



PASCUA YAQUI TRIBE

GUADALUPE SENIOR SERVICES

OCTOBER 2024 NEWSLETTER



9405 S AVENIDA DEL YAQUI
GUADALUPE AZ 85283

480-768-2000

LIQS ENCHIM ANIAVU
GREETINGS FROM THE DIRECTOR:



DIRECTORS MESSAGE:

Greetings and Happy October and Happy Fall, I am sure everyone is looking forward to the cooler weather and spending more time outdoors. This month is full of senior activities at the Itom Hiapsi building, please check with the Senior Services staff for dates; our next big event will be our Halloween party on October 23, 2024, we would love to have you come join in on all the fun. If you need anything or have any ideas on future events, please contact me or my staff. Remember we are here to serve you. Have a blessed month.

If you have any questions, please contact the Senior Services office at 480-768-2000.

Maria Paisano, MSW
Senior Services Director



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
Office Phone: 480-768-2041
Cell Phone: 480-341-2294

NEWS & EVENTS

ANNOUNCEMENTS:

The next COE meeting will be held on Thursday, October 19, 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.

SAN FRANCISCO, MAGDALENA, SONORA

The seniors from the Tucson and Guadalupe traveled with Maestro David Dominguez to Magdalena, Sonora Mexico on Thursday, October 03, 2024 in honor of San Francisco



OCTOBER HOLIDAY'S & EVENTS

Oct 01 International Coffee Day
Oct 01 National Homemade Cookie Day
Oct 02 International Day of Non-Violence
Oct 04 National Cinnamon Roll Day
Oct 04 National Taco Day
Oct 04 World Smile Day 😊
Oct 05 National Be Nice Day
Oct 05 World Teacher's Day
Oct 08 National Face Your Fears Day
Oct 08 National Hero's Day
Oct 09 International Beer & Pizza Day
Oct 09 National Stop Bullying Day
Oct 10 World Homeless Day

Oct 10 World Mental Health Day
Oct 11 National Spread Joy Day
Oct 13 Breast Cancer Awareness Day
Oct 14 Indigenous People's Day
Oct 14 National I Love You Day
Oct 16 Global Cat Day
Oct 16 National Bosses Day
Oct 16 National Take Your Parents to Lunch Day
Oct 23 Guadalupe Halloween Luncheon
Oct 25 World Pasta Day
Oct 26 National Pumpkin Day
Oct 28 National First Responders Day
Oct 31 Halloween

ITOM HIAPSI OCTOBER ACTIVITIES CALENDAR

Disclosure: Activities are subject to change

**PASCUA YAQUI
TRIBE
GUADALUPE SENIOR
SERVICES
ACTIVITIES
CALENDAR
9405 S AVENIDA
DEL YAQUI
480-768-2000**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 MAGDALENA TRIP	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 CHAIR VB PRACTICE 10A - 12P	23 GUADALUPE HALLOWEEN LUNCHEON	24 VB PRACTICE 10A-12P COE MTG TUCSON	25	26
27	28	29 CHAIR VB PRACTICE 10A - 12P	30 MOVIE DAY 10A -12P	31 HAPPY HALLOWEEN		



SENIORS 55+ EVENT

HAPPY HALLOWEEN

You're invited to the Guadalupe
PYT Senior
Halloween Luncheon & costume
contest!

CATEGORIES: SCARIEST, CREATIVE, FUNNIEST

**TRICK
OR
TREAT**

OCTOBER 23, 2024
10:00A - 1:30P

Pascua Yaqui Tribe Itom Hiapsi
9405 S. Avenida Del Yaqui Guadalupe Az 85283

NO CHILDREN PLEASE
SEATING IS LIMITED, FIRST COME, FIRST SERVE

TO RESERVE YOUR SEATING CALL
480-768-2045

Boo!

ITOM HIAPSI NEWS & EVENTS



**RED RIBBON & DOMESTIC VIOLENCE AWARENESS
13TH SPOOKTACULAR**


JOIN US FOR A NIGHT OF FRIGHTFUL FUN AND FABULOUS COSTUMES! JOIN PREVENTION STAFF BEFORE THE EVENT AT 4:30PM AT THE LOMITA FOR THE MY PROMISE WALK.

**FRIDAY, 25 OCTOBER 2024
5PM - 8PM**

GUADALUPE MERCADO
9201 S. AVENIDA DEL YAQUI GUADALUPE AZ 85283

Music - Games - Costume Contest

For more information: (480) 768-2000



**Pascua Yaqui Tribe
Department of Language & Culture**

Anima Kona

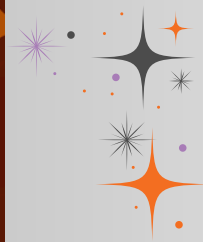
**Anima Kona Family Wreath Making Activity
&
Presentation of Anima Mikwa**

Please join us on
Tuesday October 16, 2024, 5:30pm to 7:30pm
Guadalupe Itom Hiapsi Building
Multipurpose Room A

Materials and light meal will be provided.

For more information, please contact
Department of Language and Culture
Jose Miguel Casias
Office: 480-768-2003
Email: jose.casias@pascuayaqui-nm.gov

Space is limited to 25 people, and registration is required to attend.
All Materials & Light Meal will be provided



TRICK
OR
TREAT



THE PASCUA YAQUI TRIBE
DEPARTMENT OF LANGUAGE AND CULTURE

NEOKAI HIAWAI Traditional Music Class

male ages 10-17 and Adult males 18+

MONDAY TUCSON	TUESDAY- TUCSON (ADULTS)	WEDNESDAY GUADALUPE
ITOM MAHTAWA'APO ROOM 151B 5100 W. CALLE TETAKUSIM TUCSON AZ 85757	ITOM MAHTAWA'APO ROOM 151B 5100 W. CALLE TETAKUSIM TUCSON AZ	DLC BUILDING 9446 S. CALLE AZTECA GUADALUPE AZ 85283
LEVEL 1- BEGINNER 4:00 PM- 5:00 PM LEVEL 2- INTERMEDIATE 5:00 PM- 6:00 PM	LEVEL 1- BEGINNER 4:00 PM- 5:00 PM LEVEL 2- INTERMEDIATE 5:00 PM- 6:00 PM	LEVEL 1- BEGINNER 3:00 PM- 4:00 PM LEVEL 2- INTERMEDIATE 5:00 PM- 6:00 PM

CLASSES STARTING
NOVEMBER 4TH, 2024
CLASSES ENDING
JANUARY 29TH, 2025

THESE CLASSES WILL OFFER:
HARP
VIOLIN
GUITAR

LIMITED SEATING IS AVAILABLE

FOR MORE INFORMATION REGARDING THESE CLASSES
PLEASE FEEL FREE TO CONTACT
JOHN MURRIETTA @
520-879-5939

PLEASE SCAN
QR CODE
TO
REGISTER



Pascua Yaqui Tribe
Department of Language & Culture

PRESENTS
**YO LUTU'URIA
YOAWA YO'ORIWA**

We invite all members of the
Kolencia Oficio Achalim society
and Male Individuals interested in
learning Maaso Iwikam to join us
as we learn from elder

Paulino Valenzuela Beteme
on
Tuesday October 22, 2024
DLC Guadalupe Office
9446 S. Calle Azteca
Guadalupe, AZ 85283
5:30pm to 7:30pm

For more information, please contact
Department of Language & Culture
Jose Miguel Casias
Office: 480-768-2003
Email: jose.casias@pascuayaqui-nm.gov

Space is limited to 25 people, and registration is required to attend.
Light meal will be served



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

Animam Mikwame Offering to Our Departed Loved Ones



On October 1st Iloom Achai opens the gates of heaven and allows all animam or beloved ones who have been dead for at least one year to come and visit with us. The animam are said to arrive at Alva or 4 am. We prepare for their visit by putting out a cable in front of our Tewa kus or patio cross. We put a candle, water and coffee for them. They are thirsty from their long travel and are guided by the light of the candle. The table has to be a high set table because when we leave this world and become an animam we don't have a physical body so we float.

Our relatives in the Hiaki Homelands still make a hoso'om or traditional table using four mesquite polls and vaa chomo, or seep willow, is tied with twine for the table top. The four poles represents the four godparents that are present at the wake and the top of the table represents the tapehim a traditional carrier made of carrizo for the dead.

Throughout the month of October we keep the candle lit, the water full and hot coffee. Each Monday the Maehito & Kopariam (Maestro & Cantoras) will offer prayers to the Animam. In Hiaki Homelands, they place a skull on the altar inside the church and have a short procession each Monday.

On November 1st at 4:00 am, we put food on the table that our animam enjoyed during their life time here on earth. We place waka vaki (beef stew), papa va'awa (poroto soup), murim (beans), hi'um/bwa'arom (spinach), mun oakame (beans with bones), animam tahkaam (flour tortillas), vachi tahkaam (corn tortillas), nohim (tamales), ko'okoi wakas vaki (chile con carne), vannaum (arole), chokolaare (hot chocolate), kape (coffee), pan kakam (sweet bread) and taakam (fruits). Nowadays we place more modern foods for our animam: tacos, chips, cookies, juices, sodas, enchiladas, fried chicken, carne asada, pizza, hamburgers, etc... Our animam enjoy the food we prepared for them by the stream so remember to place the food as hot as you can.

The maehcom and kopariam will arrive at the house and will offer prayers to our loved ones. Once they are finished, we place a table cloth on top of the blankets and offer them the food from the table. Once they eat we give them thanks for coming over and



offering the prayers to our animam.



On November 2nd we go and clean the graves of our loved ones at the cemetery. We put candles, water, and flowers. We decorate to make it beautiful. Some families will have the maehcom and kopariam offer prayers at the graveside of their loved ones. The matachinim will also dance in the cemetery in honor of our animam.

This is how we honor our animam. It's hard work and we get tired, but we honor them each year because of what they've done for us during their lifetime, like watched over us, took care of us, feed, clothed, and loved us.



CENTERED SPIRIT PROGRAM

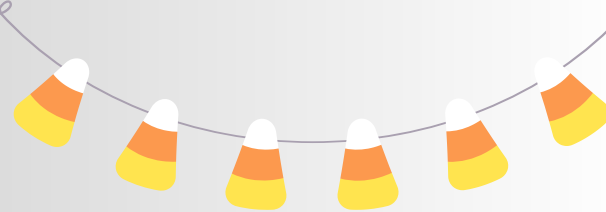
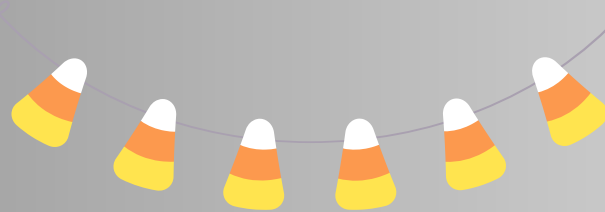
Centered Spirit Program: Mental Health Minute

Each year since 1987, October is recognized as National Domestic Violence Awareness Month. During this month, organizations around the nation bring light to the issues surrounding victims and survivors. Centered Spirit Program would like to offer a message of hope. You are not alone. If you or somebody you care about is a victim of domestic violence, please know that we are here to help. Take the first step and share your story with a mental health professional.



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





DAVID'S KITCHEN

Ingredients:

6 skinless, boneless chicken breast halves (6 to 8 ounces each)
1/3 cup all-purpose flour
3 Tablespoons cornmeal
1/4 teaspoon salt
1/4 teaspoon cayenne pepper
1 egg, lightly beaten
1 Tablespoon water
1 4-ounce can whole green chile pepper or whole jalapeño peppers, rinsed, stemmed, seeded, and halved lengthwise (6 pieces total)
2 ounces Monterey Jack cheese, cut into six 2½ inch sticks
2 Tablespoons snipped fresh cilantro or fresh parsley
1/4 teaspoon black pepper
2 Tablespoons butter or margarine, melted
1 8-ounce jar green or red salsa



STEPS:

1. Place each chicken breast half between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly into rectangles, ¼ inch thick
2. Preheat oven to 375°. Line a shallow baking pan with foil; set aside. In a shallow bowl combine flour, cornmeal, salt, and cayenne pepper. In a second shallow bowl combine egg and the water
3. Place a chile pepper half on each chicken piece near an edge. Place a stick of cheese on each chile pepper. Sprinkle with cilantro and black pepper. Fold inside edges; roll up from edge with cheese and chile pepper secure with wooden toothpicks
4. Dip chicken rolls into egg mixture to coat; coat all sides with cornmeal mixture. Place rolls, seam side down, in prepared baking pan. Brush with melted butter
5. Bake uncovered for 30 to 35 minutes or until chicken is done (165°). Remove toothpicks. Meanwhile, heat salsa; serve with the chicken.

Calories	299	Carbohydrate	11 gm
Protein	40 gm	Fiber	1 gm
Total Fat	10 gm	Sat Fat	5 gm
Cholesterol	141 mg	Sodium	396 mg





DAVID'S KITCHEN

Pumpkin Bread



3 cups sugar
1 cup vegetable oil
4 eggs
3 1/3 cups all-purpose flour
2 teaspoon baking soda

1 1/2 teaspoons salt
1 teaspoon ground cinnamon
1 teaspoon nutmeg
2/3 cup water
1 15-ounce can pumpkin



STEPS:

1. Preheat oven to 350°F. Grease the bottom and 1/2 inch up sides of two 9x5x3-inch, three 8x4x2-inch, or four 7 1/2x3 1/2x2-inch loaf pans; set aside. In a mixing bowl beat sugar and oil with an electric mixer on medium speed. Add eggs; beat well.
2. In a large bowl combine flour, baking soda, salt, cinnamon, and nutmeg. Add flour mixture and the water alternately to sugar mixture, beating on low speed after each addition just until combined. Beat in pumpkin. Spoon batter into prepared pans.
3. Bake for 55 to 60 minutes for the 9x5 loaves, 45 to 50 for the 8x4 loaves, 40 to 45 minutes for the 7 1/2x3 loaves, or until a wooden toothpick inserted near centers comes out clean. Cook in pans on a wire rack for 10 minutes. Remove from pans. Cool completely on wire rack. Wrap and store overnight before slicing.

Cream Cheese Ribbon Pumpkin Bread

Prepare as directed in Step 1, except use three 8x4x2-inch pans. In a medium mixing bowl beat together half of an 8-ounce package cream cheese, softened, and 1/4 cup sugar with an electric mixer on medium speed until combined. Beat in 1/2 cup sour cream, 1 egg, and 1 tablespoon milk. Stir in 3 tablespoons finely chopped crystalized ginger; set aside. Prepare batter as directed. Pour 1 1/2 cups batter into each prepared pan. Divide Cream cheese mixture evenly among pans. Spoon remaining batter over cream cheese mixture; spread evenly. Bake for 60 to 65 minutes or until cracks on tops of loaves appear dry. Cool as directed; wrap and refrigerate overnight before slicing. Let stand at room temperature for 1 hour before serving.





NANCY'S CORNER



Stretches

While laying down: Lift your arms and place behind your head or keep your arms straight down at your side.

1. Stretch both arms out with fingers spread out
2. Hands are facing down, fingers open and close, 10 each
3. Hands turned inward, fingers open and close, 10 each
4. Hand turned outward, fingers open and close, 10 each

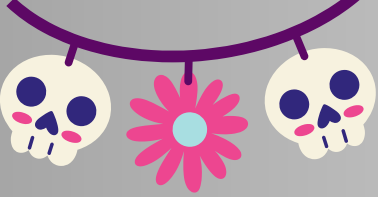


REPEAT IF NEEDED

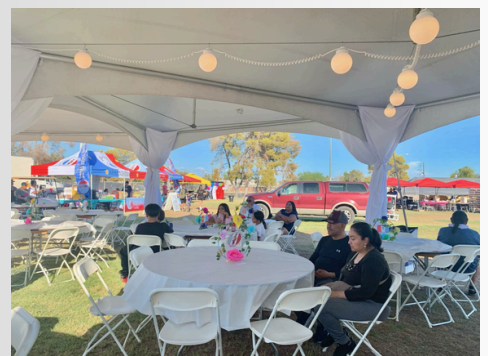
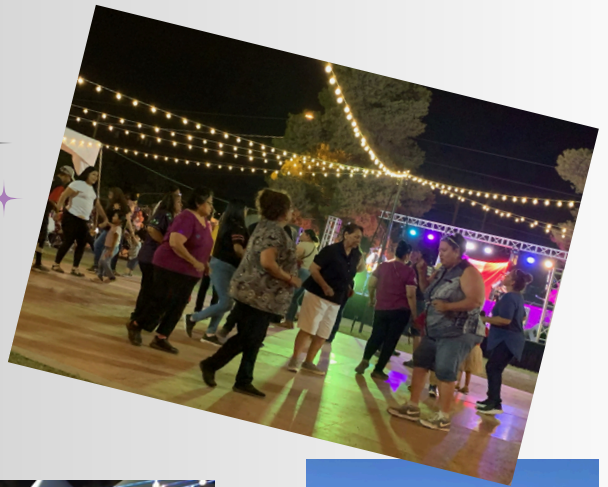
Now you have blood and oxygen circulating throughout your arms and fingers and through your body.

Now grab your cup of coffee or tea ☺!

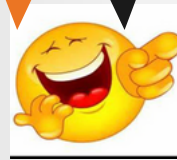




2024 PYT RECOGNITION GUADALUPE KICKOFF

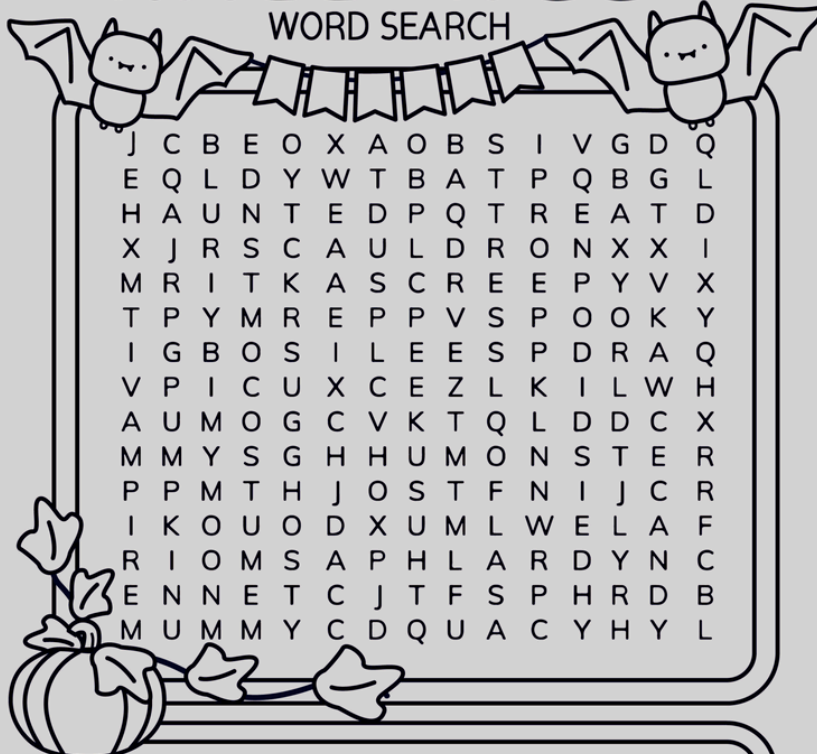


PUZZLE * FUNNIES



HALLOWEEN

WORD SEARCH



BAT	CREEPY	MONSTER	SKELETON	TREAT
CANDY	GHOST	MOON	SPELLS	TRICK
CAULDRON	GHOULS	MUMMY	SPIDER	VAMPIRE
COSTUME	HAUNTED	PUMPKIN	SPOOKY	WITCH

Q. What's a pumpkin's favorite sport?
A. Squash!

Q. Why do ghosts love riding in elevators in October?
A. It lifts their spirits!

Q. How do you fix a broken Jack-o'-lantern?
A. With a pumpkin patch!

Q. What is a vampire's favorite fruit in October?
A. Neck-tarines!



Happy Halloween



ON BEHALF OF THE GUADALUPE SENIOR SERVICES STAFF
ALMA IRIS, MARISSA & ANGELINA