



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

July 2026 Vol. 56 ISSUE 19 WWW.TICENTER.ORG

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

TIC will be closed July 3, 2026 for
Independence Day

Visit our employment link or scan the
QR Code for any Job Openings:
<http://www.ticenter.org/employment>



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. Important Announce- ment	Page 8. Services Updates
Page 3. Health Services	Page 9. Activities Update
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Page 6. Upcoming Events	Page 12. Announce- ments

Let us welcome the month of July.

Summer is here, bringing longer days and rising temperatures. As the days get hotter this summer, please remember to stay hydrated, rest when needed, and look out for Elders, children, and each other. The month of July offers a time to gather, reflect, and reconnect as a community. This time of year, encourages us to spend time with one another and remain grounded in the teachings that guide us.

This month, we also recognize and highlight several important awareness campaigns:

- Plastic Free July
- Sarcoma Awareness Month
- UV Safety Month
- Juvenile Arthritis Awareness Month
- National Minority Mental Health

These observances remind us of the importance of health, inclusion, and caring for ourselves and the people we share this journey with.

As the new school year quickly approaches, July is the perfect time for families to begin planning ahead for back-to-school needs, including sports physicals, and immunizations. Contact our clinic today to schedule your child's immunizations. We are also offering free back-to-school sports physicals.

We would also like to invite you to our upcoming events that are right around the corner. Please mark your calendars and make plans to attend with your family and friends. Your involvement and support makes our community more vibrant.

- 2026 Young Indigenous Wellness camp
- Free Community Movie Day
- Back to School Bash

The Tucson Indian Center would like to thank everyone who has joined us for recent programs, events, and gatherings. Your participation strengthens our community.

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 July—enjoy reading our newsletter!

Jacob Bernal/Executive Director

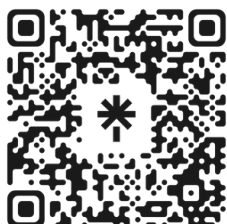


VISIT OUR SOCIAL MEDIA:

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

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

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



Updates



Operations Department Update

Greetings,

I hope this message finds you and your loved ones blessed, healthy, and well!

If you've visited TIC over the past week, you've likely noticed that the construction project we've been preparing for is now fully underway. As with any major improvement effort, there will be some temporary inconveniences along the way—and we truly appreciate your patience and understanding as we work through them together.

Currently, the sidewalk along Alameda Blvd (the north side of the Center) is closed for safety reasons. We know this may create challenges when accessing the building, and we sincerely appreciate your caution and cooperation. At this time, the only entrance available is the main entrance located at the corner of Stone & Alameda.

If you need to cross Alameda to reach TIC, we kindly ask that you take extra care, as traffic in the area may not always be attentive to pedestrians.

We understand that this may disrupt your routine, and we are grateful for your flexibility during this time. The good news is that once the project is complete, TIC will have a new roof and upgraded air conditioning, helping to create a more comfortable and welcoming environment for everyone we serve.

Thank you for your continued support, patience, and partnership as we move through this important improvement together.

Warm regards,
Michael Mulligan
Operations Director



Important Announcement The Rodney W. Palimo, Sr. Clinic



The Tucson Indian Center has a **temporary** new location due to construction
From June 15 - August 31



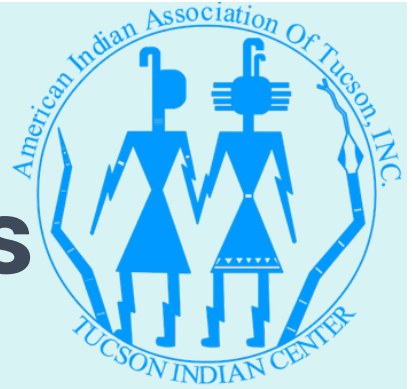
The clinic will be at
33 N. Stone Ave.

6th Floor

With any
questions call
us at

520-506-7131

TUCSON INDIAN CENTER
RODNEY W. PALIMO, SR.
CLINIC



Our Clinic Has Temporarily Moved

due to construction

1 BLOCK SOUTH OF
TIC
(FORMER BANK OF
AMERICA
BUILDING)

*on the 6th
Floor*

33 N Stone Ave

*with
Greater
Space & the
Same
Great
Services*

**Contact
information
remains the same**

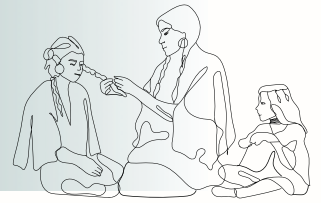
Phone: 520-506-7131

Website: www.ticenter.org



Highlights

AT THE TUCSON INDIAN CENTER



Men's Day

On June 5th, the Wellness Department hosted the annual Men's Day event, bringing men together to share space, reflect, and support one another in a welcoming and uplifting environment. The event focused on men's mental health and wellbeing through activities centered on teamwork, strength, and reflection. Participants had the opportunity to share good food, lots of laughter, and, most importantly, meaningful conversations.





BACK TO SCHOOL BASH



FRIDAY, JULY 31ST, 2026

BACKPACKS & SCHOOL SUPPLIES



NATIVE AMERICAN YOUTH FOCUSED!

LIMITED TO THE FIRST 250 STUDENTS

ITEMS PROVIDED WILL BE FOR ELEMENTARY, MIDDLE SCHOOL, AND HIGH SCHOOL STUDENTS

MAIN LIBRARY, JOEL D. MAIN LIBRARY
 101 N STONE AVE, TUCSON, AZ 85701
NATIVE YOUTH - 12:00 PM
TUCSON COMMUNITY - 1:00PM - 2:00PM*
 *WHILE SUPPLIES LAST

For more information contact: Jovon Boling
 (520)-884-7131, EXT 2218 or Email: jboling@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 Veronica Boone at 520-884-7131.

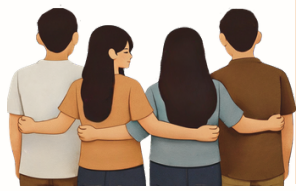


Native Youth RISE

Rooted in Culture • Identity • Service • Empowerment

Native Youth RISE is a Youth Community Health Representative (Youth CHR) leadership program at the Tucson Indian Center.

Youth will grow as leaders, strengthen their cultural identity, and support the health and wellbeing of their communities.



Why join Native Youth RISE?

- Connect with mentors, health professionals, and community leaders
- Mentor middle school youth
- Travel to conferences and leadership trainings
- Build leadership skills and public speaking skills

Now Recruiting High School Youth!

Scan QR code to access Interest Form:



For more info, please contact Dynnika:

 dtso@ticenter.org

 520-884-7131 Ext. 1028

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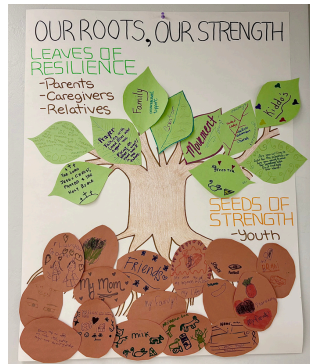
A look at what's happened in the last few months

AT THE TUCSON INDIAN CENTER



Youth & Family Info Session

The Native Youth RISE held the Youth & Family Info Session that brought together youth, parents, guardians, and caretakers to learn more about Native Youth RISE and our summer youth events. Youth of all ages participated in activities centered on resilience and community support, while parents and caretakers had the chance to engage in reflexology, full-body massage, and meditation. We were able to create a wellness centered space for Native youth and families.

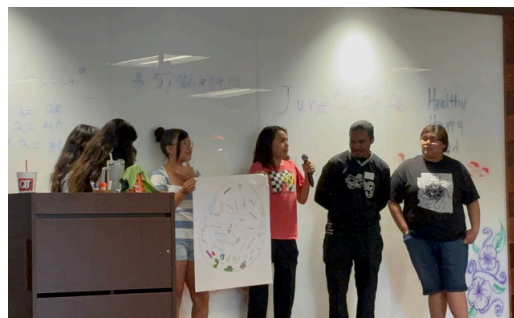


Native Youth Wellness Warrior Camp

The Native Youth Wellness Warriors Camp was a three-day youth GONA experience for Native youth ages 11-18. Youth connected with culture, built leadership skills, strengthened relationships, and learned what it means to be a good relative. Tucson Indian Center collaborated with the Native Wellness Institute.

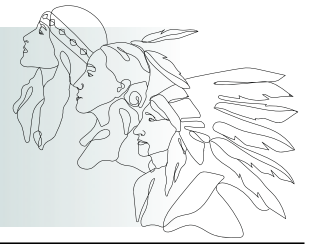


The Native Youth RISE program is currently recruiting participants, so if you have a high school student or know someone who might be interested, we would love to connect! For more information, contact our Youth Specialist, Dynnika Tso.



Upcoming Events

AT THE TUCSON INDIAN CENTER





NATIVE STUDENT SUCCESS WORKSHOP



Join us at Tucson Indian Center for a two-day workshop built for our Native students and the families who support them. Whether your student is just starting high school or getting ready to apply, you'll leave with clear information, useful tools, and a community that believes in where our young people are headed.

Day 1 - For Students

- High School Checklist
- FAFSA & Financial Aid
- Postsecondary Options
- Scholarships

Day 2 - For Parents & Guardians

- Supporting Your Student
- College Talk at Home
- FAFSA
- Next Steps After Acceptance

FUN RAFFLE PRIZES

REGISTER NOW
SPACE IS LIMITED*

LUNCH & SNACKS PROVIDED

BOTH DAYS 1-5 PM | WED. & THUR. JULY 29 - 30, 2026

**TUCSON INDIAN CENTER
160 N. STONE AVE**

For More Information:
Tasha | tlababe@ticenter.org | 520-884-7131

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: tlababe@ticenter.org

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



HOPE FOR Life



Spreading Wings of Hope

Join us for an evening of suicide prevention and mental health awareness. Together, we can **BREAK THE STIGMA**, build **HOPE**, and access valuable mental health **RESOURCES**.

**THURSDAY, SEPTEMBER 10
HOPE FOR LIFE
COMMUNITY EVENT**

We invite you to share a photo of a loved one who has died by suicide to be placed on the "Remember Me" Tree at our Hope for Life event. This heartfelt tribute offers a space to honor their memory, share our stories, and come together in a spirit of healing.

City High School
47 E Pennington St, Tucson, AZ 85701
Time: 4pm-7pm

**FRIDAY, SEPTEMBER 11
PAINT BY NUMBER MURAL
PAINTING**

Help us create a lasting symbol of hope in our community, along with a discussion with First Responders.

Tucson Indian Center
Time: 5pm-7:30pm

For more info:
Ashley Monreal 520-884-7131
amonreal@ticenter.org

For parking Validation please park at the Wells Fargo Parking lot next to Tucson Indian Center on 35 E Alameda St

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2026 YOUNG INDIGENOUS WELLNESS CAMP

Activities:

- Health and wellness education
- Crafts/physical fitness
- Field trips to the University of Arizona Planetarium and Biosphere 2!

DATE: JULY 21-24
TIME: 8:00 AM - 3:00 PM

FREE
to Indigenous youth between ages 7-12.

Location:
City High School
47 E. Pennington St.
Tucson, AZ. 85701

Capacity:
30 youth

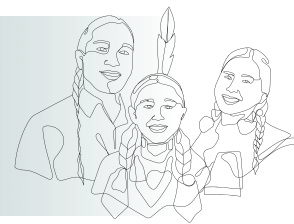
**TO REGISTER CONTACT
AMBER LABAHE:**

520-965-4754
alabahe@ticenter.org

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Series to Attend

AT THE TUCSON INDIAN CENTER



Elder Monthly Luncheon (for Native Americans over 55 years)

Last Wednesday of the month, 12:30pm-3:30pm

Join us for the monthly Elders Luncheon. Come enjoy a delicious meal, fellowship, laughter, and time together in community. We look forward to honoring and celebrating our elders each month. All elders are welcome!



July 29, 2026
August 26, 2026
September 30, 2026
October 28, 2026



RSVP with Marlene (520) 884-7131 ext.2238 or mjose@ticenter.org



RAINBOW BITES & DELIGHTS

Functional Nutrition Therapist
Practitioner (FNTP).



Rainbow aspires to educate Indigenous people and those of all walks of life on the importance of healthy food and lifestyle.

Learn about healthy meals, food preparation, and Diabetes Management/Prevention with Rainbow and our community.



Every Wednesday at
Tucson Indian Center
(2nd floor Conference
Room)
9:30 AM to 11:00 AM

> REGISTER NOW

Amber Labahe
alabahe@ticenter.org
or call 520-884-7131
ext. 2206

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Reflexology with Frank Ramos

Certified Reflexologist

What is Reflexology?

Pressure points on your feet are massaged, and these pressure points are connected to different parts of the body, including the ears, back, shoulders, etc.



The Special Diabetes Program for Indians encourages you to book a 15-minute session with our Reflexologist to receive the following benefits:

- Pain relief/ management
- Improved circulation
- Reduced stress/anxiety
- Relaxation

Tucson Indian Center
2nd floor Meeting Room
(11:00 a.m. - 1:00 p.m.)

July 8
July 22

*Call to reserve time

Register: Amber Labahe
alabahe@ticenter.org
520-884-7131 ext. 2206

Services Update

AT THE TUCSON INDIAN CENTER



LOOKING FOR A JOB? WE CAN HELP!



**The Tucson Indian Center
hosts New Client Orientation
every Monday from 11:00 a.m.
to 12:00 p.m.
Job Club every Thursday
from 10:00 a.m. to 11:00 a.m.**

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

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: STELLA TARIN, JERRY ROMERO OR RENEE URBINA.

July 2026 Job Club schedule
Thursdays from 10:00AM - 11:00AM

Veterans Arizona@works July 2, 2026	Nesco July 23, 2026
Thomas Bartkowski Human Resources Coordinator July 09, 2026	Cynthia Romero July 30, 2026
Homewatch Caregivers July 16, 2026	TUCSON INDIAN CENTER 160 N STONE AVE TUCSON, AZ, 85701 (520) 884-7131 WWW.TICENTER.ORG

PLEASE CONTACT:
STELLA TARIN, STARIN@TICENTER.ORG
JERRY ROMERO, JROMERO@TICENTER.ORG
RENEE URBINA, RURBINA@TICENTER.ORG

TUCSON INDIAN CENTER

Inaugural Miss Tucson Indian Center Pageant

Celebrate the strength, beauty, and leadership of our Indigenous women where tradition meets tomorrow's leaders.

EVERYONE IS WELCOME!

**SATURDAY
AUGUST 08, 2026
1:00PM-4:00PM**

University of Arizona Campus Store
1209 E. University Blvd. Tucson, AZ 85721
Lower Level

For more information and to
participate as a contestant,
contact Jerry R. Romero
jromero@ticenter.org



Activities Update

AT THE TUCSON INDIAN CENTER



Tips From Our Diabetes Prevention Specialist - Amber Labahe

Celebrating Parks and Recreation Month: Supporting Healthier Communities and Diabetes Prevention

July is Parks and Recreation Month, a time to celebrate the important role parks, trails, recreational facilities, and community programs play in promoting health and wellness. These community resources provide opportunities for physical activity, social engagement, and healthy lifestyles that benefit people of all ages.

Regular physical activity is one of the most effective ways to help prevent and manage chronic conditions such as diabetes. Walking, biking, swimming, participating in sports, and engaging in recreational programs can help improve blood sugar control, maintain a healthy weight, reduce stress, and lower the risk of developing Type 2 diabetes.

Tucson's parks and recreation system offers countless opportunities to support healthy living. Whether taking a walk at Reid Park, hiking Tumamoc Hill, exploring Sabino Canyon, or enjoying the trails at Tucson Mountain Park, we can stay active while enjoying the beauty of the Sonoran Desert. Regular physical activity in our parks can help reduce the risk of chronic diseases, improve overall wellness, and strengthen community connections. Parks and recreation spaces make healthy choices accessible, enjoyable, and part of everyday life. Tucson's parks and open spaces not only support physical activity but also reflect the cultural and historical heritage of Southern Arizona.

Southern Arizona is home to the Tohono O'odham Nation, Pascua Yaqui Tribe, whose traditions, knowledge, and stewardship have shaped this region for generations. Parks, trails, and natural areas offer spaces where people can learn about Indigenous history, appreciate the cultural significance of the Sonoran Desert, and connect with the environment in meaningful ways. Access to safe outdoor spaces and recreation opportunities can also support health and wellness in Native communities, where chronic diseases such as Type 2 Diabetes disproportionately affect many families. By encouraging physical activity, community engagement, and appreciation of cultural heritage, parks and recreation help foster healthier communities while honoring the enduring relationship between Native peoples and the land.

This July, we encourage everyone to take advantage of local parks and recreation programs, spend time outdoors, and make physical activity part of their daily routine. Together, we can build healthier communities and support healthier lives!

INGREDIENTS

- 1 cup roasted blue cornmeal
- 1 tsp juniper ash
- 3 cups of water
- Optional toppings: honey, maple syrup, agave, coconut flakes, mixes berries, pine nuts, pepitas, etc



BLUE CORN MUSH

Recipe from Amber Labahe

RECIPE

1. Add 2 cups of water to a medium saucepan and bring it to boil.
2. Add 1 tsp of juniper ash to boiling water.
3. In a separate container, combine 1 cup of water and 1 cup of blue cornmeal (for smooth consistency).
4. Add combined contents to the boiling pot and carefully stir ingredients while reducing the heat. Stir consistently for 10-15 minutes until you get the desired thickness.
5. Remove from the heat and assemble your blue corn mush bowl with desired toppings!

BENEFITS:

- Anthocyanins - antioxidants that give the blue color. They reduce inflammation and lower risk of heart disease and diabetes.
- Lower glycemic index - This manages blood sugar levels by keeping them steady.
- Rich in fiber - Regulates bowel movements, stabilizes blood glucose levels, and keeps you feeling full longer.

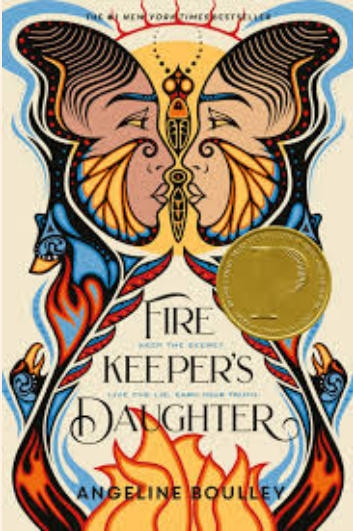


Tucson Indian Center is hosting



MINDFUL PAGES BOOK CLUB

Whether you're healing, supporting others, or simply looking to connect, all are welcome. Come enjoy coffee, tea, snacks, and meaningful conversation as we turn pages together.



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EVERY TUESDAY OF THE MONTH

10:00 AM - 11:30AM

WE PROVIDE THE BOOK
AND AFTER 3 SESSIONS ITS
YOURS TO KEEP!

Joel D. Valdez Library
Tucson Room 3rd Floor
(Downtown Tucson)
101 N Stone Ave Tucson, AZ 85701

July 7, 14, 21, 28

Join on Microsoft Teams
Meeting ID: 258 502 683 104 329
Passcode: Ht94pR2w

More information contact Ashley or Halia
amonreal@ticenter.org
hshirley@ticenter.org
520-602-5402



Tucson Indian Center



MEN'S DRUM GROUP

All men and boys are invited to join our Men's Drum Group. Youth under 18 must be accompanied by a parent or guardian. A teacher will be present to provide guidance, instruction, and support for those who are learning. Whether you are learning for the first time or carrying songs and teachings to share, come strengthen culture, build community, and honor our traditions together.

6:00pm - 8:00pm

Every Tuesday

For parking validation please park at the Wells Fargo Parking lot next to Tucson Indian Center on 35 E Alameda St



To honor the drum, the circle, and our shared time together, please arrive by 5:45 p.m.

• July 2026
7, 14, 21, 28

• August 2026
4, 11, 18, 25

• September 2026
1, 8, 15, 22, 29

• October 2026
6, 13, 20, 27

• November 2026
3

Tucson Indian Center
160 N Stone Ave Tucson, AZ 85701

More Info call Halia Shirley at
520-884-7131 / hshirley@ticenter.org

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Tucson Indian Center Staff

Executive Director

Jacob Bernal
Chemehuevi

Executive Assistant

Yolanda Valenzuela
Pascua Yaqui

Human Resource Generalist

Jorge Molina

Client Service Support Specialist

Lauren Kaibetoney
Navajo

Wellness Director

Veronica Boone
Laguna Pueblo/Navajo

Health Promotion Specialist

Marlene F. Jose
Tohono O'odham

Transportation Specialist

Vacant

Health Promotion Specialist

Vacant

Health Promotion Specialist

Vacant

Community Cultural Specialist & Educator

Javier Aguiñiga

Native American Cancer Project Educator

Vacant

Operations Director

Michael Mulligan

Building Maintenance Safety Officer

Jackie Shemesh

Client Service Support Specialist

Andres Epaloose
Navajo/Hopi/Zuni

Wellness Department

Grants & Services Manager

Vacant

Wellness Case Manager

Christina Luna

Wellness Case Manager

Loreto Curti

Prevention & Education Specialist

Vacant

Prevention & Education Specialist

Halia Shirley
Navajo

Domestic Violence Prevention Specialist

Vacant

Youth Specialist

Dynnika Tso
Navajo

Finance Director

Michael E. Spotted Wolf

Seminole Nation of Oklahoma

Finance Operations Manager

Honey Ignacio
Tohono O'odham

Accountant Clerk

Claudia Oldman
Navajo

Medical Billing & Coding Specialist

Vonda Talawepi
Hopi

Staff Accountant

Maria Hafferkamp

Administrative Assistant

Vacant

Native Connections Project

Coordinator
Vacant

SAMHSA Youth Specialist

Ashley Monreal

Youth & Community Health Educator

Jovon Boling
Navajo

Diabetes Prevention Specialist

Amber Labahe
Navajo

Wellness Family Health Advocate

Vacant

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 Record Clerk

Vacant

Medical Assistant

Andi Morgan

COVID - 19 CHR

Claudia Caudillo

Community Health Representative

Marcella Delgado
Tohono O'odham

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

- **Native Sisters in Recovery - Thursdays (7/1*, 7/9, 7/16, 7/23, 7/30) @ 4:15pm—5:15pm**
Contact: Wellness Case Managers
*July 2nd meeting moved to Wednesday, July 1st from 4:15pm - 5:15pm
- **White Bison Recovery Group - Thursdays (7/1*, 7/9, 7/16, 7/23, 7/30) @ 5:30 pm—6:30pm**
Contact: Wellness Case Managers
*July 2nd meeting moved to Wednesday, July 1st from 5:30pm - 6:30pm
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (7/2* 7/10, 7/17, 7/24, 7/31)
@ 8:30 am - 9:30 am, Contact: Wellness Case Managers**
*July 3rd meeting moved to Thursday, July 2nd from 8:30am - 9:30am
- **Native Youth Coalition – 4PM - 6PM, Wednesdays (7/1, 7/8, 7/15, 7/22, 7/29)**
Contact: Jovon Boling jboling@ticenter.org
- **2 Spirits of Tucson Support Group - July 13th, 2026 5:30PM - 7:00PM**
Contact: Marlene F Jose mjose@ticenter.org
- **Walking Club - Wednesdays @ 8:30 AM (7/1, 7/8, 7/15, 7/22, 7/29)**
Contact: Amber Labahe alabahe@ticenter.org
- **Coffee and Bingo - Every Friday - 10 AM - 12 PM**
 - **NO BINGO ON JULY 3rd , 2026**

**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 Veronica Boone at (520) 884-7131 or ticwd@ticenter.org.