



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

April 2025 Vol. 43 ISSUE 4 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 and Happy Easter! 🐰🌸

April has arrived and it is a rich and diverse month, bringing with it several important awareness campaigns. This month, we recognize the following:

- Stress Awareness
- Child Abuse Prevention
- Sexual Assault Awareness
- Autism Awareness
- Parkinson's Awareness
- Rosacea Awareness
- National Minority Health

Let us take this opportunity to educate ourselves and support these vital causes.

As we embrace the arrival of spring, we are filled with renewed energy. The Tucson Indian Center is deeply committed to our Vision and Mission Statements of delivering and strengthening the Urban Native American Community.

The Tucson Indian Center continues to successfully serve our community, and we have an exciting event lined up this month, the Tucson Indian Center 2025 Social Pow Wow! (Please refer to page 6).

Our events and workshops are designed to bring us closer together, provide opportunities for learning, and strengthen the bonds that make our community unique.

(Please refer to pages 7 and 8 for updated information on workshops and services that we have to offer).

Thank you for being a part of our journey. Together, we can continue to build a strong, vibrant, and supportive Urban Native American Community.

We really appreciate you taking the time to read our newsletter's each and every month. The Tucson Indian Center is always here with open arms to support, assist, and care for you and your family.

Enjoy our newsletter and please do not forget to also follow us on social media to keep up with the announcements, daily post and stay updated and informed of upcoming events.

Tik Tok:

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

Facebook:

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

Instagram:

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

Wishing you and your family a joyful and blessed Easter!

Jacob Bernal/Executive Director

In this newsletter you can expect:

Page 1. Executive Director Updates	Page 7. Workshops to Attend
Page 2. Welcome Spring! & Wellness Calendar	Page 8. TIC Services Updates
Page 3. Health Services Open House	Page 9. TIC Services Update & Recipe of the Month
Page 4. TIC Highlights	Page 10. Words of Impact
Page 5. Events of March Update	Page 11. TIC Staff
Page 6. Upcoming Events	Page 12. Reminders & Announcements



Welcome Spring!

Greetings!

I hope this message finds you, your family, friends, and community happy and healthy. Spring has arrived, bringing longer days, sunshine, and of course-rising temperatures! As we prepare for the warmer months, it's important to keep safety in mind. Taking a few simple precautions can mean the difference between a fun-filled season and serious health concerns like heat exhaustion or sunburn. Here are a few key tips to help you stay safe and enjoy the season:

1. Stay Hydrated!

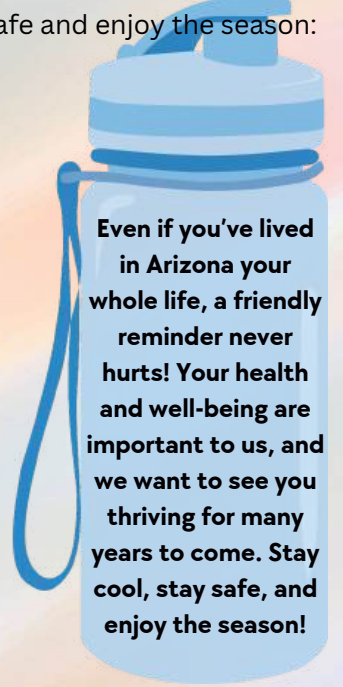
- Drinking enough water is crucial in the heat. A good rule of thumb is to drink ½ to 1 ounce of water per pound of body weight (depending on your activity level). That's about 11.5 cups per day for women and 15.5 cups per day for men on average.

2. Dress Smart & Seek Shade

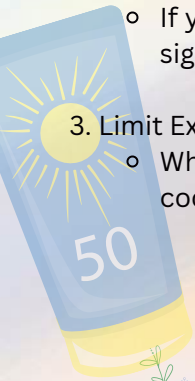
- Wear light, breathable clothing, along with a hat, sunglasses, and sunscreen to protect yourself from the sun.
- If you start feeling weak or fatigued, find a cool, shaded area to rest. Never ignore signs of heat exhaustion—they can be serious.

3. Limit Exposure to Extreme Heat

- When temperatures soar above 100 degrees, it's best to stay indoors or in shaded, cooler areas as much as possible.



Even if you've lived in Arizona your whole life, a friendly reminder never hurts! Your health and well-being are important to us, and we want to see you thriving for many years to come. Stay cool, stay safe, and enjoy the season!



Michael Mulligan/Operations Director

Michael Mulligan



APRIL

SPRING



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



2025

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 Read a chapter 	2 Do a full body HIIT workout 	3 Child & Family Resources Domestic Violence Fair 	4 Self Care Night with family 	5 Plant a garden
6 At home spa day 	7 How have you cared for yourself this past month? 	8 Eat lunch outside or go on a picnic 	9 Do 15 minutes of yoga 	10 Try a new hobby 	11 Go to the gym and do a leg workout 	12 Go to the 33rd AZ International Film Festival
13 Self Care Day 	14 Go to the gym and do an arm workout 	15 Wash your car 	16 TIC Elder Enrichment Circle 	17 Buy yourself flowers 	18 Read a chapter 	19 TIC & UofA Spring Pow Wow
20 Happy Easter 	21 Spring clean your house 	22 Go to the gym 	23 Screen detox 	24 List three things that bring you joy in nature. How can you experience more moments of serenity? 	25 Go to the Pima County Fair w/ family/friends 	26 Go to the Pima County Fair w/ family/friends
27 Do a full body workout 	28 Read a chapter 	29 Plan a vacation/staycation 	30 Self Care Night with friends 	1	2	3

Open House Update



On March 1, 2025, the Tucson Indian Center proudly hosted the Rodney W. Palimo, Sr. Clinic Open House, welcoming over 200 attendees. This event focused on engaging new patients and was a success, with 30 new patients registered and scheduled for appointments.



We offered tours of our clinic space and provided community members the opportunity to meet our dedicated providers.



We are also honored to have various Arizona congressional staff in attendance, showing their support for our community.



The lively atmosphere featured delicious food, entertainment from Gertie N the TO Boyz, a variety of vendors, and featured numerous exciting raffle prize giveaways. The event spanned from a festive block party setup outside our building to welcoming tours throughout our newly renovated 2nd floor, as well as our clinic on the 3rd floor. **Thank you to everyone who joined us in making this event memorable!**

TRANSPORTATION ANNOUNCEMENT

Highlights

Dear Valued Clients,
To ensure we can provide the best possible service, **all transportation and medication pick up requests must be made 48 hours in advance.** This will allow us to accommodate your needs effectively and guarantee availability.
We appreciate your understanding and cooperation. If you have any questions or need assistance, please don't hesitate to reach out.

Thank you for choosing our services!

Wellness Department
ticwd@ticenter.org 520-884-7131

IMPORTANT

MADE
FOR HEALTH JUSTICE



**REVOLUTIONIZING
THE FUTURE
THROUGH DATA.**

**TIC DATA
REVOLUTION**

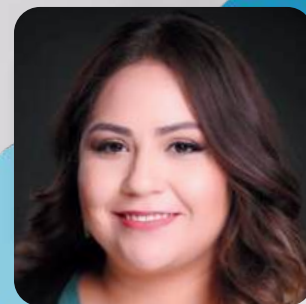


**HELP US IMPROVE
OUR SERVICES
TAKE A BRIEF
SURVEY**

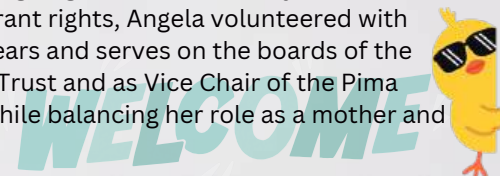
BROUGHT TO YOU BY THE PIMA PROJECT

Meet our newest Wellness Services Team member!

Angela Reyes, originally from Ciudad Obregón, Sonora, México, immigrated to the U.S. at eight and has called Tucson home for the past 20 years. A graduate of Sahuaro High School and Pima Community College, she has dedicated her career to community service through grassroots organizations. In 2018, Angela began her public service career as a Special Staff Assistant to Tucson City Council members, eventually leading community outreach and small business initiatives. She took the lead in Tucson's first municipal Participatory Budgeting Process and organizing large-scale community events. A passionate advocate for immigrant rights, Angela volunteered with Keep Tucson Together for 10 years and serves on the boards of the Pima County Community Land Trust and as Vice Chair of the Pima County Young Democrats, all while balancing her role as a mother and aunt.



Angela Reyes



QPR GATEKEEPER

TRAINING

REGISTRATION IS REQUIRED



QPR stands for Question, Persuade, and Refer – three easy steps anyone can learn to potentially save someone from suicide. Similar to how CPR and the Heimlich Maneuver save lives, QPR training teaches people to spot warning signs of a suicide crisis and how to intervene by questioning, persuading, and directing someone to the proper help.

Dates:

Wednesday, May 14th, from 1-3 p.m.

Wednesday, August 20th, from 1-3 p.m.

Wednesday, November 19th, from 1-3 p.m.

**Location: Joe D. Valdez Main Library 101 N Stone Ave,
Tucson, AZ 85701 Tortolita Room**

Need more information or interested in attending, please contact:
Alyssa Dreiling, Misty Castro,
Halia Shirley, or Loretto Maldonado
ticwd@ticenter.org 520-884-7131

INDIGENOUS FUN RUN/WALK

Let's take a look at what's happened in the last month!

Our recent Indigenous Fun Run event was a huge success, filled with excitement, meaningful activities, and opportunities for connection. The event kicked off with the Fun Run, where community members of all ages came together to enjoy a scenic route, promoting both physical activity and unity. Following the run, we hosted an exciting game of kickball, which brought out the competitive spirit and teamwork in everyone. It was heartwarming to see participants of all skill levels enjoy the game, cheer each other on, and celebrate the joy of movement.

Another highlight of the day was the mindfulness and togetherness activities. These activities were designed to encourage reflection, connection, and a deeper sense of community. Participants engaged in calming mindfulness exercises, where they practiced breathing techniques, gratitude, and being present with one another. Overall, the Indigenous Fun Run was an event filled with laughter,

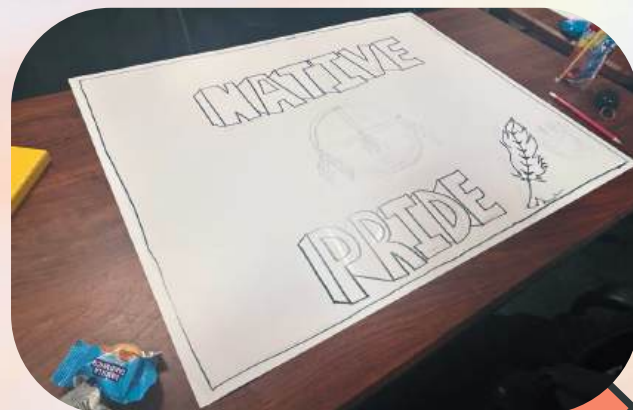
energy, and connection. We were grateful to see so many participants come together in the spirit of health, culture, and mindfulness. **Follow our social media for more Fun/Run's to come! (See page eight for upcoming Heart Walk)**



NATIVE YOUTH COALITION



The Native Youth Coalition had a successful and impactful experience attending the 100th Rodeo Parade, where they proudly showcased their float promoting a tobacco-free message. In the days leading up to the event, the youth worked diligently together to design, build, and decorate their float, incorporating vibrant and creative elements that reflected their commitment to health and wellness in Native communities. During the parade, the coalition members walked alongside their float, engaging with the crowd and spreading awareness about the importance of living a tobacco-free lifestyle. Their participation in this historic event not only highlighted their dedication to making a positive change but also fostered a sense of pride and unity within the group, all while helping to promote a crucial health message to the larger community.



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 April, every Wednesday on 04/02, 04/09, 04/16, 04/23, 04/30 from 4PM - 6PM.

Contact Jr to sign up for the Youth Coalition!
Ph:520-884-7131 Ext. 2248 Email:
rmaldonadojr@ticenter.org

Upcoming Events

2025 SPRING SOCIAL POW WOW



Brought to you by the Tucson Indian Center and the Native American Student Association at the University of Arizona

Get ready for an amazing celebration of culture, community, and tradition! We're thrilled to invite you to our Social Pow Wow, where we'll come together to honor our heritage, enjoy breathtaking performances, and experience the spirit of unity.

This is an event you won't want to miss!

FREE EVENT, NO ADMISSION FEE!
DRUG AND ALCOHOL FREE EVENT!



19 APRIL 2025

9:00 AM - 7:00 PM



UNIVERSITY OF ARIZONA,
WILLIAM DAVID SITTON
FIELD
1400 E 6TH ST, TUCSON,
AZ 85719

**ALL DANCERS, DRUM
GROUPS & ROYALTIES
WELCOME!**

AGENDA AND HEADSTAFF
ANNOUNCEMENT COMING
SOON! STAY INFORMED ON OUR
INSTAGRAM AND FACEBOOK!



TUCSON.INDIAN.CENTER



TUCSON INDIAN CENTER

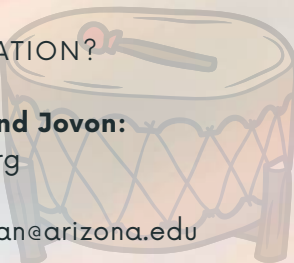
MORE INFORMATION?
CONTACT US!

Angela, Susan and Jovon:

ticwd@ticcenter.org

(520)884-7131

Julian J: julianjuan@arizona.edu



This will be an unforgettable day filled with joy, culture, and a deep sense of pride. We can't wait to share this special occasion with you and create lasting memories together. So, gather your family, bring your friends, and come celebrate with us in a truly unique way! Let's come together to dance, drum, and celebrate our shared heritage!

You're Invited!

Elder Monthly Luncheon (Native American 55+)

Join us for a time of connection, community, and celebration! ★

Come enjoy a delicious meal, great company, and an opportunity to socialize with fellow elders. This is a wonderful chance to share stories, spread positivity, embrace our culture, and, most importantly, have a blast together!

📅 DATES:

- APRIL 30, 2025
- MAY 8, 2025
- JUNE 25, 2025
- JULY 30, 2025
- AUGUST 27, 2025
- SEPTEMBER 24, 2025
- OCTOBER 29, 2025

NO ELDER LUNCHEON

**NOVEMBER 2025
DECEMBER 2025**



Luncheons are held the last Wednesday of every month
Time: 12:00pm - 3:00 pm

To Register call Marlene F. Jose
520-884-7131 x2238

Let's gather, share laughs, and continue to strengthen our beautiful Native American community. We look forward to seeing you there!

Looking for a relaxing time to learn different healthy coping skills, breathing techniques, and mindfulness exercises? Register for our Wellness Series with Shradha in which tools for your toolbox are introduced!

Starting April 2nd

WELLNESS SERIES WITH SHRADDHA

LOCATION TUCSON INDIAN CENTER 2ND FLOOR

TIME: 5PM - 6PM

MORE INFORMATION OR QUESTIONS
CALL SPIP AT 520-884-7131 OR EMAIL
TICWD@TICENTER.ORG

"Tools for your toolbox"

"Tools for your toolbox"

"Tools for your toolbox"

**Registration
is REQUIRED**

Workshops to Attend!

COUPLES TERRARIUM WORKSHOP

STRENGTHEN YOUR BOND, GROW TOGETHER

What's Included:

- ✔ All materials to create your terrarium
- ✔ Light refreshments and snacks
- ✔ A relaxing and enjoyable atmosphere perfect for bonding



Friday, April 4, 2025
4-6 pm
Tucson Indian Center
160 N. Stone Ave.



Join us for a fun and creative experience where you and your partner can nurture your relationship while creating beautiful terrariums! In this hands-on workshop, you'll design your own mini ecosystem, connect through teamwork, and create something special that will grow with your relationship.



Scan here to register
Space is limited

TRADITIONAL FOOD WORKSHOPS

with Rainbow Lopez

Are you interested in learning about the history, cultural background, and nutrition on different traditional foods? Then you're on the perfect page! This workshop also includes a recipe demo on different traditional foods and is for adults 18 years and older!

There are 30 spots available each workshop! If you are interested in a workshop, please contact Jovon! The schedule for upcoming workshops is to the right, if you have any questions, please do not hesitate to reach out!

Email: ticwd@tcenter.org
Phone: (520) 884-7131, Ext. 2218

LOCATION: TUCSON INDIAN CENTER
TIME: 6:00PM - 7:30PM

WORKSHOP SCHEDULE

FEB-5	APR 16
FEB-19	APR 30
MAR-5	MAY 14
MAR-19	MAY 28
APR 2	JUNE 11



Leadership Development Workshops



SCAN HERE



- Leading with confidence
- Enhance communication skills
- Team building and management skills
- Develop emotional intelligence

Tuesdays
@ 3:30 PM - 5:30 PM

*Certificate of Completion for those who complete 10 hrs

March 18

March 25

April 1

April 8

April 15

***Weekly Raffle With Fun Prizes**

Join our exclusive Leadership Development Workshops to become the leaders you aspire to be! This workshop offers tools and strategies for both emerging leaders and community members such as:

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



TIC Services Update

NEW CLIENT ORIENTATION

To deliver culturally competent, respectful, compassionate Health, Wellness, and Social Services.



WALK-INS WELCOME AND LEARN ABOUT THE OTHER DEPARTMENTS AND THEIR SERVICES.

JOIN US

- SOCIAL SERVICES DEPARTMENT
- WELLNESS DEPARTMENT
- HEALTH DEPARTMENT

MONDAYS @ 11:00AM-12:00PM >> 1ST FLOOR

TUCSON INDIAN CENTER 160 N stone Ave
520-884-7131 for information

SOBRIETY SUPPORT GROUPS

PLEASE JOIN US IN PERSON AT THE TUCSON INDIAN CENTER

AA Meetings:
Every Friday Mornings
8:30-9:30AM

White Bison: Every Thursday 5:30-6:30pm	Native Sisters in Recovery: Every Thursday 4:15-5:15pm
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Call or email Christina Luna with any questions or concerns 520-884-7131 or cluna@ticenter.org



NEED A JOB?

We can help!

- Job Network
- Resume Workshops
- Leadership Classes
- Job Readiness Training
- And much more!

Job Club Thursdays 10am-11am

- ✓ APRIL 3, 2025: AZ@WORKS, GUADALUPE GRAY
- ✓ APRIL 10, 2025: NESCO RESOURCE, TASHA FLORES, LEAD RERUITER
- ✓ APRIL 17, 2025: HSL PROPERTY MANAGEMENT, PAULA CELAYA
- ✓ APRIL 24, 2025: PIMA COUNTY, THOMAS BARTKOWSKI, HUMAN RESOURCES COORDINATOR



TUCSON INDIAN CENTER RODNEY W. PALIMO, SR. CLINIC



Accepting Same Day Appointments

We are dedicated to providing accessible patient-centered care. Empowering our community to achieve the highest quality health and well-being.

Our Services

- ✓ Primary Care
- ✓ Behavioral Health
- ✓ Outreach & Referrals



Contact Us
520-506-7131
www.ticenter.org



Stella Tarin starin@ticenter.org	Jerry Romero jromero@ticenter.org	Renee Urbina rurbina@ticenter.org
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CHAIR ZUMBA!

Every Monday & Wednesday

TUCSON INDIAN CENTER
ON THE 2ND FLOOR
12 PM - 1PM

LET'S GET Groovy



HEART WALK

AT GENE C. REID PARK

SATURDAY, APRIL 26, 2025

REGISTRATION STARTS AT 7:30 AM

FREE REGISTRATION



FOR MORE INFORMATION CALL JOSE DURAN 520-884-7131 OR EMAIL TICWD@TICENTER.ORG

TLC Services Update



*Wednesday's
Walking Club
at the Tucson
Indian Center from
8:30am-10:30am.*



★ Join Our Amazing Walking Club! ★

Are you ready to get moving and boost your health and well-being? Come join Jose and friends of our Walking Club, where you'll create social connections and friendships, promote healthy mental-wellbeing, and learn about healthy eating choices.

Walking is a fun, easy way to stay fit, reduce stress, and improve your mood, all while making new friends and strengthening your sense of community. Whether you're looking to get active, unwind, or simply enjoy nature, our Walking Club is the perfect opportunity to do so!

FOOD CLUB DELICIOUS FOOD DEMONSTRATION CLASS

COME JOIN US FOR A FRESH WAY TO PREPARE FOOD AND ENJOY WHAT YOU CREATED

M E N U

- ✓ April 2nd: Chicken & Avocado Salad
- ✓ April 9th: Vegetable Sliced Fun Dips
- ✓ April 16th: Seasonal Ceasar Chicken Salad
- ✓ April 23rd: Protein Shake
- ✓ April 30th: Mushroom Power

Wednesday at 10:30am at Tucson Indian Center
160 N Stone Ave Tucson 85701, 2nd Floor

COFFEE AND BINGO

*Looking for a fun way to spend
your Friday mornings?*

*Join the Tucson Indian Center for
Bingo every Friday on the 2nd floor.*



10:00AM - 12:00PM

EVERY FRIDAY



160 N STONE AVE - 2ND FLOOR



"The food is delicious!"

"Love the Bingo staff and energy, love the sandwiches and chips - with cookies. Thank you so much, I look forward to Bingo because it keeps me uplifted, up and out of my house, not depressed, thank you again!"

"Keep up the great work!"

-Bingo participants



Cherokee Blueberry Honey Cake

Ingredients

- 120 g butter, room temperature
- 120 g caster sugar
- 200 g honey
- 3 eggs, beaten
- 125 ml whole milk
- 140 g white flour
- 70 g wholewheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon of salt
- 380 g. fresh blueberries

Instructions (Serves 10)

- Preheat your oven to 175c or bake in the Aga baking oven, bottom shelf.
- Cream the butter, sugar and honey together.
- Beat in the eggs and milk.
- Once well combined, sift in the white flour, wholewheat flour, baking powder and salt. Mix well.
- Dust the fresh blueberries with a tablespoon of flour then fold them in gently with the batter. I reserved a cupful and sprinkled them on top.
- I tipped the mixture into a lined loaf tin and baked for 45 minutes. In a conventional oven it may take an hour.
- Keep an eye to make sure the top isn't burning, if it is, cover it with foil.
- It's done when you test with a metal skewer and it comes out clean.
- This cake was beautifully moist and not too sweet.
- Dust with icing sugar (Could use a tea strainer as a mini sieve).

www.msarmiteLover.com

WORDS OF IMPACT

Thank you for reading!

Honoring Congressman Raúl Grijalva: A True Friend and Advocate

On Thursday, March 13, 2025, we lost a true friend and champion of Native communities. The Honorable Raúl M. Grijalva, who represented Arizona’s 7th Congressional District for over two decades, passed away after a courageous battle with cancer. His passing is a tremendous loss, not just for our state but for all Indigenous people who knew him as a tireless advocate for our rights, our sovereignty, and our future.

For years, Congressman Grijalva stood alongside Native nations, fighting for Indigenous land rights, better economic opportunities, and respect for our tribal sovereignty. He wasn’t just another politician—we knew him as someone who listened, who showed up, and who never wavered in his support for our community. Whether it was pushing for policies that protected sacred lands or securing funding for vital healthcare and education programs, he made sure Native voices were heard in Washington.

Here at Tucson Indian Center, we were fortunate to witness his commitment firsthand. Thanks to his efforts, TIC received a generous grant from the Health Resources and Services Administration that is funding critical renovations to our building at 160 N. Stone Avenue. His support ensured that our Center—this space that means so much to so many—remains a place where our people can gather, heal, and thrive.

It’s not easy to find someone who will stand up for what’s right, no matter the opposition. It’s even rarer to find someone who does it for decades. Congressman Grijalva was that person for us. His absence leaves a hole in our hearts that cannot be filled, but his legacy will always remain.

From all of us at Tucson Indian Center—our Board of Directors, our staff, and our community—we say thank you. Thank you for your service. Thank you for your friendship. Thank you for never forgetting us.

*Sincerely,
The Tucson Indian Center*



*Rest in power, Congressman.
You will be deeply missed.*



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

Domestic Violence Advocate

Vacant

Wellness Family Health Advocate

Andres Epaloose

Navajo/Hopi/Zuni

Native Connections Project Coordinator

Misty Castro

SAMHSA Youth Specialist

Loretto Maldonado
Pascua Yaqui

Administrative Assistant

Angela Reyes

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

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

Natalia Cachora

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

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Tohono O'odham

Christine Nelson
Navajo



www.ticenter.org

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

**Tucson Indian Center
160 North Stone
Tucson, AZ 85701
Phone: 520-884-7131
Fax: 520-884-0240**

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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 - April 14th @ 5:30 pm—7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (04/03, 04/10, 04/17, 04/24) @ 4:15pm—5:15pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **White Bison Recovery Group - Thursdays (04/03, 04/10, 04/17, 04/24) @5:30 pm—6:30pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (04/04, 04/11, 04/18, 04/25)
@ 8:30 am - 9:30 am,** Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **Native Youth Coalition – @4PM - 6PM, Wednesdays (04/02, 04/09, 04/16, 04/23, 04/30)**
Contact: Ramon Maldonado Jr.
- **Coffee & Bingo – Every Friday, 10:00am-12:00pm** Contact: Tucson Indian Center
Location: Tucson Indian Center
- **Walking Club - Wednesdays (04/02, 04/09, 04/16, 04/23, 04/30) @8:30am-10:30am**
Contact: Jose Duran
- **Chair Zumba/Yoga- Mondays & Wednesdays, 12pm-1pm** Contact: Jose Duran
Location: Tucson Indian Center
- **Elder Monthly Luncheon April 30, 2025, 12pm-3pm** RSVP with Marlene F. Jose

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