director*

**Michael Mulligan**

*Finance Director*

**Michael E. Spotted Wolf**

Seminole Nation of Oklahoma

*Human Resource Generalist*

**Jorge Molina**

*Finance Operations Manager*

**Vacant**

*Building Maintenance Safety Officer*

**Jackie Shemesh**

*Staff Accountant*

**Vacant**

*Client Service Support Specialist*

**Rosa Duarte - Espinoza**

*Accountant Clerk*

**Claudia Oldman**

Navajo

## Wellness Department

*Grants & Services Manager*

**Mildred Manuel**

Akimel O'odham/ Yaqui

*Administrative Assistant*

**Angela Reyes**

*Wellness Case Manager*

**Christina Luna**

*Native Connections Project*

*Coordinator*

**Misty Castro**

*Wellness Case Manager*

**Loreto Curti**

*SAMHSA Youth Specialist*

**Vacant**

*Wellness Director*

**Veronica Boone**

Laguna Pueblo/Navajo

*Health Promotion Specialist*

**Marlene F. Jose**

Tohono O'odham

*Transportation Specialist*

**Vacant**

**Alyssa Dreiling**

*Prevention & Education*

*Specialist*

**Halia Shirley**

Navajo

*Youth & Community Health*

*Educator*

**Jovon Boling**

Navajo

*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**

*Domestic Violence Prevention*

*Specialist*

**Tanya Rios**

Tohono O'odham

*Diabetes Prevention Specialist*

**Amber Labahe**

Navajo

*Wellness Family Health Advocate*

**Andres Epaloose**

Navajo/Hopi/Zuni

## Health Department

*Medical Director*

**Peter Ziegler MD**

*Family Physician*

**Dr. Paul Weintraub**

*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**

*Health Services Director*

**Phoebe Cager**

Yup'ik

*Medical Business Office Manager*

**Katrina Rodriguez**

*Family Physicians Assistant, PA-C*

**Juniper Dery-Chaffin**

*Family Physician*

**Dr. Joan MacEachen**

*Pediatrician/Pediatric*

*Consultant*

**Dr. Marisa Werner**

*Family Nurse Practitioner*

**Diana Bautista**

*Grants & Services Manager*

**Adam Fernandez**

Rarámuri & Guachichil

*Admin Assistant*

**Jaden Hale**

Navajo

*Behavioral Health Therapist*

**Aurora Ramirez**

*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*

**Vacant**

## 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](http://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 (2/2, 2/9, 2/23)**  
Contact: Tucson Indian Center
- **Job Club - Every Thursday 10:00am-11:00am (2/5, 2/12, 2/19, 2/26)**  
Contact: Tucson Indian Center
- **Native Sisters in Recovery - Thursdays (2/5, 2/12, 2/19, 2/26) @ 4:15pm–5:15pm**  
Contact: Wellness Case Managers
- **White Bison Recovery Group - Thursdays (2/5, 2/12, 2/19, 2/26) @5:30 pm–6:30pm**  
Contact: Wellness Case Managers
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (2/6, 2/13, 2/20, 2/27) @ 8:30 am - 9:30 am**, Contact: Wellness Case Managers
- **Native Youth Coalition – 4PM - 6PM, Wednesdays (2/4, 2/11, 2/18, 2/25)**  
Contact: Wellness Department
- **2 Spirits of Tucson Support Group - February 9, 2026 5:30PM - 7:00PM**  
Contact: Marlene F Jose [mjose@ticenter.org](mailto:mjose@ticenter.org)
- **Coffee and Bingo - Every Friday - 10 AM - 12 PM**

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](mailto:anreyes@ticenter.org).