



# NATIVE WELLNESS VOICE

## Discover STEP AEROBICS

FRIDAY AUGUST 5TH, 2016 | 1-2PM

## FRIDAY FITNESS FUN IS BACK IN THE MONTH OF AUGUST



FRIDAY AUGUST 19TH, 2016 | 1-2PM

**Location: 97 E. Congress St.  
(Inside the Many Nations Room)  
For More Information Contact:  
Roy Fallstrom at 884-7131 ext 235**

TUCSON  
INDIAN  
CENTER

*Wellness  
Department*

### Inside this issue:

- Friday Fitness Fun 1.
- Ashline 2.
- Tribal Warm line
- Elders Monthly Luncheon
- WIC Program
- College Academy For Parents 3.
- Recovery Services 4.
- UofA Garden Kitchen
- Walking Club
- TIC Staff Transportation 5.
- Youth Coalition 2 Spirit Meeting 6.
- WIA PROGRAM 7.
- Job Club
- Announcements 8.

# ASHline

## NEED HELP QUITTING TOBACCO?

Talk with an Arizona Smokers' Help line (**ASHLine**) coach about the things that you can do to change routines to help overcome tobacco addiction. Everyone is different, and you can find the right things that will help you. You can call **ASHLine** at **1-800-55-66-222** or Mario Valencia (520) 884-7131 ext. 225 or [mvalencia@ticenter.org](mailto:mvalencia@ticenter.org)

When you call the Arizona Smokers' Help line (**ASHLine**), expert coaches walk you through the quitting process, and set goals that make sense for you and develop a quit plan that works! Go at your own pace using telephone or Web-based quit services found at [www.ashline.org](http://www.ashline.org).

## ELDERS MONTHLY LUNCHEON

Next Luncheon: August 31st, 2016

12:00 - 2:00pm Many Nations Community Room

Celebrating Native Elders in the community every last Wednesday of the month. This event is free for elders 55 years and older. Please come share a warm and healthy meal.

*Potluck Style: Tucson Indian Center provides the main dish. Bring your favorite side dish or dessert to share.*

For more information contact: Marlene F. Jose (520) 884-7131 ext. 234 or [mjose@ticenter.org](mailto:mjose@ticenter.org)

## Come Learn more about the Crisis and Tribal Warm Lines

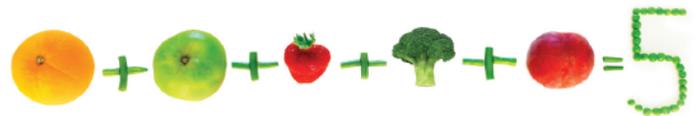
Date: August 23, 2016  
Time: 1PM-2PM  
Many Nations Community Room

Free lunch will be provided  
In Partnership with



For more information contact: Paige Anderson (520) 884-7131 ext. 232 or [panderson@ticenter.org](mailto:panderson@ticenter.org)

## WIC Until Five. WIC Isn't Just for Babies!



Kids can stay on WIC until the age of FIVE!

FAMILIES LOVE COMING TO WIC FOR THE HEALTHY FOODS AND NUTRITION TIPS.

Help your kids grow strong with WIC foods like their favorite fruit and veggies, cereal, bread, beans, peanut butter and milk!

YOU WILL GET ABOUT \$50 OF HEALTHY FOOD — THAT'S OVER \$600 PER YEAR TO HELP YOU STRETCH YOUR FOOD BUDGET.

WIC also provides nutrition tips and recipes to help you have happy and healthy mealtimes at home.



TOHONO O'ODHAM NATION WIC

520.383.6200

Multi Health Complex  
Sells, AZ 85634



INTER TRIBAL COUNCIL OF ARIZONA, INC.

WIC is an equal opportunity provider and employer. [itcaonline.com/WIC](http://itcaonline.com/WIC)



CAP will provide tools to parents and high school students that foster preparation for successful college applications in meaningful directions for the students. A whole-family approach is emphasized to extend the knowledge and support offered by the school systems.

### Early Academic Outreach

The mission of the Office of Early Academic Outreach at The University of Arizona is to increase the number of low-income, minority and first-generation college-bound students who aspire to attend and are eligible to enter a university degree program.

### Tucson Indian Center

The mission of the Tucson Indian Center is to lead, serve, empower and advocate for the Tucson urban American Indian Community and others, by providing culturally appropriate wellness and social services.

For more info, contact:

Ace Charette, Coordinator  
Early Academic Outreach  
acec@email.arizona.edu  
(520) 626-2300

Mario Valencia  
Native Pride Project Coordinator  
mvalencia@tcenter.org  
(520) 884-7431



## University of Arizona and Tucson Indian Center College Academy for Parents

The University of Arizona and Tucson Indian Center College Academy for Parents (CAP) is a 10-week pilot program designed to help parents and high school students create a plan for their students' educational future. While we know not every high school student will go to college, every student should have the option to choose to go to college. CAP does this by providing parents and their high school students with the information on how to maximize their options for college admissions and scholarships. Additionally, through Tucson Indian Center's Native Pride Project, high school students will learn about health and wellness, as well strategies to build upon his or her leadership abilities.

### Who is eligible?

College Academy for Parents is offered at NO COST to all parents with high school students. This pilot program will select the following families in its initial year:

- Parents of high school students
- Their students grades 9-12

### Workshops for Parents

University of Arizona staff and faculty, as well as Tucson Indian Center partners will lead weekly workshops for parents to explain how college can benefit your students and your family, how to prepare and apply for college, how to pay for it, and how you can help your son or daughter learn better.

### Workshops for Students

Staff from Tucson Indian Center and the University of Arizona will support learning experiences for high school students that develop academic preparation, college knowledge and cultural awareness. Through such engagement, this program aims to empower Native American high school students to have the tools necessary to make the most meaningful choice desired for post-secondary pathways at a college or university.

### Workshop Dates

Starting Tuesday, September 6, workshops will be held once a week from 6:00 PM - 8:00 PM at the Tucson Indian Center, which is located at 97 E. Congress St. #101, Tucson, Arizona 85701. Workshops will be held every Tuesday until Tuesday, November 8.



## MANY NATIONS RECOVERY



### Support Group (White Bison)

**Meeting: Every Thursday**

**Time: 6:00pm - 8:00pm**

**@ TIC in the M.N.C.R**

**97 East Congress - Suite 101 • Tucson**

For more information contact: Paige Anderson  
(520) 884-7131 ext. 232 or [panderson@ticenter.org](mailto:panderson@ticenter.org)  
or Dana Wilcox ext. 229 or [dwilcox@ticenter.org](mailto:dwilcox@ticenter.org)

## NATIVE SISTERS IN RECOVERY

All adult American Indian women are invited to join together for an evening of sobriety, support and sisterhood.

**Meeting: Every Thursday**

**Time: 5:00pm - 6:00pm**

**@ TIC in the Large Conference Room**

**97 East Congress - Suite 101 • Tucson**

For more information contact: Paige Anderson  
(520) 884-7131 ext. 232 or [panderson@ticenter.org](mailto:panderson@ticenter.org)  
or Dana Wilcox ext. 229 or [dwilcox@ticenter.org](mailto:dwilcox@ticenter.org)



### U of A Garden Kitchen Cooking Demo

#### Healthy Fritters

(Spinach Quinoa Fritters and/or  
Crispy Zucchini-Potato Pancakes)

**August 23rd 2016**

**Time: 2:00pm - 3:00pm**

**@ TIC in the M.N.C.R**

For more information contact: Roy Fallstrom  
(520) 884-7131 ext. 235 or [rfallstrom@ticenter.org](mailto:rfallstrom@ticenter.org)

EVERY WEDNESDAY IN AUGUST

## S.I.B.S FITNESS WALKING CLUB

Garden Kitchen host nutrition education immediately following Walking Club from 10-11am

For more information about Group Lifestyle Balance, or S.I.B.S. Fitness, contact:

Roy Fallstrom, Diabetes Prevention Coordinator  
(520) 884-7131 ext 235



**8:30AM - 10AM**

# Tucson Indian Center

Executive Director  
**Jacob Bernal**  
*Chemehuevi*

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

Executive Assistant / Human Resources Manager  
**Evelyn Ybarra-Pablo**  
*Pascua Yaqui*

Finance Clerk  
**Alice Juan**  
*Tohono O'odham*

Admin Support Resource Coordinator  
**Nick Parra**  
*Tohono O'odham*

## Wellness Department

Wellness Director  
**Jennie F. Becenti**  
*Tohono O'odham*

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

Wellness Case Manager  
**Paige Anderson**  
*Salish, CSKT*

Wellness Case Manager  
**Dana Wilcox**  
*Navajo / San Juan Pueblo*

Native Pride Project Coordinator  
**Mario Valencia**  
*Pascua Yaqui Tribe*

Wellness Records Support Specialist  
**Marcella McElyea**  
*Tohono O'odham*

Diabetes Prevention Coordinator  
**Roy Fallstrom**  
*Laguna / Santo Domingo*

Wellness Driver  
**Nikole Juan**  
*Tohono O'odham / Navajo*

Wellness Support Clerk  
**Russell Juan**  
*Tohono O'odham*

Youth & Community Health Educator  
**Vacant**

## Social Services Department

Social Services Director  
**Vicky Mullins**

Intake and Support Services Case Manager  
**Jerry R. Romero**  
*Tohono O'odham*

Employment Case Manager  
**Rose Grijalva**

Community Liaison  
**Cindie Nahsonhoya**  
*Hopi*

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

# Transportation & Home Delivery Services



The Tucson Indian Center offers transportation services and prescription pick-up services for clients who are registered with TIC.

## Who is eligible for home delivery service?

If you are 65 years and older and/or have a medical referral from your I.H.S. Provider.

## What other services you may qualify for:

- Prescription pick-up & home delivery
- Home pick-up to transport you to and from your appointments to the San Xavier Clinic.
- Pick-up and delivery services to and from San Xavier Clinic. Pick-up & Drop-off points include: TIC, South 6th/44th Street, Laos Center and 6th & Valencia.

If you are interested please call a Tucson Indian Center Wellness Case Manager at 520-884-7131 to schedule a home visit. As a courtesy, please call TIC one day in advance to schedule your transportation appointment. Please be advised, TIC Transportation offers same day transportation when the schedules permit. TIC staff will do their best to accommodate all clients but cannot guarantee any and all services. Therefore, appointments are recommended and are scheduled on a first come, first serve basis. The TIC daily transportation schedule is as follows:

TIC Departures		S.X Arrivals / Departures	
8AM	1PM	8:40AM	1:40PM
9AM	2PM	9:40AM	2:40PM
10AM	3PM	10:40AM	3:40PM
11AM	4PM	11:40AM	

\*12PM - 1PM CLOSED FOR LUNCH  
To arrange a pick-up and/or delivery  
Call (520) 884-7131 ext. 228



# Calling All American Indian Youth

The Coalition offers youth an opportunity to gather at least once a month to share wellness ideas, learn leadership skills, receive health education and discuss issues related to substance abuse, drug use, and more. Come and join us!

### Next Meeting

August 6th, 2016 • 12:00pm - 2:00pm

August 20th, 2016 • 12:00pm - 2:00pm

@ TIC in the Many Nations Community Room 97 East Congress - Suite 101 • Tucson, Arizona

For more information contact: Mario Valencia (520) 884-7131 ext. 225 or [mvalencia@ticenter.org](mailto:mvalencia@ticenter.org)



# 2 Spirit of Tucson Meeting

## August 9th, 2014

Meetings are held the 2nd Tuesday of the month

Time: 6PM-8PM

### Topics of Discussion

Lesbian, Gay, Bisexual, Transgender, Two-Spirit Community  
Health, Wellness & Support

For more information contact:

Marlene F. Jose (520) 884-7131 ext. 234 or [mjose@ticenter.org](mailto:mjose@ticenter.org)

Location: Tucson Indian Center

97 E. Congress St Suite 101

*Bring your favorite potluck dish!*



# W.I.O.A Orientation

## Job Club

Every Monday at 10:00am  
Many Nations Community Room

Services include: job development, job referrals, completing employment applications, creating effective resumes, practice interviewing skills, and job clubs.

(WIOA) is a federally funded program that seeks to provide employment services that are designed to assist adult Native Americans living off-reservation with the information on how to get a job and keep a job.

### AUGUST PRESENTATIONS

8/5/16 10AM - 11AM

8/12/16 10AM - 11AM

8/19/16 10AM - 11AM

8/26/16 10AM - 11AM

(Please arrive early doors close at 10:10am)

- Weekly Job Listings

- Monthly Career Fair Information

- Job Search Tips

- Review Weekly job Listings

For more information contact: Rose Grijalva  
(520) 884-7131 ext. 223 or rgrijalva@ticenter.org

## Many Nations Community Room

The Many Nations Community Room is an all-purpose, safe space and can be used by anyone. There are computers available for online job search and/or for filling out electronic job applications, exercise equipment for working out, a play area for the kids and plenty of gathering space for visiting with your neighbors. .

### HOURS

Monday: 11:00am -5:00pm

Tuesday: 8:00am -5:00pm

Wednesday: 8:00am -5:00pm

Thursday: 8:00am -5:00pm

Friday: 8:00am -5:00pm

### COMMUNITY ROOM CLOSURES

Mondays 10:00am -11:00am : New Client Orientation

Tuesdays 2:00pm-3:00pm : Group Life Style Balance

Wednesdays 8:30am-10am : Walking Club

Fridays 8:30am - 10:00am: American Indians in Recovery

Fridays 10:00am - 11:00pm: Job Club

# American Indian Association of Tucson, Inc.



## Tucson Indian Center

97 East Congress Street • Suite 101  
Tucson, AZ 85701  
Phone: 520-884-7131  
Fax: 520-884-0240

WWW.TICENTER.ORG

The Mission of the Tucson Indian Center is to lead, serve, empower and advocate for the Tucson urban American Indian Community and others by providing culturally appropriate wellness and social services

## Reminders & Announcements

**2 Spirit of Tucson:** Tuesday August 9th, 2016 • 6:00pm - 8:00pm **Contact:** Marlene F. Jose ext 234

**AIIR (American Indians in Recovery) AA Meetings:** Fridays • 8:30am - 9:30am at TIC **Contact:** Dana Wilcox ext 229

**Client Orientation:** Every Monday from 10:00am - 11:00am in the Many Nations Community Room

**Elders Monthly Luncheon:** Wednesday August 31st, 2016 • 12:00pm - 2:00pm at TIC **Contact:** Marlene F. Jose ext 234

**Friday Fitness Fun (Step Aerobics):** Friday August 5th, 2016 from 1:00pm - 2:00pm in the Many Nations Community Room

**Friday Fitness Fun (Zumba):** Friday August 19th, 2016 from 1:00pm - 2:00pm in the Many Nations Community Room

**Contact:** Roy Fallstrom ext 235

**Group lifestyle Balance:** Tuesdays from 2:00pm - 3:00pm in the Many Nations Community Room

**Contact:** Roy Fallstrom ext 235

**Native Sisters in Recovery:** Thursdays • 5:00pm - 6:00pm at TIC **Contact:** Paige Anderson ext 232

**Walking Club:** Every Wednesday from 8:30am - 10:00am in the Many Nations Community Room

**Contact:** Roy Fallstrom ext 235

**Youth Coalition:** August 6th, 2016 • 12:00pm - 2:00pm, August 20th, 2016 • 12:00pm - 2:00pm

**Contact:** Mario Valencia ext 225 or at [mvalencia@ticenter.org](mailto:mvalencia@ticenter.org)

**White Bison Recovery Group:** Thursdays • 6:00pm - 8:00pm at TIC **Contact:** Paige Anderson ext 232



When you shop at AmazonSmile, Amazon donates 0.5% of the purchase price to The Tucson Indian Center. Go to <http://smile.amazon.com/ch/86-0210481>