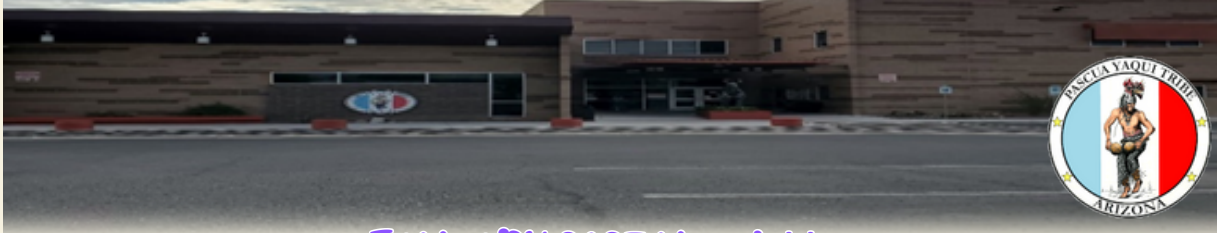


# Pascua Yaqui Tribe Guadalupe Senior Services



## JANUARY 2025 Newsletter

9405 S Avenida Del Yaqui  
Guadalupe AZ 85283

480-768-2000

### Lios Enchim Aniavu Greetings from the Director:

Greetings, Happy New Year to all, as we welcome 2025!, I pray this year is filled with nothing but great blessings for all. Looking back at 2024 I'm filled with gratitude for the impact we all made together, Thanks to your support we had amazing participation at all our senior events. Our goals are to continue to provide nutritional meals, promote exercise and positive socialization. Please continue to come join our luncheons, participate in our exercise classes, chair volleyball, and attend the socialize activities with your peers. We hope to make 2025 even better. Make it a resolution to put "you first".

Continue to look out for Senior Services flyers and don't hesitate to contact your social worker or any team member, I want to make sure that you are not missing out on any fun events or services. Please call us at 520-879-5530-Tucson, 480-768-2000-Guadalupe.

Maria Paisano, MSW  
Senior Services Director

# Welcome 2025

### 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

**Pascua Yaqui Tribe Guadalupe Senior Services Activities  
Calendar**

**9405 S Avenida Del Yaqui Guadalupe Az 85283  
480-768-2000**

**Disclosure: Activities are subject to change**

## JANUARY 2025

Pascua Yaqui Tribe Guadalupe Senior Services Activities Calendar 9405 S Avenida Del Yaqui Guadalupe Az 85283 480-768-2000

Disclosure: Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Happy New Year! Office Closed	2	3	4
5	6	7 Chair VB Practice 10-12p	8	9 Chair VB Practice 10-12p	10	11
12	13	14 Chair VB Practice 10-12p	15	16 Chair VB Practice 10-12p COE Mtg Tucson	17	18
19	20	21 Chair VB Practice 10-12p	22 Movie Day 10-12p	23 Chair VB Practice 10-12p	24	25
26	27	28 Chair VB Practice 10-12p	29	30 Chair VB Practice 10-12p	31	

# News & Events

The next COE meeting will be held on Thursday, January 16, 2025, 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.



## January Holiday's & Events

Jan. 01 New Year's Day - **Tribal Office Closed**  
Jan. 02 National Buffet Day  
Jan. 03 International Mind-Body Wellness  
Jan. 06 Three Kings Day  
Jan. 07 National Bobblehead Day  
Jan. 09 Law enforcement appreciation day  
Jan. 14 National Dress up Your Pet Day

Jan. 19 National Popcorn Day  
Jan. 20 Inauguration Day  
Jan. 20 Martin Luther King Day **OFFICES CLOSED**  
Jan. 21 Grandma Day  
Jan. 21 Mariachi Day  
Jan. 22 National Grandpa Day  
Jan. 26 National Spouse Day  
Jan. 31 National Hot Chocolate Day



# Centered Spirit Program



Out with the old and in with the new! As the ending of one year often comes with a period of self-reflection, so too does the start of a new year come with a period to start fresh and set new goals and intentions. Consider the SMART goals model to set goals that are Specific, Measurable, Achievable, Relevant, and Timely. Although goals can be created for many aspects of well-being such as social, spiritual, financial, physical, environmental, and intellectual, today we ask you to consider goals related to mental and emotional health. Working on emotional well-being will also have the benefit of positively impacting many other areas of well-being, as coming from a place of centeredness can foster clarity, direction and motivation across broad areas of your life. From the folks at CSP, Happy New Year! May 2025 be a year of calm, peace, and emotional well-being!

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. 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. 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



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# Nancy's Corner



## Kick Boxing for Seniors

Instructions:

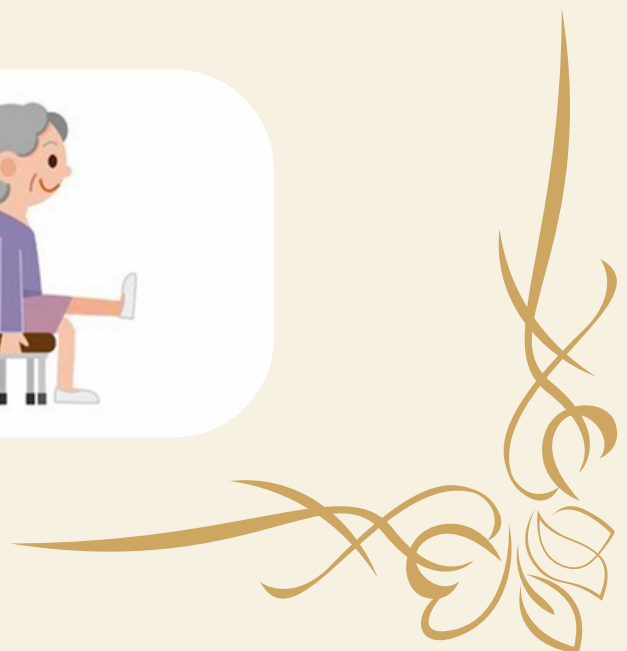
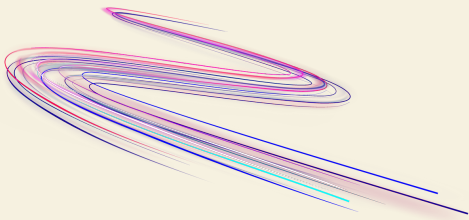
While sitting you can do the Boxing exercise.

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. Right leg lift
2. Left leg lift
3. Alternate (left and right) leg lifts
4. Alternate left and right and forward punch.

Remember to work on this exercise throughout the month. Have fun!



# DAVID'S KITCHEN



## Maple-Smoked Salmon Fillet

### Ingredients:

1 2-pound fresh or frozen salmon fillet (with skin), about 1 inch thick  
½ cup pure maple syrup  
1 Tablespoon coarsely cracked mixed peppercorns  
6 to 8 alder or apple wood chunks  
2 Tablespoons pure maple syrup



**STEP 1:** Thaw salmon if frozen. Rinse fish; pat dry. Place fish in a resealable plastic bag set in a baking dish. For marinade, in a bowl mix the ½ cup maple syrup, 2 tablespoons water, peppercorns, and ¼ teaspoon salt; pour over fish; seal bag. Marinate in the refrigerator for 60 minute, turning occasionally.

**STEP 2:** Drain fish, discarding marinade. Lightly sprinkle fish with additional salt.

**STEP 3:** In a smoker arrange preheated coals, wood chunks, and water pan according to the manufacturer's directions. Pour water into pan. Place fish, skin side down, on grill rack over water pan. Cover and smoke for 45-60 minutes or until fish begins to flake when tested with a fork. Brush fish with the 2 tablespoons maple syrup. Cover and smoke for 5 minutes more. To serve, cut salmon into four pieces, cutting to but not through the skin. Carefully slip a metal spatula between fish and skin, lifting fish away from skin.

## Corn Bread

### Ingredients:

1 cup sifted all-purpose flour 1 cup yellow or white corn meal  
3 teaspoons baking powder 1 cup milk  
1 teaspoon salt ¼ cup oil or melted vegetable shortening  
2 tablespoons sugar



**STEP 1:** Grease an 8 x 8-inch baking pan. Preheat Oven to 400° F.

**STEP 2:** Sift together pre-sifted flour, baking powder, salt, and sugar

**STEP 3:** Place in mixing bowl: stir in corn meal. Make a well in center of flour mixture: add eggs and milk: stir in flour from sides and beat just until dry ingredients are moistened. Add shortening.

**STEP 4:** Pour into baking pan: bake until top is lightly browned-about 30 minutes. Cut into squares and serve immediately with butter.



# Guadalupe Seniors 2024 Christmas Party





# Guadalupe Seniors 2024 Christmas Party





# PUZZLE \* FUNNIES





## HAPPY NEW YEAR

Wordsearch

Search for the words going up, down, left and right.



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

CELEBRATION	COUNTDOWN	EXTRAVAGANZA
FIREWORKS	GATHERING	INVITATION
JANUARY	MIDNIGHT	NOISEMAKER
PARTY	RESOLUTION	TRADITION



DOMESTICMOMMYHOOD.COM

Happy  
New Year

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