



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

December 2024 Vol. 42 ISSUE 12 WWW.TICENTER.ORG



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



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

Welcome to the Tucson Indian Center December Newsletter!

This year has flown by, the holidays are here and now is the perfect time to start setting our goals and resolutions for the upcoming new year. As we are in this final month, it is time to start saying goodbye to this year of 2024 and look forward to the new beginnings that 2025 will bring. December is a month filled with various awareness campaigns, including Handwashing Awareness Month, National Fruit Cake Month, National Eggnog Month, National Impaired Driving Prevention Month, National Pear Month, and Seasonal Affective Disorder (SAD) Awareness Month. The Tucson Indian Center will continue to work hard to provide the best services to you and your family. We invite you to the upcoming magnificent TIC events:

- Winter Wellness Wonderland
 - Elders Annual Holiday Luncheon
 - New Year New You
 - Sober Heart Dance
- (See pages 5 & 6 for more information).

Let's embrace the fresh start that 2025 has to offer us and make the most every moment to create a brighter future together with all of the wonderful opportunities that lie ahead of us.

The Tucson Indian Center envisions an empowered, educated, prosperous, healthy, unified, and engaged Urban Native American Community that preserves and strengthens our cultures. Happy Holiday's to you and your family from the Tucson Indian Center. Please remember to check our social media pages such as TikTok, Instagram, and Facebook to keep up with announcements and stay updated on current and upcoming spectacular events.

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

In this newsletter you can expect:

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TIC News:

Happy Holidays

Reflecting on the year gone by, we are reminded of the strength and resilience within our community. This year has brought both challenges and growth, and together we have learned much from the past. We continue to be inspired by your determination and the ways in which we support one another. Looking ahead, we are excited for the opportunities the new year holds and are committed to providing resources and care that will help us all continue to thrive. We wish you and your loved one's peace, health, and happiness during this holiday season, and we look forward to the journey ahead.

As we enter the holiday season, the Tucson Indian Center is pleased to offer holiday food boxes to enrolled clients and patients in need. These food boxes are available on a first-come, first-served basis, and we encourage all eligible individuals to contact our front desk staff as soon as possible to be added to the list. Please note that there are a limited number of boxes, so early registration is recommended to ensure you receive this support. For those who are blessed this season, we ask that you take a moment to reflect on your own blessings and if someone you know is experiencing hardship, we are here to help.

Michael Mulligan
Michael Mulligan
Operations Director
Tucson Indian Center



REMINDER

Tucson Indian Center will be closed on the following dates:

- December 23rd, 24th, 25th, 26th, and 27th of 2024
- January 1st and 20th of 2025

New Staff Highlight



Meet our newest
Social Services
Team member!

Renee Urbina

Hello, my name is Renee Urbina. I am excited to join the Tucson Indian Center as the Employment and Training Case Manager. My passion for serving the Tucson community includes 10 years with a non-profit organization and 5 years in Social Services. I believe in the importance of nurturing talent and careers to lead to long term success.



Meet our newest
Social Services
Team member!

Natalia Cachora

Kuma thum (greetings), my name is Natalia Cachora Lewis. I prefer to go by Natalia Cachora. I am a member of the Ft Yuma Quechan Indian Tribe of California. My clan is Havastats (frog). I have lived and worked in Tucson for the last 20 years. Most of the previous 2 decades, I have worked with the University of Arizona Native American outreach programs.

I have my BS in Social science. I am working on my master's program in international human rights practice. I also have an emphasis on ArcGIS. Some of my hobbies are playing the cello, cooking, and baking.

Out of the Darkness Walk



December 2024

Dear Urban Tucson Community,

As we move forward in the holiday season, it is easy to get caught up in the holiday festivities, family gatherings, and the end-of-year rush. However, for many others, this time of year can also bring feelings of stress, isolation, and emotional struggle. The holidays can magnify an individual's mental health challenges, so we must acknowledge and address these feelings for ourselves and those around us.

The winter months, combined with the pressure and expectations of the holiday season can contribute to anxiety, depression, and feelings of loneliness. For some, the holidays can be a trigger for more serious mental health struggles as they may be facing financial difficulty, the emotional toll of missing a loved one, or facing difficult memories. These events can be stressful and triggering and may cause thoughts of self-harm or suicide.

It is important to recognize the signs of distress within yourself and your friends and family members, as you may be the only one who can offer support during the holiday season. A few ways to help others struggling and to protect our mental health are...

- 1. Check in with loved ones:** A simple call or text can make a huge difference as it shows that you care and are willing to listen with no judgment.
- 2. Create a space for self-care:** Set aside at least 5-15 minutes to recharge yourself, by either reading, going on a walk, or meditation.
- 3. Reach out for help:** If you or someone you know is feeling overwhelmed or experiencing suicidal thoughts, it is important to seek professional help immediately. Call or text 988 (National Suicide Prevention Lifeline) or 520-622-6000 (Tucson Crisis Line).

This holiday season let's be mindful of our mental health and extend empathy and compassion to others. Together, we can create a season of support, understanding, and healing. There is no shame in seeking help. Create a supportive environment where people feel safe talking about their struggles.

Wishing you all a happy holiday and a happy new year.

Warmly,

Alyssa Dreiling and Halia Shirley

Suicide Prevention, Intervention, & Postvention Team at Tucson Indian Center

Email ticwd@ticenter.org or call/text 520-602-5402

On November 2nd TIC and TIC members had joined the Out of the Darkness Walk with the American Foundation for Suicide Prevention at Reid Park Tucson to prevent suicide. The event had consisted of over 150 participants along with several agencies including TIC that provided more information and resources on suicide prevention/awareness.

To the left you will find a holiday letter from our Suicide Prevention, Intervention, Postvention (SPIP) team wishing you an amazing holiday. Below they have also provided a self-care calendar to encourage all the importance of taking time for yourselves.



DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 Go to the zoo with the family	2 Bake your favorite dessert	3 Family night	4 Read one chapter of a book	5 Take yourself out to lunch/dinner	6 Winter Wellness Wonderland @ Armory Park	7 Write about the good and the bad about the week
8 Self Care Night	9 Make homemade tamales	10 Go on a 30 minute walk	11 Have a painting party	12 Call a family member and check in with them	13 Go to the 4th Ave Street Fair	14 Family outing at the Ice Skating Rink
15 Reflect on how your year went and how to improve next year	16 Read one chapter of a book	17 Hang out with friends	18 TIC Elder Enrichment Circle	19 Go look at Christmas lights	20 Self Care Night	21 Have a hot cocoa party
22 Go to Mt. Lemmon for a day in nature	23 Have a Christmas movie marathon	24 TIC CLOSED	25 Merry Christmas	26 Write about your goals for the new year	27 Make a vision board for the new year	28 Self Care Night
29 Read one chapter of a book	30 Go Stargazing	31 Self Care Night	TIC CLOSED			

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



Native Youth



On October 23, 2024 TIC hosted Native Youth Day in which the youth had a spectacular day participating in arts and crafts, making flowers with the elders of the walking club. A great day spending time with their elders ended with a fun visit to the Tucson Zoo!



On October 25, 2024 The Native Youth Coalition had put together the haunted house at TIC's Fright Night hosted at the Celebration party spot. The youth had enjoyed the creativity of the haunted house as well as the thrill of dressing up and scaring others.



The Native Youth Coalition had participated in gourd making as well as a kickball tournament in which they came in first and took championship.

Native Youth Coalition



The Native Youth Coalition is a group of young talented individuals who take the initiative in meaningful ways to support cultural preservation, personal development, and community engagement. While taking the lead to learn about the negative side effects of tobacco and teach their fellow youth about the importance of tobacco prevention. The Coalition was created with the purpose of giving Native Youth the chance to come together and share wellness ideas, learn leadership skills and impact their communities. The coalition focuses on the prevention and education of substance abuse, tobacco, and drug abuse prevention, as well as teaching its members to stay healthy in body, mind, and spirit. The Native Youth Coalition Group will continue to take place throughout November on 12/03, 12/10, and 12/17 from 4:30PM - 5:30PM.

Upcoming Events



Elders Holiday Luncheon

We are excited to announce we will be hosting our 30th Annual Elders Holiday Luncheon on December 3, 2024!

55 & OLDER/NO PLUS ONE DUE TO LIMITED SPACING INVITATIONS WILL BE FORTHCOMING

Please register with the correct center

➤➤➤ **TIC: Marlene Jose 520-885-7171 Ext.2238 or ticwd@ticenter.org**

➤➤➤ **PYT: Carol Cornado (520)879-5545**

➤➤➤ **San Xavier: Marian Joaquin (520) 585-3241**



Winter Wellness Wonderland



Its about that time, save the date! Join us for our Winter Wellness Wonderland, an evening of bonding, making memories, and enjoying a wide range of fun filled activities.



When: December 6, 2024
Where: Celebration Party Spot, 2823 N stone Ave
Tucson, AZ 85705
Time: 6PM - 8PM

****Flyer on further event details will be posted on our social media**

Activities include: Arts & Crafts, Raffles, Snacks, Vendors, Health Educators, and Santa!

For more information contact Marlene F. Jose (520) 884-7131



Upcoming Events Continued



NEW YEAR NEW YOU
NEW YEAR NEW YOU
NEW YEAR NEW YOU
NEW YEAR NEW YOU

Heads up for the NEW YEAR! We are kicking off January celebrating "New Year, New You" to serve as a powerful reminder of renewal and self-improvement.

**Date: Saturday, January 11th, 2025
Time: 10 a.m. to 12 noon
Registration starts @ 9:30 a.m.
Location: El Pueblo Activity Center 101 W Irvington Rd, Tucson, AZ 85714**

Questions about the event? Email, TICWD@TICenter.org or call Christina Luna, (520) 884-7131

Self-Care: It's a chance to prioritize self-care and well-being, reminding us to invest in ourselves.

Reflection: It encourages us to reflect on the pas year, acknowledging both achievements and lessons learned

Goal Setting: This celebration provides an opportunity to set intentions and goals for personal growth, health, and well-being.

Community: Sharing resolutions and experiences can strengthen connections with family and friends, creating a supportive network.

Motivation: It fosters a sense of motivation and excitement or change, helping to kick-start positive habits.



Tucson Indian Center is hosting

Sober Sweet Heart Dance 2025

**YOUR HEALTH IS TO BE
EXPLORED & EMBRACED BY
ACCOMPLISHING YOUR
RECOVERY &
TRANSFORMATION**



Save the date: Friday, February 7th, 2025

Time: 5:00 p.m. to 8:00 p.m.

Location: Armory Park Recreation Center
220 S 5th Ave, Tucson, AZ, 85701



Questions about the event? Please email TICWD@Ticenter.org or

LET'S GET
Groovy

As we go into the New Year, we would also like to invite you all to our Sober Sweet Heart Dance! An evening of celebration for more than just the sweetheart vibes but celebration of recovery from anything you have recovered from! :)

Recovery is about Progression, not Perfection



LOOKING FOR A JOB? WE CAN HELP!

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

New Client Orientation is every **Monday, from 11:00am to 12:00pm.**

Job Clubs are every **Thursday, from 10:00am to 11:00am.**

November 2024 Job Club schedule

<p>Pascua Yaqui Tribe Anthony J. Estrella December 5, 2024 Time: 10:00 AM-11:00 AM</p>	<p>USPS GOV. Linette Gomez December 12, 2024 Time: 10:00 AM-11:00 AM</p>
<p>Thomas Bartkowski Human Resources Coordinator December 19, 2024 Time: 10:00 AM-11:00 AM</p>	<p>No Job Club closed For the Holiday. December 26, 2024</p>



Enrollment includes:

Job referrals

Resume workshops

Job readiness training

TUCSON INDIAN CENTER

160 N. Stone Ave. Tucson, AZ
85701
(520) 884-7131
www.ticenter.org
Please Contact:
Starin@ticenter.org
Or
Jromero@ticenter.org

Don't Forget!

Tucson Indian Center offers several benefits including clinical needs. Our mission to improve our community consists of offering such as care packages, food boxes, diaper distribution, and transportation/ medication deliveries, etc!

The hours of operation for our health clinic are Monday through Friday from 8:00 AM to 5:00 PM excluding holidays.



For more information, call us at Tucson Indian Center 520-884-7131



Tucson Indian Center

Pima C.A.R.E.S. Health Promotion Specialist

Our Core Services

- Assist individuals with a substance use issue to connect with treatment services.
- Assist individuals with locating treatment services for a person with a substance use issue.
- Assist individuals with connecting to support groups.
- Provide Narcan and Fentanyl Testing Kits to the community.

Contact Us

(520)884-7131 Ext. 2301
www.ticenter.org



Appointment with Health Services?



**(PARKING GARAGE)
38 E ALAMEDA STREET**

USE EAST ENTRANCE OF PIMA COUNTY PUBLIC SERVICE GARAGE FOR PARKING VALIDATION

MUST BE A HEALTH SERVICES PATIENT

Call 520-884-7131 ex. 2602 for questions

YOU MUST HAVE A SCHEDULED APPOINTMENT AT THE RODNEY W. PALIMO, SR. CLINIC TO RECEIVE FREE PARKING



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: TIC Clinic staff &/or contractors will provide behavioral health therapy services such as Eye movement desensitization and reprocessing (EMDR) therapy, Solution Focused Brief Therapy, Motivational Interviewing, Cognitive Behavioral Therapy, and assessments with individualized treatment planning. Referrals may be completed for more intensive, long-term behavioral health services or for specialized evidence-based practices. Behavioral health services will be offered by TIC Clinic staff &/or contractors through in-person visits and, when deemed clinically appropriate based upon patient need, through established telemedicine modalities. Coming Soon, Psychiatry: Psychiatric services provided by a board-certified psychiatrist (MD or DO) as a TIC Clinic staff &/or contractor(s).

Our Services

Primary Care

- Vaccines/Immunizations
- Health Screenings
- Medication management/refills
- On-site Laboratory services
- Chronic Condition Management
- Referrals for Specialty Care Service
- Disease Prevention
- Women's Health Exams
- Coming Soon, Physical Exams (Sports/School)

Behavioral Health - Therapy

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

Outreach and Referrals

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

Contact Us



520-884-7131 ext 2602



www.ticenter.org

MESQUITE FRUIT CAKE

COURTESY OF SAVOR THE SOUTHWEST BLOG

INGREDIENTS

- 3/4 cup of all-purpose flour
- 1/4 cup of mesquite meal
- 2 teaspoons of baking powder
- 1/2 teaspoon of ginger or cinnamon (spice)
- 1/4 teaspoon of salt
- 1 stick of soft butter
- 3/4 cup of sugar
- 2 large eggs
- 1 teaspoon of vanilla extract
- 1 cup of chopped fruit (fruit of your choice)

FOR THE TOPPING

- 1 tablespoon mesquite meal
- 1 tablespoon of sugar
- 1/2 teaspoon of ginger or cinnamon (spice)

DIRECTIONS

- Preheat oven to 350°F.
- Chop your fruit.
- Lightly butter your pan.
- In a small bowl, whisk together the flour, baking powder, salt and spice of choice.
- In a medium bowl, beat butter and sugar until pale and fluffy.
- Add eggs one at a time, and beat into the medium bowl mixture.
- Add vanilla extract and beat into the medium bowl mixture.
- Add the flour mixture from the small bowl into the medium bowl mixture, and mix until just combined.
- Spread batter evenly into pan.
- Spread the chopped fruit over the batter.
- In a small bowl, mix together the topping ingredients and sprinkle evenly over the cake.
- Bake for 45-50 minutes. When the cake is done, the top is golden brown, firm but tender when lightly touched.
- Top with whipped cream if desired.

8 SUGAR ALTERNATIVES TO USE FOR HEALTHY BAKING

Refined sugars can affect our mood, blood sugar, body shape, inflammation, and more. Reminder, this is NOT about going on a diet and never having a regular cupcake again. It's about creating balance and more nutrient-dense versions of some of our favorites, which supports how we feel as well!

Same great taste, better for you! Let's look at the 8 options for substituting white sugar:

- 1 - MONK FRUIT
- 2 - AGAVE NECTAR
- 3 - COCONUT SUGAR
- 4 - ERYTHRITOL
- 5 - MAPLE SYRUP OR HONEY
- 6 - STEVIA
- 7 - ALLULOSE

There are a ton of paleo recipes with only sugar in the recipe coming from fruit like banana, dates, figs, or even fruit juice concentrate.

Once we start to have a little less sugar, our taste buds also adjust, and naturally sweet foods start to taste better! When we're having a lot of sugar, things like berries and apples might not even taste sweet to us, just sour.

Call Jose Duran, our new Diabetic Specialist for more ideas.



STORY OF IMPACT



For this month’s story of impact, we would like to introduce to you several “mission moments” that our health department have engaged in. Mission moments are TIC’s Health Services staff sharing patient stories and observations through direct patient care of how we are impacting our community’s lives for good, in alignment with TIC’s mission: “To enhance leadership, provide advocacy, deliver education, and strengthen well-being of the people in the greater Tucson Area with emphasis on the Urban Native American community”

Thank you for reading!

Mission Moment by Rosemary Corella, CHR III: While escorting a patient to the first floor I was stopped by a patient excited to tell me that she was seeing a lot of improvement within her health because we had encouraged her to join the walking club. She went back home for an event on her reservation that requires a lot of walking and climbing hills and she was able to do it this year because of her consistency and encouragement by us with going to the walking club. She still continues to go.

Mission Moment by Aurora Ramirez, Behavioral Health Therapist: A patient reported that her mood has improved since starting BH Therapy and that others in the community have commented that she “looks happier” recently. Patient was able to move from weekly sessions to bi-weekly sessions due to completing current treatment goals.

Mission Moment by Katrina Rodriguez, Medical Business Office Manager: Seeing the decrease in patient A1c through chart audits showed me that patients are listening to our team and working on improving their overall wellbeing and health.

Mission Moment by Phoebe Cager, Health Services Director: A patient I greeted in the TIC lobby shared with me that she appreciates the providers that we hired for the primary care services because she feels that they take their time to listen to her and to truly care about how they can help her, and because of this, she said that her TIC provider was able to learn of a serious health condition that the patient did not know she had and the patient was able to address it earlier.

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



Tucson Indian Center Staff

Executive Director

Jacob Bernal
Chemehuevi

Executive Assistant

Yolanda Valenzuela
Pascua Yaqui

Client Service Support Specialist

Monique Ugaitafa
Tohono O'odham

Operations Director

Michael Mulligan

Human Resource Generalist

Jorge Molina

Building Maintenance Safety Officer

Jackie Shemesh

Client Service Support Specialist

Rosa Duarte - Espinoza

Finance Director

Michael E. Spotted Wolf

Seminole Nation of Oklahoma

Finance Operations Manager

Rajiv Ranjan

Staff Accountant

Honey Ignacio
Tohono O'odham

Accountant Clerk

Claudia Oldman
Navajo

Wellness Department

Wellness Director

Veronica Boone
Laguna Pueblo/Navajo

Health Promotion Specialist

Marlene F. Jose
Tohono O'odham

Transportation Specialist

Marcus Baldenegro

Community Health Representative

Marcella Delgado
Tohono O'odham

Health Promotion Specialist

Autumn Begay
Tohono O'odham

Health Promotion Specialist

Vashti Solis

Grants & Services Manager

Susan Mulligan

Wellness Case Manager

Christina Luna

Wellness Case Manager

Vacant

Prevention & Education Specialist

Alyssa Dreiling

Prevention & Education Specialist

Halia Shirley

Navajo

Prevention & Education Specialist

Vacant

Wellness Family Health Advocate

Andres Epaloose

Navajo/Hopi/Zuni

Native Connections Project Coordinator

Misty Castro

Administrative Assistant

Vacant

SAMHSA Youth Specialist

Loretto Maldonado

Pascua Yaqui

Community Cultural Specialist Educator

Jovon M. Boling

Navajo

Youth & Community Health Educator

Ramon Maldonado Jr.

Pascua Yaqui

Diabetes Prevention Specialist

Jose Duran

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

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

Behavioral Health Therapist

Aurora Ramirez

Family Health Advocate &

Community Health Rep

Carolyn Tapia

Medical Billing & Coding Specialist

Vonda Talawepi

Hopi

Medical Record Clerk

Angie Estrella

Medical Assistant

Crysta Duarte - Espinoza

COVID - 19 CHR

Rosemary Corella

COVID - 19 CHR

Andi Morgan

Social Services Department

Social Services Director

Dylan Baysa
Choctaw

Community Engagement Coordinator

Natalia Cachora

Intake & Support Services Case Manager

Jerry Romero

Tohono O'odham

Employment Case Manager

Estella Tarin

Community Engagement & Data Specialist

Tasha Labahe

Navajo

Employment & Training Case Manager

Renee Urbina

Tucson Indian Center Board of Directors

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Board of Directors

Member

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Tucson Indian Center Advisory Council

Olivia Villegas - Liston
Tohono O'odham

**American Indian Association
of Tucson, Inc.**



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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

- **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 - December 9th @ 5:30 pm-7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (12/05, 12/12, 12/19) @ 4:15pm-5:15pm**
- Contact: Wellness Case Managers
- **White Bison Recovery Group - Thursdays (12/05, 12/12, 12/19) @ 5:30 pm-6:30pm**
- Contact: Wellness Case Managers
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (12/06, 12/13, 12/20) @ 8:30 am - 9:30 am**, Contact: Wellness Case Managers
- **Native Youth Coalition- @ 4:30 pm-5:30 pm, Tuesdays (12/03, 12/10, 12/17)**
- Contact: Ramon Maldonado Jr.
- **Coffee & Bingo- Every Friday, 10:00am-12:00pm** Contact Social Services Department
- **Walking Club-Wednesdays (12/04, 12/11, 12/18) @ 8:30am-11:00am** Contact: Jose Duran
- **(There will be NO elders monthly luncheon in November, December, and January. Will Resume February 26, 2025)**
- **Tucson Indian Center will be closed on December 23rd, 24th, 25th, 26th, 27th, 2024**
- **Tucson Indian Center will be closed on January 1st and 20th of 2025**

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 Susan Mulligan at (520) 884-7131 ext. 2232 or vboone@ticenter.org.