



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

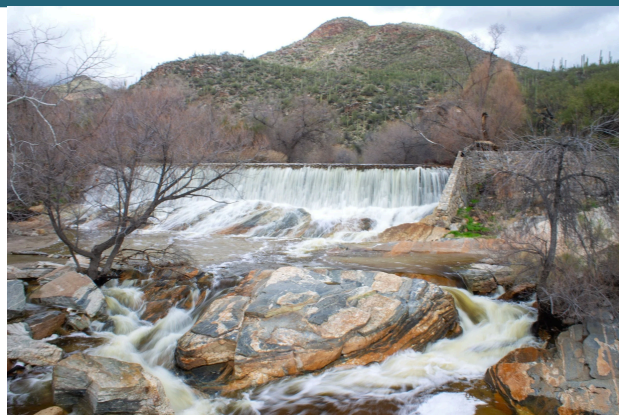
February 2026 Vol. 51 ISSUE 14 WWW.TICENTER.ORG



**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. New Year filled with success and happiness!

Have a great month of February and enjoy our 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
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. Announcem ents



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/>

Jacob Bernal/Executive Director

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

Rodney W. Palomino, Sr Clinic

AT THE TUCSON INDIAN CENTER



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. Palimo, 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

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



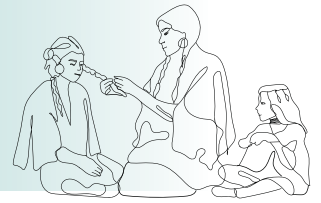
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www.ticenter.org

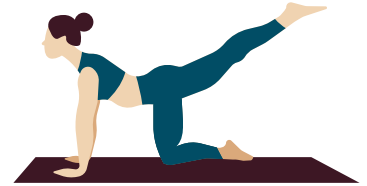
February Highlights

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
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

**WE PROVIDE
THE BOOK
FOR FREE!**



A look at what's happened in the last month

AT THE TUCSON INDIAN CENTER



TIC Native Youth Coalition



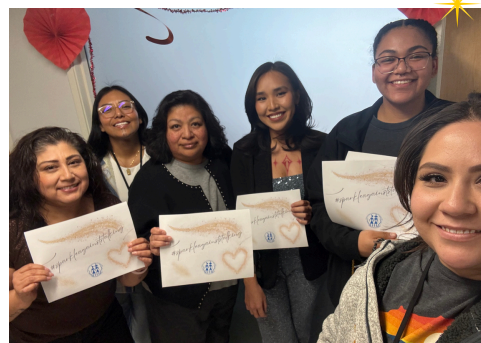
In this picture: Santiago, Mikaela, Kiara, Arturo, Nehemin, Shayden and Dorian

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!

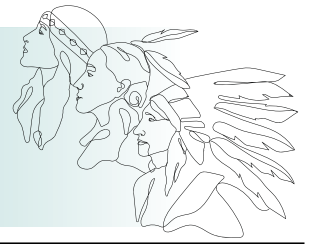
Sparkle Against Stalking

January is National Stalking Awareness Month with January 18th being Day of Action for Stalking Awareness. This was started by Stalking Activist Debbie Riddle, in memory of her sister Peggy Klinkle 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



SATURDAY

**PRESENTED BY TUCSON INDIAN
CENTER & UOFA NATIVE AMERICAN
STUDENT AFFAIRS**

**APRIL
11
2026**



10AM-7PM

University of Arizona, Tucson, AZ

Outdoor event, free & open to the Public

Event Features

GOURD 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

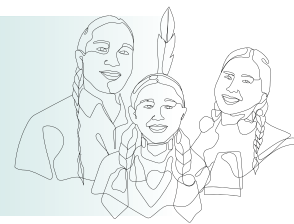
Nickolis Joe (nickolisjoe@arizona.edu)

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



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



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

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**

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.

February Job Club Schedule
Time: 10 AM - 11 AM

📅 02/5/2026: ARIZONA@WORKS

📅 02/12/2026: THOMAS BARTOWSKI - HR COORDINATOR

📅 02/19/2026: NESCO

📅 02/26/2026: TMC HEALTH

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.

Wednesdays @ 1-3 pm

Feb. 4, 11, 18, 25, 2026
March 4, 2026

Tucson Indian Center
160 N. Stone Ave
Tucson Az, 85701
1st Floor Conf. Room

*Certificate of Completion for those who complete 10 hrs (attend 5 classes)

Registration is Recommended:

For More Info Contact:
Tasha L. | tlabae@ticenter.org | 520-884-7131 Ext. 2306



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



ARIZONA Diaper Bank

Pick Up Schedule

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



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA
MEMBER OF FEEDING AMERICA



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



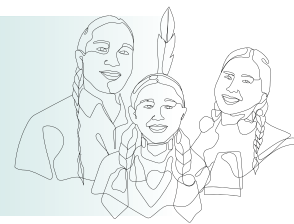
Location:

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

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)



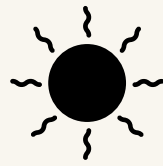
Chicken with Napa Cabbage and Rice Noodles

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

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

Vacant

Staff Accountant

Vacant

Accountant Clerk

Claudia Oldman
Navajo

Wellness Department

Grants & Services Manager

Mildred Manuel

Akimel O'odham/ Yaqui

Wellness Case Manager

Christina Luna

Wellness Case Manager

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

Vacant

Youth & Community Health Educator

Jovon Boling

Navajo

Diabetes Prevention Specialist

Amber Labahe

Navajo

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

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

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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
- **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.