



# TUCSON INDIAN CENTER

## NATIVE WELLNESS VOICE

August 2024

Vol. 44 ISSUE 8

WWW.TICENTER.ORG



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

### Here's what has happened in the last month and what's to come!

Welcome and Happy August!

Time has flown by, and now August is here. Summertime is almost over, and school will be starting soon. It's that time of year to get back on track and start preparing for the new school year. August is an exciting month, filled with upcoming events for you and your family to enjoy. The back-to-school bash event held in July was a huge success and a fun event for all who attended.

August brings several important awareness campaigns, including National Immunization Awareness Month, Don't Be a Bully Month, and World Cancer Support Month, to name a few. The Tucson Indian Center is excited to invite you to our upcoming events. On August 3, 2024, we will be hosting our Gathering of American Indian Veterans at the Desert

Diamond Casino (Sahuarita Location). Join us for our Summer Wellbriety Event at Amory Park on August 16, 2024, and look out for more events to come.

Our staff is working diligently to ensure we meet the needs of our community in alignment with our organizational mission. We look forward to seeing you, your family, and friends at these upcoming events. Together, we can make a real difference in the lives of those who need it most. Thank you for your continued support!

Enjoy this month's newsletter!

Jacob Bernal,  
  
 Executive  
 Director

Director Update	Pg. 1
TIC Operations, August Spotlight, Event News	Pg. 2
New Staff Highlights	Pg. 3
July Events/Native Youth Summer Camp	Pg. 4
July Events/Youth GONA, Services	Pg. 5
Services	Pg. 6
Monthly Recipe, Notes to Remember, Food Boxes	Pg. 7
Rodney W. Palimo Sr. Clinic	Pg. 8
Smoking Cessation Clinic	Pg. 9
Stories of Impact	Pg. 10
TIC Staff Info.	Pg. 11
Reminders & Announcements	Pg. 12

## TIC Operations Update:



Greetings,

I hope this message finds you and your family healthy, safe, and doing well. Summer has certainly arrived in Southern Arizona, and the heat is in full force. Please take care to avoid extended exposure to high temperatures and remember to stay hydrated to prevent heat-related illnesses.

As mentioned in last month's newsletter, TIC is undergoing some exciting changes:

-Elevator Modernization Project: We are working to ensure we have two fully functional elevators for your convenience.

-2nd Floor Renovation: This upcoming project will create a new home for our

Wellness Department.

While construction hasn't started yet, it will begin soon, so stay tuned for more details.

-Roof and HVAC Replacement: We are starting the replacement of the roof and potentially the HVAC system to ensure TIC remains a safe and comfortable environment for all.

These projects are a major focus for us, and we will keep you updated on our progress and any other important news.

If you regularly attend a function, program, or event here at the Center, please be sure to check the events calendar on the TIC Website for potential location changes. These are temporary changes that will ensure you have a great experience and so you don't have to deal with the noise and mess as the projects continue.

We are sorry for any inconvenience this may cause. Wishing you and your loved ones health, safety, and prosperity.

Warm regards,

*Michael Mulligan*  
Michael C. Mulligan  
Operations Director



## August Spotlight

International Overdose Awareness Day takes place on August 31st of every year. It is an event intended to raise awareness of overdose, honor those who have passed due to overdose, and break the stigmas surrounding substance use disorders.

Contact the Wellness department for additional questions and information regarding substance use disorders.



## Event News

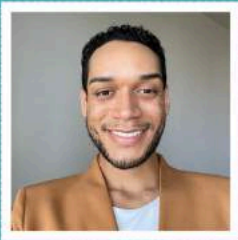
Join us for our upcoming Summer Wellbriety Event. A wellbriety event is about creating a supportive, educational, and empowering environment that aids individuals in their recovery journey and promotes overall well-being:

- Date: August 16, 2024
- Time: 9:30 AM to 1:30 PM
- Location: Amory Recreation Center  
2220 S. 5th Ave. Tucson AZ 86701


# New Staff Highlights

## Jaden Hale

MEET OUR NEWEST TEAM MEMBER, STARTING MONDAY, JULY 1, 2024!




ABOUT ME




I am very excited to join the Tucson Indian Center team! I am of the Dibe lizhini (black sheep) clan of the Navajo Nation. My background has been in retail management for the last 6 years. I look forward to using my experience as well as acquiring a wealth of knowledge in my new role.

MY OFFICE LOCATION



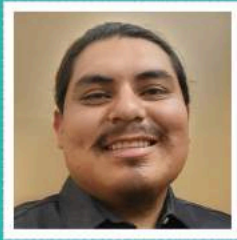
JADEN WILL BE SHARING AN OFFICE WITH ADAM IN THE RODNEY W. PALIMO, SR. CLINIC ON THE 3RD FLOOR.




jhale@ticenter.org | (520)884-7131 x.2316

## Loretto Maldonado

MEET OUR NEWEST TEAM MEMBER, STARTING MONDAY, JULY 1, 2024!




ABOUT ME




I am a member of the Pascua Yaqui tribe. I grew up on the New Pascua Reservation. It is there I developed strong ties to ceremony and community, which focused on the betterment of life and growth. I believe taking what I have learned will help the youth feel a connection and understand to their Ancestors.

MY OFFICE LOCATION



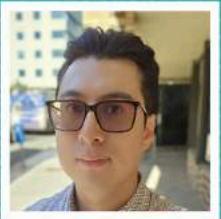
LORETTO WILL BE ON THE 3RD FLOOR, NEXT TO DENISE JOAQUIN




lmaldonado@ticenter.org | (520)884-7131 x.2244

## Andres Epaloose

MEET OUR NEWEST TEAM MEMBER, STARTING MONDAY, JULY 8, 2024!




ABOUT ME




Hi all! My full name is Andres Paul Epaloose. Hailing primarily from the Black Falls reservation. My Native American background is of the Navajo (Dineh), Hopi, and Zuni tribes. I am a licensed and certified pharmacy technician of 10 years with practice in Hospital, Retail, and Clinical settings. Previously I was employed and enrolled by the Tucson Indian Center as a Data Entry Specialist under the WIOA Program for the year of 2018 while I was attending school for Pharmacy in which the center had also provided assistance that I couldn't be more grateful for. It's with great excitement that I will be once again back at the center as a Family Health Advocate. I look forward to working with you all.

MY OFFICE LOCATION



LORETTO WILL BE ON THE 3RD FLOOR, NEXT TO LORETTO MALDONADO



Aepaloose@ticenter.org | (520)884-7131 x.2244

## Denise Joaquin

MEET OUR NEWEST TEAM MEMBER, STARTING MONDAY, JULY 15, 2024!



ABOUT ME



Hi my name is Denise Joaquin. I'm from the Tohono O'odham Nation, and grew up in village of Covered Wells. I previously worked for the Tohono O'odham Nation Child Welfare Division and I'm excited to transition into the prevention and education role. I know my social work background will provide a strong foundation for my new role. I look forward to working with you all!

MY OFFICE LOCATION



DENISE WILL BE ON THE 3RD FLOOR, IN THE SPIP TEAMS OFFICE



djoaquin@ticenter.org | (520)884-7131 x.2314



## JULY EVENTS

TIC hosted our annual Native Youth Summer Camp! The sessions were divided into two 3-day sessions starting with youth, ages 8-12, and ending with those, ages 13-17. The youth visited the Arizona State Museum, Defy Trampoline Park, and the older youth spent the morning at the movies and then the trampoline park. They also learned about substance abuse prevention, nutrition/healthy eating, suicide prevention and resilience. Cultural activities, including a visit from Ms. Native American University of Arizona and Michael Goedel, were also included in the day's events.

# Summer Camp!!

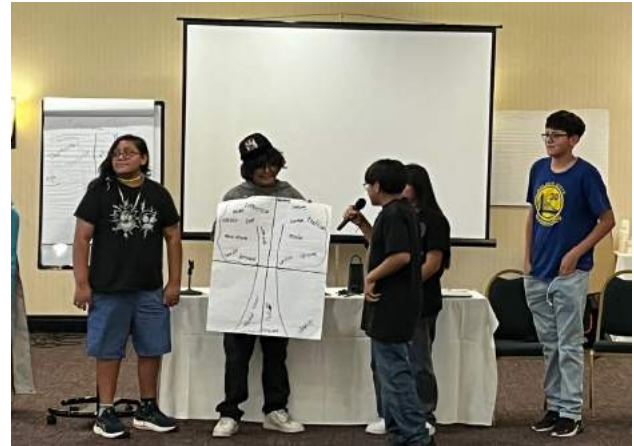




## JULY EVENTS CONTINUED...

On July 23 through July 25th the Tucson Indian Center hosted the Youth Gathering of Native Americans (GONA). The training focused on these objectives.

- 1) Build and strengthen the sense of community among Tucson urban Indian youth.
- 2) Build a common vision and strengthen cultural identity to support overcoming challenges.
- 3) Build/increase knowledge base of suicide/substance abuse prevention and increase leadership skills.
- 4) Develop an action plan to implement a community service program after the GONA.



## INCONTINENCE SUPPLIES

Tucson Indian Center Partners with the Arizona Diaper Bank to provide incontinence supplies and feminine hygiene supplies to those in need!



**You can receive up to 75 incontinence supplies & up to 25 Feminine Hygiene Products per month**



### Required Documents

- ID / State Issued Drivers License
- Childs Birth Certificate / Proof of Guardianship
- Proof of Income (AHCCCS / SNAP Card)

If you have any questions please reach out to us at (520)-884-0240 160 N Stone Ave Tucson Az 85701

**YOU ARE WORTHY OF HEALING!**

**NATIVE MEN'S WELLNESS GROUP  
LED BY ALEX PETERSON, NAVAJO NATION MEMBER**

**WHEN: EVERY FRIDAY, 12 - WEEK SESSION  
JULY 12, 2024 - SEPTEMBER 27, 2024  
WHERE: TUCSON INDIAN CENTER,  
2ND FLOOR  
TIME: 5:30 - 7:30 PM**

- SOCIAL SUPPORT
- FATHERHOOD
- HEALTHY MASCULINITY
- CULTURALLY APPROPRIATE PRACTICES
- MEAL PROVIDED
- OPEN TO ALL WHO IDENTIFY WITH MASCULINE ENERGY



Contact: Alex Peterson, [navajoknowledge@gmail.com](mailto:navajoknowledge@gmail.com)  
or Kateri Harris, [kharris@ticenter.org](mailto:kharris@ticenter.org), 520-884-7131

Hosted by the Domestic Violence Prevention Program



VETERANS WORKFORCE SPECIALIST  
ARIZONA @ WORK INNOVATIVE WORKFORCE SOLUTIONS

AUGUST 1, 2024  
TIME: 10:00 AM-11:00 AM

RUSSELL JUAN  
HUMAN RESOURCES SPECIALIST  
TONHC HR  
AUGUST 8, 2024  
TIME: 10:00 AM-11:00 AM

CHERYL LORENTINE-GRANT  
HR SPECIALIST  
DESERT DIAMOND CASINO  
AUGUST 15, 2024  
TIME: 10:00 AM-11:00 AM

THOMAS BARTKOWSKI  
HUMAN RESOURCES COORDINATOR  
AUGUST 22, 2024  
TIME: 10:00 AM-11:00 AM

XAVIER PELAEZ  
ARIZONA DEPARTMENT OF EDUCATION AND TRAINING  
AUGUST 29, 2024  
TIME: 10:00 AM-11:00 AM



ELDER MONTHLY LUNCHEON (55 OR OLDER)  
(LAST WEDNESDAY OF THE MONTH)

AUGUST 28, 2024, 12:00PM-3:00PM

SEPTEMBER 25, 2024, 12:00PM-3:00PM

OCTOBER 30, 2024, 12:00PM-3:00PM

NOVEMBER 2024-JANUARY 2025 NO ELDER  
MONTHLY LUNCHEON

RSVP WITH MARLENE (520) 884-7131 EXT.2238 OR  
MJOSE@TICENTER.ORG



2 SPIRIT OF TUCSON (LGBTQ)  
(2ND MONDAY OF THE MONTH)

AUGUST 12, 2023, 5:30PM-7:00PM

SEPTEMBER 9, 2023, 5:30PM-7:00PM

OCTOBER 14, 2023, 5:30PM-7:00PM

FOR MORE INFORMATION CALL (520) 884-7131  
EXT. 2238 OR MJOSE@TICENTER.ORG

TUCSON INDIAN CENTER WELLNESS DEPARTMENT IS HOSTING BINGO

Friday Coffee & BINGO

ARMORY PARK AND RECREATION CENTER  
222 S 5TH AVE, TUCSON, AZ 85701  
REGISTRATION STARTS @ 0945 A.M.

QUESTIONS, PLEASE CALL (520) 884-7131  
OR EMAIL TICWELLNESS@TICENTER.ORG





## A Few Notes To Remember

- Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior.
- As many as 1 in 3 Native American elders will develop Alzheimer's or some other form of dementia.

To learn how you can promote brain health, visit the Alzheimer's Association webpage at [www.alz.org](http://www.alz.org). You can also learn more about Alzheimer's by visiting:

[www.bannerhealth.com/AlzNativeAmerican](http://www.bannerhealth.com/AlzNativeAmerican). More information will also be provided at the 18th Annual Conference on Alzheimer's disease in Native Americans. This will be held on October 23, 2024-October 24, 2024, at Vee Quiva Hotel & Casino in Laveen, AZ. Here you can learn about research updates, cultural perspectives on Alzheimer's and more.

*Circle of Indigenous Empowerment Newsletter, by Agnes Attakai, MPA Director, Circle of Indigenous Empowerment Sonoran Center for Excellence in Disabilities The University of Arizona*

### **Saguaro Fruit Smoothie:**

(pictured above)

1 cup of dried saguaro fruit and juice, scooped out of the pod

½ cup of plain pro-biotic, organic yogurt

¼ cup of hemp or coconut milk

4 pre-soaked Arizona mission figs

¼ cup of chia seed

1 piece of organic seasonal fresh fruit (banana or mango work especially well), chopped

1 tablespoon honey

Method:

Blend together everything in a blender or food processor. Enjoy!

**Recipe by Native Seed Search**

**FOOD BOXES AT  
TUCSON INDIAN  
CENTER**

**MON 11AM-4PM  
TUE-FRI 9AM-4PM**

160 N Stone Ave Tucson AZ  
85701

**REQUIRED DOCUMENTS**

- STATE ID / DRIVERS LICENSE
- PROOF OF ADDRESS

COMMUNITY  
FOOD BANK  
OF SOUTHERN ARIZONA



# 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 will provide 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: The initial focus at startup will include short-term behavioral health services such as 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.

## Events

**Coffee and Bingo** Every Friday 10:00am - 12:00pm

**Walking Club:** Every Wednesday 8:30 - 10:30am  
(*program ends August 2024*)

## Our Services

### Primary Care

- Vaccines/Immunizations
- Health Screenings
- Medication management/refills
- On-site Laboratory services
- Chronic Condition Management
- Physical Exams (*sports/school*)
- Referrals for Specialty Care Service
- Disease Prevention
- Women's Health Exam's

### Behavioral Health - Therapy

- Individual Therapy
- Family/Group Therapy
- Intake/Comprehensive Assessments
- Individualized Treatment Planning
- Treatment and assessments for: substance abuse, depression, anxiety,

### Outreach and Referrals

- Care packages & COVID-19 supplies
- Health Education
- Welfare Checks
- Case management
- Transportation
- AHCCCS Enrollment Application Assistance

## Contact Us



520-884-7131 ext 2602



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



QUIT FOR THE PEOPLE IN YOUR LIFE

# SMOKING CESSATION CLINIC



SESSION 1, AUGUST 7, 2024  
SESSION 2, AUGUST 14, 2024  
SESSION 3, AUGUST 21, 2024  
SESSION 4, QUIT DAY AUGUST 26, 2024  
SESSION 5, AUGUST 28, 2024  
SESSION 6, SEPTEMBER 4, 2024  
SESSION 7, SEPTEMBER 11, 2024  
SESSION 8, SEPTEMBER 18, 2024  
**ALL CLASSES WILL BE FROM 3:30-5:00PM  
AT THE TUCSON INDIAN CENTER**

**STOP THE HABIT  
BEFORE IT'S TOO LATE.**



FOR MORE INFORMATION PLEASE CONTACT CHRISTINA  
LUNA AT 520-884-7131 OR AT [CLUNA@TICENTER.ORG](mailto:CLUNA@TICENTER.ORG)  
YOU CAN ALSO VISIT US AT [WWW.TICENTER.ORG](http://WWW.TICENTER.ORG)



## Stories of impact: this month's story is about how our walking club impacts our clients lives

Here are the stories of impact...

"Look forward to seeing everyone coming. We have fun, we laugh, we want to come back to see everybody again." -Edta Curley

"The walking club means my life, my health, and my world. It is my life because we are all committed to each other. We all inspire one another and learn from one another. It means the commitment from everyone to helping each other get healthy." -Alice Guzman

"I would like to thank all of the staff that work with the walking club and all of the Tucson Indian Center. They give us all the encouragement to get out and do all the activities, classes, and workshops they provide us. For me it helps me meet other people, go out into the community during our walks, lets us make more friends and helps our health. It has been a privilege for me joining the walking club and Tucson Indian Center. Going out and doing the walking club lets us release our stress and our frustrations that are not healthy for us, it gives us a sense of ease and comfort having a group we can talk to about our emotions and feelings. It makes me and I can say for everyone it makes us feel better about ourselves." -Denise Padilla

*Thank you for reading!*

TUCSON INDIAN CENTER	<b>520-884-7131</b>
<b>www.ticenter.org</b>	<b>160 N. Stone Ave Tucson, AZ 85701</b>



## Tucson Indian Center Staff

Executive Director  
**Jacob Bernal**  
Chemehuevi

Client Service Support Specialist  
**Alexandria Morgan**

Building Maintenance Safety Officer  
**Oscar Thorpe**

Human Resource Generalist  
**Jorge Molina**

Operations Manager  
**Michael Mulligan**

Client Service Support Specialist  
**Monique Ugaitafa**

Finance Operations Manager  
**Rajiv Ranjan**

Finance Director  
**Michael E. Spotted Wolf**  
Seminole/Creek/Hidatsa

Staff Accountant  
**Honey Ignacio**  
Tohono O'odham

Accountant Clerk  
**Claudia Oldman**  
Navajo  
Executive Assistant  
**Yolanda Valenzuela**

## Wellness Department

Wellness Director  
**Veronica Boone**  
Laguna Pueblo/Navajo

Wellness Case Manager  
**Christina Luna**

Wellness Case Manager  
**Vacant**

Health Promotion Specialist  
**Marlene F. Jose**  
Tohono O'odham

Prevention & Education Specialist  
**Alyssa Dreiling**

Prevention & Education Specialist  
**Misty Castro**

Prevention & Education Specialist  
**Denise Joaquin**  
Tohono O'odham

Grants & Services Manager  
**Suan Mulligan**

Community Health Representative  
**Marcella Delgado**  
Tohono O'odham

Native Connections Project Coordinator  
**Ramona Casillas**  
Tohono O'odham

SAMHSA Youth Specialist  
**Loretto Maldonado**

Domestic Violence Advocate  
**Vacant**

Wellness Family Health Advocate  
**Andres Epaloose**

Youth & Community Health Educator  
**Ramon Maldonado Jr.**

Transportation Specialist  
**Marcus Baldenegro**

Diabetes Prevention Specialist  
**Vacant**  
Pascua Yaqui

Community Cultural Specialist  
**Tracy McAfee**  
Pima/Navajo

Health Promotion Specialist  
**Angela Nasewytewa**  
Hopi

## Health Services Department

Medical Director  
**Dr. Peter Ziegler**

Health Director  
**Phoebe Cager**  
Yup'ik

Grants & Services Manager  
**Adam Fernandez**

Medical Assistant  
**Crystal Duarte-Espinoza**

Medical Business Office Manager  
**Katrina Rodriguez**

Medical Records Clerk  
**Kathy Perez**  
Pascua Yaqui

Behavioral Health Therapist  
**Aurora Ramirez**

HSD Admin Assistant  
**Jaden Hale**

Medical Billing & Coding Specialist  
**Vonda Talawepi**  
Hopi

Community Health Representative  
**Rosemary Corella**

## Social Services Department

Family Health Advocate & Community Health Representative  
**Carolyn Tapia**

Social Services Director  
**Dylan Baysa**  
Choctaw

Intake & Supportive Services Case Manager  
**Jerry R. Romero**  
Tohono O'odham

Community Engagement Data Specialist  
**Vacant**

Employment Case Manager  
**Estella Tarin**

Community Engagement Coordinator  
**Vacant**

*Native Voice is Published by the American Indian Association of Tucson D.B.A. Tucson Indian Center*

## Tucson Indian Center Board of Directors

Chairman

**Alexander Lewis**  
Tohono O'odham

Vice Chairman

**Mark Bahti**

Treasurer

**Melissa Cota**  
Tohono O'odham

Secretary

**Amalia Reyes**  
Pascua Yaqui

Board Member

**Amalia Reyes**  
Pascua Yaqui

## Tucson Indian Center Advisory Council

**Olivia Villegas-Liston**  
Tohono O'odham

# American Indian Association

of Tucson, Inc.

Tucson Indian Center

160 North Stone

Tucson, AZ 85701

Phone: 520-884-7131

Fax: 520-884-0240

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
TUCSON, AZ  
PERMIT NO. 553



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

**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.**

## Reminders & Announcements

Save the Date:

Gathering of Native American Veterans— August 3rd at Desert Diamond Casino Sahuarita

Community Resource Fair Aug 9th— 5546 E. 4th Street

Summer Wellbriety Event August 16

- New Client Orientation - Every Monday 11:00am-12:00pm—Contact: Tucson Indian Center
- Job Club— Every Thursday 10:00am-11:00am— Contact Tucson Indian Center
- 2 Spirit of Tucson - August 12th, @ 5:30 pm—7:00 pm Contact: Marlene F. Jose
- Native Sisters in Recovery - Thursdays @ 4:15pm—5:15pm—Contact: Wellness Case Managers
- White Bison Recovery Group - Thursdays @5:30 pm—6:30pm—Contact: Wellness Case Managers
- AIIR (American Indians in Recovery) AA Mtgs. - Fridays @ 8:30 am- 9:30 am—Contact: Wellness Case Managers
- Traditional Food Workshop— 2nd & 4th Wednesday 6:00pm-7:00pm— Contact Tracy MacAfee
- Native Youth Coalition— August 13th & August 27th@ 4:30 pm—5:30 pm—Contact: Ramon Maldonado Jr.
- Coffee & Bingo— Every Friday, 10:30am-12:30pm— Contact Wellness Department
- Elders Monthly Luncheon— Wednesday August 28th @12:00pm-3:00pm— RSVP with Marlene Jose
- Walking Club-Wednesdays @ 8:30am-11:00am

**Visit our website to receive a digital copy of Native Wellness Voice: [www.ticenter.org](http://www.ticenter.org)**

*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 us at (520) 884-*