

*September 2024*

Pascua Yaqui Tribe  
Department of Senior Services  
Lioque Senior Center

*Newsletter*

**LIOS ENCHIM ANIAVU  
GREETINGS FROM THE DIRECTOR**

Greetings and Happy September this is a special month to celebrate our Tribal Recognition and to Thank all the tribal leaders who helped us get here. The grand celebration will be on Saturday, September 21, 2024, at Pueblo Park, the Senior Services Department will have an information booth with some special treats, we hope to see you all there. To all the wonderful Grandparents, I want to wish you a very Happy Grandparents Day, Grandparents Day was on September 8, 2024.

If you are not signed up for our senior services, please call 520-879-5530 and ask for a social worker. We are here to serve you. Have a blessed September.

**Maria Paisano, MSW**  
**Senior Services Director**

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**ADMINISTRATION**

**Lioque Senior Center Management**

7601 S. Camino Benem  
Tucson, AZ 85757  
Help Desk Number - 520-879-5530

**Maria Paisano, MSW, Director**  
520-879-5546  
[maria.r.paisano@pascuayaqui-nsn.gov](mailto:maria.r.paisano@pascuayaqui-nsn.gov)

**Rebecca Matuz, Program Manager**  
520-879-5539  
[rebecca.matuz@pascuayaqui-nsn.gov](mailto:rebecca.matuz@pascuayaqui-nsn.gov)

**Albert Garcia, CHR**  
520-879-5531  
[albert.o.garcia@pascuayaqui-nsn.gov](mailto:albert.o.garcia@pascuayaqui-nsn.gov)

**Gloria M. Coronado, Editor**  
520-879-5535  
[gloria.m.coronado@pascuayaqui-nsn.gov](mailto:gloria.m.coronado@pascuayaqui-nsn.gov)

## **SEPTEMBER** **HOLIDAY AND EVENTS**

- 09/02/24 Labor Day**  
**(PYT OFFICES CLOSED)**
- 09/08/24 Grandparents Day**
- 09/10/24 World Suicide Prevention Day**
- 09/18/24 Tribal Recognition Day**  
**(PYT OFFICES CLOSED)**
- 09/21/24 Tribal Recognition Event**
- 09/27/24 Native American Day**



### **COUNCIL OF ELDERS (COE)**

The next COE meeting will be held on Thursday, September 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.

### **SENIOR OF THE MONTH**

**CONGRATULATIONS** to Carlos Contreras!

Carlos had been selected as Senior of the Month for September. Your Social Worker, Victor Campoy, will contact you regarding your gift.



### **EMPLOYEE OF THE MONTH**

**CONGRATULATIONS** to **Latasha Rivas Lujan**, Employee of the Month for September!

Latasha, LSC Cook is a hard worker who always goes beyond our kitchen expectations. Despite having a lot of work, she continues to keep up with the daily production without complaint. She has excellent communication, teamwork skills, and very dependable attendance, that makes the work place a positive environment. She is knowledgeable in all aspects of the kitchen and willingly shares her expertise. Latasha does a great job keeping prep cooks productive while preparing meals and treats everyone around her with respect and is helpful and kind to all employees. With great pleasure I congratulate Latasha as the Employee of the Month.



# UNIVERSITY OF ARIZONA FIRST FOOTBALL GAME

AUGUST 31<sup>ST</sup>, 2024



# ALL NATIVE CHAIR VOLLEYBALL TOURNAMENT

SATURDAY, SEPTEMBER 7, 2024

Congratulations to all teams who participated!

1<sup>st</sup> Place: Tarooks

2<sup>nd</sup> Place: Gila River

3<sup>rd</sup> Place: Chokim





## Tip Sheet: Home Safety Tips for Older Adults

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

### Keep emergency numbers handy

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Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's office

### Prevent falls

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- If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- Ask your provider if you would benefit from an exercise program to prevent falls.
- If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.

### Safety-proof your home

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- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- Tape all area rugs to the floor so they do not move when you walk on them.

### Protect against fire and related dangers

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- If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your apartment or home.
- When you're cooking, don't wear loose clothes or clothes with long sleeves
- Replace appliances that have fraying or damaged electrical cords.
- Don't put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the battery twice a year.
- Never smoke in bed or leave candles burning, even for a short time, in an empty room.
- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.

### Avoid bathroom hazards

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- Set the thermostat on the water heater no higher than 120° F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

### Prevent poisoning

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#### Carbon Monoxide

- Never try to heat your home with your stove, oven, or grill since these can give off carbon monoxide--a deadly gas that you cannot see or smell.
- Make sure there is a carbon monoxide detector near all bedrooms, and be sure to test and replace the battery two times a year.

#### Medications

- Keep all medications in their original containers so you don't mix up medicines.
- Ask your pharmacist to put large-print labels on your medications to make them easier to read.
- Take your medications in a well-lit room, so you can see the labels.
- Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.

#### Cleaning products

- Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases.

## Protect against abuse

- Keep your windows and doors locked at all times.
- Never let a stranger into your home when you are there alone.
- Talk over offers made by telephone salespeople with a friend or family member.
- Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know who contact you.
- Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.

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### Nancy's Corner



### Wake up Exercise:

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

1. Lift both legs at the same time in a straight position
2. Lift your left leg up and down (straight) - 10x
3. Lift your right leg up and down (straight) - 10x
4. Lift both legs up and down at the same time - 10x

**REPEAT IF NEEDED**

Now you have blood and oxygen flow throughout your body and your brain is awake!





## David's Kitchen

### Waaka Vaki Vaawa (Soup) - prepared by Ramona Cupis

- 2 lbs short ribs
- 2 whole medium cabbage cut into thirds
- 6 large carrots pared and cut into thirds
- 2 lbs if fresh green beans
- 6 large squash cut into thirds
- 2 lbs bag of corn on the cob cut in halves
- 3 bags of garbanzo beans (presoaked with hot water)
- 4 bay leaves
- Salt to taste



Using a large stock pot, place beef ribs, garbanzo beans, bay leaves, and salt in water and boil for 1 hour. Then add the green beans, carrots, and corn and cook for another hour. Next add cabbage, squash, and cook for 2 more hours or until the meat and vegetables are tender.

### Levadura Paanim (Yeast Bread)

- 5 pounds flour
- 3 packets dry yeast
- ¼ cup sugar
- 1 tablespoons salt
- 1 ½ cups powdered milk
- 2 tablespoon baking powder
- 2 cup vegetable shortening
- 1 quart water

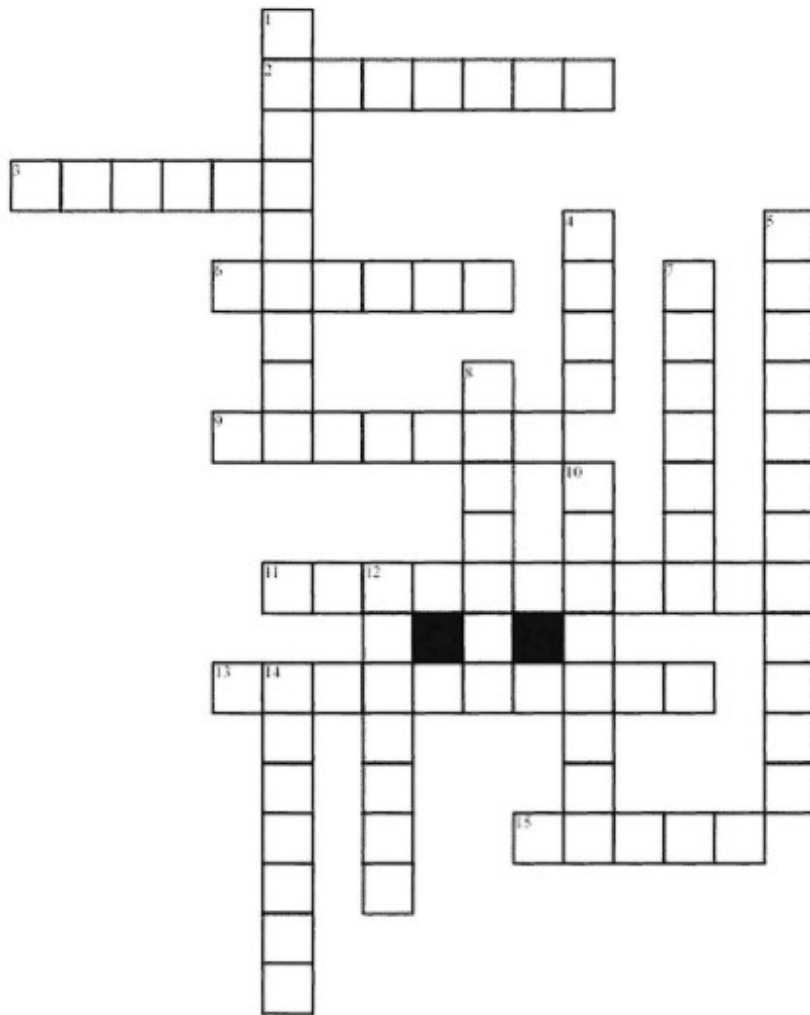
Mix all ingredients together and then add lard. Mix with warm water. Do not use hot water. Knead mixture into soft, smooth dough. If mixture gets too mushy, you can add more flour. Put lard on dough and cover for 1 to 2 hours with plastic. After the dough rises, form the dough into 2-inch diameter balls and put them on cookie sheets. Press the middle part then cover dough with plastic for 45 minutes - 1 hour. After 45 minutes or more, put them in to the oven at 425 degrees (450 degrees is too hot). Put two trays in oven: one on top rack and other on the bottom rack. Switch the trays midway through baking to even the browning of the rolls. Depending on the oven, bake it for an hour or less, **Makes 72 servings.**

PER SERVING: (1 serving=1 roll)

<b>Calories</b>	<b>175</b>	<b>Carbohydrate</b>	<b>26 gm</b>
<b>Protein</b>	4 gm	Fiber	1 gm
<b>Total Fat</b>	6 gm	Sat Fat	1 gm
<b>Cholesterol</b>	0.5 mg	Sodium	152 mg

Percent calories from fat 30 %

- Courtesy of Yoemem Tekia Foundation



**Across**

- 2. To have answered a question asked by a person
- 3. A form of punctuation used to link words
- 6. A state of matter that has a definite volume but indefinite shape
- 9. A person who fixes sinks, toilets, showers

- 11. What we ask for when we have done something wrong to another
- 13. What the children are called down a family line
- 15. To show sorrow or to give someone a hard time.

- 5. The middle break in a play or show
- 7. a form of note taking or to highlight the main points
- 8. To briefly state or say something

**Down**

- 1. The head of a school
- 4. A story about something that is not real

- 10. A machine that takes people up and down in a building
- 12. To re-use something
- 14. To show how to do something

**Word Bank**

- |             |           |              |         |         |
|-------------|-----------|--------------|---------|---------|
| forgiveness | plumber   | intermission | hyphen  | outline |
| myth        | grief     | descendant   | example | replied |
| liquid      | principal | elevator     | recycle | mention |