

Pascua Yaqui Tribe Guadalupe Senior Services

November 2024 Newsletter



9405 S Avenida Del Yaqui
Guadalupe Az 85283

480-768-2000

Lios Enchim Aniavu Greetings from the Director:

Directors Message:

Greetings, as we welcome the month of November, I want to say how grateful I am for all our elders, it is a great pleasure to work for the Senior Services Department, I enjoy spending time with you and providing you with all the wonderful services, it brings me and my team joy when we see all your happy faces at our events. The staff and I are truly blessed to be able to spend our days with you all, and we are grateful for the knowledge and support you provide us. Thank you.

We have several senior events planned for this month; you do not want to miss any of them. If you have not attended one of our events please come out and join us, your peers and our staff look forward to seeing you. Please come out and join the fun.

Happy Thanksgiving to you and your loved ones, I wish you peace, love, and happiness. If you need assistance, please give us a call we are here to serve you.



Guadalupe Senior Services Staff:

Senior services staff are available to provide services Monday - Friday from 8am to 5pm.

If your contact information has changed, please reach out to one of the social workers to provide your updated information or to sign up to receive a newsletter in the mail.

Alma Iris Valenzuela - Supervisor
Office Phone: 480-768-2045
Cell Phone: 480-369-8893

Marissa McMullin - Social Worker I
Office Phone: 480-768-2041
Cell Phone: 480-341-2294

Angelina Valencia - Social Worker I
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News & Events

ANNOUNCEMENTS:

The next COE meeting will be held on Thursday, November 21, 2024, at 10:00 a.m. at the Liogue Senior Center. Meeting/Agendas are available at the front desk if you want a copy. The COE Minutes are available to view at the front desk. Please contact Chayanne Molina at 520-879- 5530.



On Thursday, November 07th the Liogue Senior Center recognized and celebrated our veterans with the 1st Annual Senior Veterans Event.

The Honor Guard posted the colors.

Thank you to all veterans past and present for keeping us all safe.

It is the SOLDIER OR VETERAN, not the preacher, who has
given us freedom of religion

It is the SOLDIER OR VETERAN, not the reporter,
who has given us freedom of the press

It is the SOLDIER OR VETERAN, not the poet,
who has given us freedom of speech

It is the SOLDIER OR VETERAN, not the campus organizer,
who has given us freedom to assemble

It is the SOLDIER OR VETERAN, not the lawyer
Who has given us the right to a fair trial

It is the SOLDIER OR VETERAN, not the politician
Who has given us the right to vote

It is the SOLDIER OR VETERAN,
Who saluted the flag

It is the SOLDIER OR VETERAN,
Who served under the flag

GOD BLESS THEM ALL!

THANK YOU



November Holiday's & Events

Nov. 01 All Saint's Day

Nov. 01 All Souls Day **OFFICES CLOSED**

Nov. 02 Book Lovers Day

Nov. 02 U.S. General Election Day

Nov. 04 Check Your Blood Pressure Day

Nov. 04 King Tut Day

Nov. 05 US General Election Day

Nov. 06 National Nacho Day

Nov. 07 Men Make Dinner Day

Nov. 07 Senior Veterans Event

Nov. 09 World Freedom Day

Nov. 11 Veterans Day **OFFICES CLOSED**

Nov. 13 Caregiver Appreciation Day

Nov. 13 World Kindness Day

Nov. 14 World Diabetes Day

Nov. 17 World Peace Day

Nov. 20 Universal Childrens Day

Nov. 20 Senior Turkey Distribution

Nov. 21 World Hello Day

Nov. 22 Senior Thanksgiving Luncheon

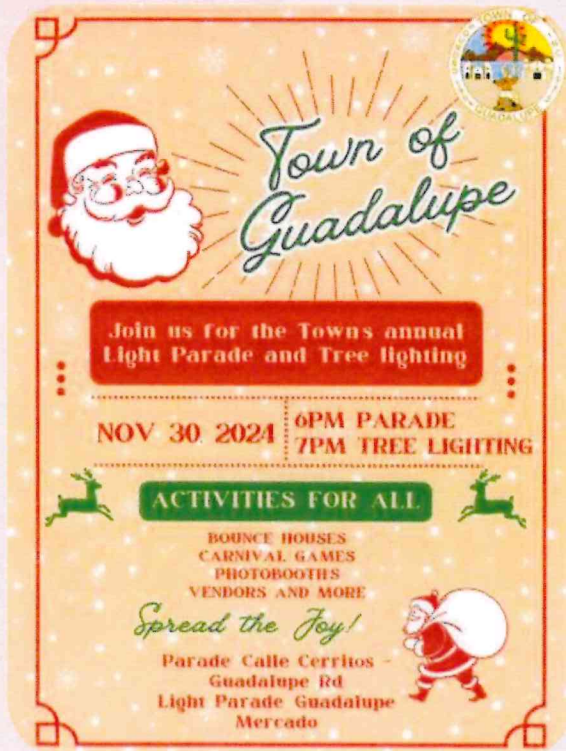
Nov. 23 Adoption Day

Nov. 28 Thanksgiving Day **OFFICES CLOSED**

Nov. 29 Black Friday

Nov. 29 After Thanksgiving Day **OFFICES CLOSED**

Guadalupe Itom Hiapsi News & Events



HOMEOWNERSHIP WORKSHOP SERIES 2025



JANUARY 21-
GUADALUPE
JANUARY 22-
TUCSON

UNDERSTANDING AND MANAGING CREDIT
● Improving your credit score ● How to manage credit risks
● Understanding the credit report ● What is on your credit report

APRIL 20-
GUADALUPE
APRIL 29 -
TUCSON

REAL ESTATE FINANCING
● Type of loans ● Down payment requirements
● Real estate needs/options ● Seller financing

JULY 22-
GUADALUPE
JULY 23 -
TUCSON

UNDERSTANDING FORECLOSURE/PROPERTY TAX
● The process of a foreclosure ● How and when to pay property taxes
● How to avoid a foreclosure ● What if I'm behind on my property taxes

OCTOBER 21-
GUADALUPE
OCTOBER 22-
TUCSON

ESTATE PLANNING
● Wills & Trusts ● Decisions regarding property
● Beneficiary Designations ● Know the key documents



Paseo Yaqui Tribe
Housing Department Administration
pyhousing.com
For more information:
Tucson (520) 879-5890/Guadalupe (480) 755-2515

Medicare Questions and
Concerns?

Call Margarita Tavena
480-768-2092



Centered Spirit Program

Centered Spirit Program is part of the Pascua Yaqui Tribe (PYT) Health Division; services are open to enrolled Pascua Yaqui members and their immediate family in Guadalupe. It is the mission of CSP to provide professional, confidential, and culturally compatible mental health and substance abuse services for Pascua Yaqui Tribal members and their families. Our services promote healing, personal growth, and healthy living for the individual, the family and the community. Services offered directly by Centered Spirit include individual, family and group therapy, youth life skills groups, psychiatric evaluation and medication follow-up.

Centered Spirit Program: Cultural Conversation

We are coming upon the season of seeing and spending more time with family and friends. Practice your Hiak Noki greeting.

Greeter: Lios Em Chania (vu)
Our Creator help you (you-all)

Responder: Lios Em Chiokoe
Our Creator forgive you

Greeter: Ket Che(m) Aallea (ka)?
Are you (you-all) well and happy?

Responder: Ket Tu'i
Still well and happy

Greeter/Responder: Lios Em Chiokoe Utte'essia (vu)
Our Creator forgive and bless you (you-all)

In an informal (quick HI-and-BYE) greeting format would be like...

Greeter: Ket Che(m) Aallea (ka)?
Are you (you-all) well and happy?

Responder: Ket Tu'i
Still well and happy

...or in a more personal greeting...

Greeter: Haisa Empo A'ane?
How are you doing?

Responder: Tu'uisi A'ane!
Doing good and well!

(Remember, the greeter is always the person who arrives last)

Centered Spirit Program

With the celebration of Thanksgiving comes thoughts of gratitude and thankfulness. We in the mental health field recognize gratitude not only as a kind, loving frame of mind but also as an important attitude and characteristic in maintaining positive mental health. Mental health benefits of practicing gratitude include positive physical health effects, increased positive emotions, and greater connection to others. To practice gratitude, consider keeping a gratitude journal, enjoying the present moment, and performing acts of kindness for others.

*Be Thankful
Be Grateful
Be Blessed*

**If you or a loved one would like to seek support,
please contact CSP at 480-755-2500. For a
mental health emergency, please contact the
Crisis Line at 480-736-4943 after 5 pm**

Gratitude JOURNAL PROMPTS

- What are you most thankful for in your life? Why?
- Do you have a special talent you are grateful for?
- Do you ever find it difficult to be grateful to others? Why and why not?
- What do you love the most about the time you are living in? Why?
- List five things you appreciate about your home.
- Why do you think it is important to be grateful every day?
- List any five people you said thank you to in the last 24 hours. What did you thank them for?
- List any three acts of yours done in the last 24 hours for someone. How did that make you feel?
- Think of any random act of kindness someone showed to you. How did that make you feel?
- List any three things that you used to take for granted but now are thankful for them. What changed your perception?

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Nancy's Corner



Instructions:

While watching tv you can do the Boxing exercise.

This exercise will increase your heart rate, which will put more oxygen into your body, and it will increase the red blood cells to the brain which helps with memory.

Count of 10 Each

1. Forward Punch
2. Turn to the right forward punch.
3. Turn to the left forward punch.
4. Alternate left and right and forward punch.



Thanksgiving's Ancient Origins

Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2024 occurs on Thursday, November 28. In 1621, the Plymouth colonists from England and the Native American Wampanoag people shared an autumn harvest feast that is acknowledged as one of the first Thanksgiving celebrations in the colonies.

For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. But the holiday is not without controversy. Many Americans—including people of Native American ancestry—believe Thanksgiving celebrations mask the true history of oppression and bloodshed that underlies the relationship between European settlers and Native Americans.

Historians have noted that Native Americans had a rich tradition of commemorating the fall harvest with feasting and merrymaking long before Europeans set foot on America's shores.

History.com Editors





DAVID'S KITCHEN

Pineapple-glazed Baked Half Ham

Ingredients:

- 1 5 to 7 pound fully cooked smoked rump or shank half ham
- 1 8-ounce can crushed pineapple, well drained
- ½ Cup packed brown sugar



STEP 1: Place ham on rack in open roasting pan. Insert meat thermometer into center of meat, being careful not to allow it to touch bone or fat. Bake in 325°F oven 1 to 1½ hours.

STEP 2: In bowl, combine crushed pineapple with the brown sugar.

STEP 3: Remove ham from oven; carefully cut off any tough outer skin from it and discard. With spoon, evenly pat the prepared pineapple mixture on ham. Bake 30 minutes longer or until meat thermometer reaches 140°F.

Glazed Ham Platter

- 1 5 to 6 pound fully cooked smoked semi-boneless half ham
- ½ Cup pineapples preserves
- ½ Cup apple jelly
- 2 Tablespoons prepared horseradish
- 2 Tablespoons prepared mustard
- 1 Cup packed light brown sugar
- ½ Cup maple-flavor syrup

- ¼ Teaspoon ground cinnamon
- 1/8 Teaspoon ground allspice
- Water
- 3 Medium acorn squash, cut into ¾-inch wedges
- Butter or margarine
- 3 Large red cooking apples, cut into ½-inch wedges

STEP 1: Place ham on rack in open roasting pan. Insert meat thermometer, avoiding bone or fat. Bake ham in 325°F oven 1 to 1½ hours.

STEP 2: Make glaze: In 1-quart saucepan over low heat, combine pineapple preserves, apple jelly, horseradish and mustard until jelly melts. Brush over ham and bake ham 30 minutes longer until thermometer reads 140°F, brushing often with glaze.

STEP 3: In 1 quart saucepan combine sugar, syrup, cinnamon and allspice; set aside. In 12-inch skillet over medium heat, heat ½ inch water and squash to boiling. Reduce heat to low, cover; simmer about 10 minutes until squash is fork-tender; drain. To squash in skillet, add ¼ cup butter and half sugar mixture. Over medium heat, cook until butter and sugar melt and squash is glazed, stirring gently; keep warm.

STEP 4: In another 12-inch skillet over medium-high heat, in ¼ cup hot butter, cook apples until tender, about 5 minutes stirring. Add remaining sugar mixture and continue cooking until sugar is melted and apples are glazed, stirring gently with rubber spatula. Place ham on warm large platter; arrange squash and apples around ham. Pour any remaining glaze over squash and apples.

Barbecued Canned Ham & Peaches

1 3-Pound canned ham
½ Cup sugar
½ Cup chili sauce
1 Tablespoon lemon juice
2 Teaspoons Worcestershire

½ Teaspoon chili powder
½ Cup water
5 Medium peaches, peeled and halved



STEP 1: Remove any gelatin from ham. Place ham in 12" by 8" baking dish; insert meat thermometer into center of ham. Bake in 325°F oven 1¼ hours.

STEP 2: In 2-quart saucepan over medium heat, heat to boiling sugar, chili sauce, lemon juice, Worcestershire, chili powder and water, stirring occasionally. Remove sauce from heat; add peaches and gently stir to coat well.

STEP 3: Spoon peaches into baking dish and pour remaining sauce over ham. Bake ham and peaches about 20 minutes more, basting occasionally with sauce, until thermometer reaches 140°F. Place ham on warm platter; arrange peaches around it.

Baked Picnic

Ingredients:

1 5 to 8-pound fully cooked smoked pork shoulder
arm picnic
½ Cup orange marmalade



STEP 1: Place picnic on rack in open roasting pan. Insert meat thermometer from top center of the thickest part, making sure pointed end is in center of picnic and not resting on bone or fat.

STEP 2: Bake at 325°F 1½ to 2¾ hours; remove picnic from oven and, with sharp knife, cut skin and excess fat from picnic, leaving thin fat covering.

STEP 3: Prepare orange glaze: In 1-quart saucepan over low heat, heat orange marmalade and mustard until marmalade is melted.

STEP 4: With a pastry brush, brush half of the prepared orange glaze evenly over the picnic. Return the picnic to the oven and bake 20 minutes longer until the internal temperature reaches 140°F.

STEP 5: Remove picnic from oven; remove meat thermometer. Cut oranges into very thin slices and halve them; arrange in rows over picnic overlapping them slightly and fastening with cloves. Brush remaining warm glaze over orange slices.

STEP 6: Return the picnic to the oven and bake 10 minutes more until the orange slices are heated through. Allow the Baked Picnic to cool slightly to service warm or serve cold later.

Dulce de Leche-Hazelnut-Pumpkin Pie

1 recipe Hazelnut Pastry
1 8-ounce package cream cheese, softened
4 Tablespoons dulce de leche
1 Egg
1¼ Cups canned pumpkin
½ Cup sugar
2 Eggs
1/5 Cup Sugar
2 Tablespoons hazelnut or almond liqueur (optional)
1½ teaspoons pumpkin pie spice
1 recipe Dulce de Leche-Hazelnut whipped Cream
Chopped hazelnuts toasted (optional)



STEP 1: On a floured surface roll Hazelnut Pastry into a 12-inch circle. Ease pastry circle into a 9-inch plate without stretching it; set aside.

STEP 2: In a small mixing bowl beat cream cheese and 2 tablespoons of the dulce de leche with an electric mixer on medium to high speed for 30 seconds. Add 1 egg; beat on medium speed until smooth. Spread evenly in the pastry-lined plate. Trim pastry to ½ inch beyond outside edge of pie plate. Fold under extra pastry. Crimp edge cover and chill for 30 minutes.

STEP 3: Preheat oven to 350°F. In a medium bowl whisk together pumpkin, evaporated milk, 2 eggs, sugar, the remaining 2 tablespoons dulce de leche, the hazelnut liqueur (if desired) and pumpkin pie spice. Carefully pour pumpkin mixture over cream cheese layer.

STEP 4: Cover edge of pie loosely with foil. Bake for 25 minutes; remove foil. Bake about 25 more minutes or until filling is set in the center. Cool on wire rack.

STEP 5: To serve, top pie with Dulce de Leche-Hazelnut Whipped Cream. If desired, drizzle with additional warmed dulce de leche and sprinkle with hazelnuts.

Hazelnut Pastry

STEP 1: In a medium bowl stir together 1 cup all-purpose flour, ¼ cup finely ground hazelnuts, almonds, or all-purpose flour; and ¼ teaspoon salt.

STEP 2: Using a pastry blender, cut-in 1/3 cup shortening until pieces are pea size. Sprinkle 1 tablespoon ice water over part of the flour mixture; toss with a fork. Push moistened pastry to one side of the bowl. Repeat moistening flour mixture, using 1 tablespoon ice water at a time, until all the flour mixture is moistened (4 to 5 tablespoons ice water total)

STEP 3: Gather flour mixture into a ball, kneading gently until it holds together.
~ Betty Crocker



Guadalupe Seniors 2024 Halloween Luncheon & Pumpkin Patch Trip



PUZZLE * FUNNIES

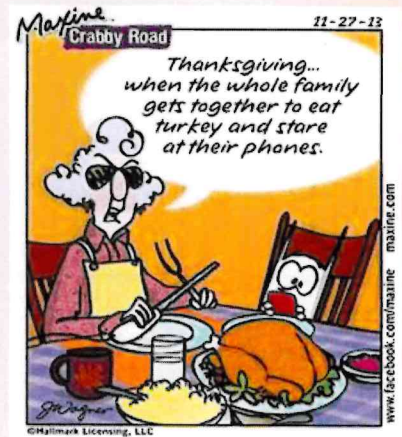


HAPPY THANKSGIVING WORD SEARCH

P	C	O	W	X	Y	W	O	C	O	W	X	Y	W	W
U	H	K	E	A	U	L	U	F	K	N	A	H	T	E
M	V	O	I	S	T	U	F	F	I	N	G	F	D	D
P	M	J	L	W	M	C	K	Y	J	T	W	A	C	B
K	T	A	U	I	K	N	J	T	G	U	D	M	N	R
I	N	M	H	C	D	G	M	U	M	Y	E	I	G	E
N	R	V	I	E	O	A	H	R	V	I	E	L	J	A
Q	E	B	O	R	L	D	Y	K	P	O	R	Y	D	D
F	R	I	E	N	D	S	A	E	I	P	F	P	K	D
S	Q	U	L	B	L	L	S	Y	U	L	B	L	L	O
W	A	Y	G	S	E	O	T	A	T	O	P	A	O	O
X	S	A	L	A	D	I	X	S	T	K	G	Q	I	F
D	Y	A	M	A	D	S	D	D	R	M	B	Z	U	U
F	L	T	H	A	N	K	S	G	I	V	I	N	G	Y
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|-----------------|-------------|-------------|----------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |



Happy Thanksgiving

*On behalf of The Guadalupe Senior Services Staff
Alma Iris, Marissa & Angelina*