

November 2024

Pascua Yaqui Tribe
Department of Senior Services
Liogue Senior Center

Newsletter

**LIOS ENCHIM ANIAVU
GREETINGS FROM THE DIRECTOR**

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.

Maria Paisano, MSW
Senior Services Director

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NOVEMBER HOLIDAY AND 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**

COUNCIL OF ELDERS (COE)

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.

SENIOR OF THE MONTH

CONGRATULATIONS to Rudy G. Romero!

Mr. Romero has been selected as Senior of the Month for November. Your Social Worker, Ana Amacio, will contact you regarding your gift.

EMPLOYEE OF THE MONTH

CONGRATULATIONS to Chayanne Molina!

Chayanne Molina is cordial with all seniors and community members she interacts with; she greets everyone respectfully and warmly. Chayanne sincerely cares for our seniors; you can see how she interacts with them. She is a hard worker who goes above and beyond to help; even if she is not asked, she will jump in and start helping. Her positive attitude and cheerfulness make it a joy to work with her. I congratulate Chayanne on being the Employee of the Month.

Happy
Thanksgiving Day



ANNOUNCEMENTS

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.



Color Guard

Left: Ramiro Bustamante, Jose Hernandez, Paul Balieteria, Alex Alvarez, Sr.

Veterans

Left: Ricardo "Pepper" Flores, Steve E. Gomez, Jessie Gomez, John Mena, Ignacio Gomez

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**





NANCY'S CORNER

Boxing for Seniors Chair Exercise

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

Ingredients:

- 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. Drizzle any remaining glaze over squash and apples.

Barbecued Canned Ham & Peaches

Ingredients:

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

1½ Teaspoons prepared mustard

1 Small orange whole cloves

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

Ingredients:

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



November has fall-en and it can't get up

Q. What's the best thing to put into pumpkin pie?

A. Your teeth!

Q. What's the best dance to do on Thanksgiving?

A. The turkey trot

Q. What did the turkey say to the turkey hunter?

A. Quack, Quack, Quack

Q. What did the tree say to the wind in November?

A. Leaf me alone!

Q. What's the friendliest part of November?

A. Thanksgiving!

Q. What do you call a cold turkey on Thanksgiving Day?

A. "Brrr"-d!

Q. What's a turkey's favorite kind of movie?

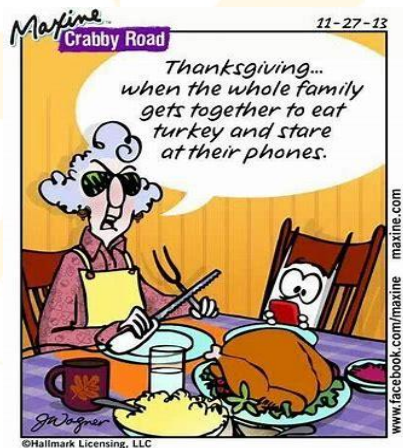
A. Anything with "chick flicks"!

Q. What do Halloween and Thanksgiving have in common?

A. One has goblins, the other has gobblers

Q. What did one pumpkin pie say to the other?

A. "You wanna piece of me?"



On behalf of all the Liogue Senior Center staff, Happy Thanksgiving to all our beautiful seniors! May you all be blessed with happiness and love.

