

October 2024

Pascua Yaqui Tribe Department of Senior Services Liogue Senior Center

Newsletter



LIO ENCHIM ANIAVU GREETINGS FROM THE DIRECTOR

Greetings 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 Liogue Senior Center, please check with the Senior Services staff for dates; our next big event will be our Halloween party on October 31, 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 Center office at 520-879-5530.

Maria Paisano, MSW
Senior Services Director

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OCTOBER HOLIDAY AND 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 25 World Pasta Day
Oct 26 National Pumpkin Day
Oct 28 National First Responders Day
Oct 31 Halloween
Oct 31 Halloween Party Senior Center

COUNCIL OF ELDERS (COE)

The next COE meeting will be held on Thursday, October 17, 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 Julia Flores!

Ms. Flores has been selected as Senior of the Month for October. Your Social Worker, Amanda Garcia, will contact you regarding your gift.



EMPLOYEE OF THE MONTH

CONGRATULATIONS to **Rey Arreola**, Employee of the Month for September!

It is with Great pleasure to nominate Rey Arreola for the October 2024 Employee of the Month award. He is the best Choice for this award, he consistently exceeds our kitchen expectations. Rey is a self-starter, willing to step in or Help in any position within the kitchen without hesitation. Thank You for being a reliable member of our team, " No Matter the Situation, you Always Rise to the Occasion !" Your Hard work and dedication; Doesn't go unnoticed!

ANNOUNCEMENTS

Pascua Yaqui Tribal Recognition

The Pascua Yaqui Tribe's Federal Recognition was on September 18th, the tribes 46th years of recognition was celebration on September 21, 2024 at the Pascua Yaqui Pueblo Park. The Liogue Senior Center staff had an information booth and handed out information. Pascua Yaqui Chairman Julian Hernandez stopped by the Liogue Senior Center booth and took a picture with the staff.



Rebecca Matuz, Chairman Julian Hernandez, Gloria Matuz, Gloria M. Coronado, Cecilia Valencia, Irma Acuña

2024-2025 Senior King & Queen

The newly voted in Liogue Senior Center Senior Royalty attended the 46th Annual Recognition celebration at Pueblo Park on September 21st.



Teresa Escalante & David Ramirez

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.



Left: Ignacio Alvarez, Arnold Garcia, Ramon Gastelo, Amanda Garcia David Dominguez, Chayanne Molina, Linda Escalante, Rosie Matas, XX, Teresa Estrella, Patricia Martinez, Ruby Huslloimea, Estella Martienz, Oscar Martinez

2024 Senior Chair Volleyball Tournament

The Liogue Senior Center Tarook and Chokim teams attended the 2024 Senior Chair Volleyball Tournament hosted by the Pala Band of Mission Indian on September 30th through October 04th.

The Liogue Senior Center Tarook Team returned triumphant; they are the 2024 Senior Chair Volleyball Tournament Champions in the Bronze Bracket. A heart felt CONGRATULATION! We are very proud of both our teams.



Trophy & Game Ball



Front Row: Irma Armenta, Teresa Mena, Nadine Montana, Marta Ochoa
Back Row: Sylvia Cancio, John Mena and Brian Zurflueh

CONGRATULATIONS to team Chokim, they placed 4th in the Hope Bracket. Despite having to play four back-to-back games and being exhausted, they showed the Yaqui spirit of perseverance by continuing and placing. We are very proud of our seniors.



Team Chokim: Yolanda Guerrero, Connie Lopez, Gloria Miranda, Richard Flores, Mary Camargo, Ignacio Gomez & Janie Coronado



October 1st, beginning at Machiwa (Alva), we await our Animam (departed loved ones) who will be leaving the looria (heaven) to visit with us. We invite them to visit by setting a table with a cup of water, coffee, sweet bread, and a candle. The water and food represent their invitation to the home and nourishment during their journey. The candle gives the light to guide them to us.

On this day it is said in this way “Kova Yeu Yehtek” the skull has risen or the time that the spirits rise again. During this month is it typical to hear things dropping or to see spirits. And at times to dream of your loved ones or have sudden memories or familiar scents that they had such as perfumes or colognes or even the smell of cigarettes.

Throughout the month we will keep the candle lit and the cup of water full and fresh coffee in the mornings. This is our way of honoring and remembering them. Every Monday of this month the Maehto and Kopariam will offer prayers to all the community members who passed before us.





DON'T LET THE **FLU** GET YOU!

Flu Vaccines Available!
October 9th, 10th, 11th

Lisgue Senior Center

7601 S. Camino Benem

Tucson AZ, 85757

From 9am - 1pm
Wed. - Thur. - Fri.



COME AND GET
VACCINATED

THE COVID-19

BOOSTER
VACCINE!



WE ARE CURRENTLY VACCINATING:

Liogue Senior Center

7601 S. Camino Benem
Tucson AZ, 85757

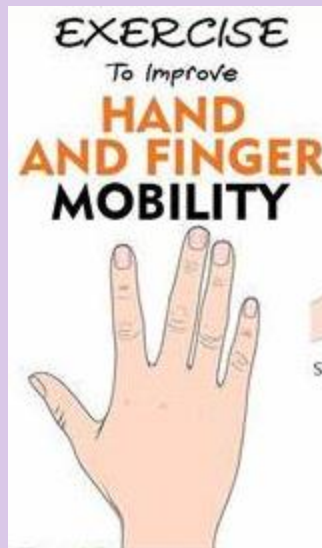
October 16th, 17th, 18th

From 9am - 1pm
Wed.- Thur.- Fri.





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 ☺!





DAVID'S KITCHEN

Baked Chicken Chiles Rellenos

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



Pumpkin Bread

Ingredients:

- | | |
|---------------------------|----------------------------|
| 3 cups sugar | 1½ teaspoons salt |
| 1 cup vegetable oil | 1 teaspoon ground cinnamon |
| 4 eggs | 1 teaspoon nutmeg |
| 3⅓ cups all-purpose flour | ⅔ cup water |
| 2 teaspoon baking soda | 1 15-ounce can pumpkin |

STEPS:

1. Preheat oven to 350°F. Grease the bottom and ½ inch up sides of two 9x5x3-inch, three 8x4x2-inch, or four 7½x3½x2-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 7½x3 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 ¼ cup sugar with an electric mixer on medium speed until combined. Beat in ½ cup sour cream, 1 egg, and 1 tablespoon milk. Stir in 3 tablespoons finely chopped crystalized ginger; set aside. Prepare batter as directed. Pour 1½ 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. Cool as directed; wrap and refrigerate overnight before slicing. Let stand at room temperature for 1 hour before serving.





WORD LIST

BLACK
BROOMSTICK
CANDY
CARVE
CAULDRON
COBWEB
COFFIN
COSTUME
DRACULA
GHOST
HALLOWEEN
HARVEST
HAUNTED HOUSE
JACKOLANTERN
MONSTER
MUMMY
NIGHT
OCTOBER
POTION
PUMPKIN
SCARY
SKELETON
SPIDER
SPOOKY
TOMBSTONE
TREAT
VAMPIRE
WITCH

HALLOWEEN WORD SEARCH

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



<https://www.popskiddies.com>

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!

