



November 2024 Newsletter

9405 S Avenida Del Yaqui Guadalupe Az 85283

480-768-2000

### Lios Enchim Aniavu Greetings from the Director:

Greetings, and Happy December, wow! where did the year go? It was a very busy year with so many changes, I am looking forward to 2025. Let us end the month with positive energy and remember to make time for selfcare, as we welcome the winter weather, stay warm, stay healthy and spend time with family and friends. As we start to wrap up 2024, I want to say how happy I am to have shared so many memories with you, all the wonderful luncheons and trips we shared were so much fun. I also want to send my condolences to all the families who lost a loved one, we lost many of our beloved seniors this year and they will be greatly missed, may they rest in peace and give us the strength to carry on.

Please look out for flyers as we have scheduled our Christmas party on December 19th at the Casino Del Sol Conference Center, please come out and join us, this will be a very fun event you do not want to miss it. Merry Christmas to everyone may your days be filled with 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



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

Due to the Holiday's and our Senior's Christmas Party, there will not be a COE Meeting for the month of December.

Hope to see you all at our Senior's Christmas Party



### **December Holiday's & Events**

- Dec. 01 National Christmas Lights Day
- Dec. 02 Walt Disney Day
- Dec. 03 Let's Hug Day
- Dec. 07 National Pearl Harbor Day of Remembrance
- Dec. 09 Christmas Card Day
- Dec. 12 Feast of Our Lady of Guadalupe
- Dec. 13 Friday the 13th

- Dec. 15 National Cupcake Day
- Dec. 16 National Chocolate Covered Anything Day
- Dec. 19 Seniors Christmas Party in Tucson
- Dec. 24 Christmas Eve Tribal Office Early Closure
- Dec. 25 Christmas Day Tribal Office Closed
- Dec. 26 National Thank You Note Day
- Dec. 31 New Year's Eve



\* Monday - December 9, 2024 / \* Lunes-Diciembre 9, 2024 6:00 p.m. - Mass on the Feast day of Saint Juan Diego, and blessing of roses and Saints at the (Santa Lucia Temple - Yaqui Temple) 6:00 p.m. - Misa en el dia del la Celebracion de San Juan Diego y bendicion de los Santos y de las rosas en el Templo de Santa Lucia

\* Wednesday - December 11, 2024 / \* Miercoles - Diciembre 11, 2024

6:00 p.m. - Vigil of Our Lady of Guadalupe at Santa Lucia Temple 6:00 p.m. - Vispera de Nuestra Señora de Guadalupe en el Templo de Santa Lucia

12:00 midnight - Arrival of Pilgrimage of Our Lady of Guadalupe



6:00 p.m. - Mass at the templo of Saint Lucia for Our Lady of Guadalupe 6:00 p.m. - Misa en el Templo de Santa Luica para La Virgen de Guadalupe

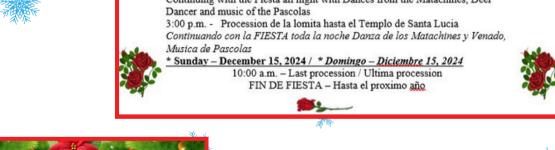
\*Friday - December 13, 2024/ \*Viernes - Diciembre 13, 2024

3:00 p.m. - Vigil for Our Lady of Guadalupe at the Lomita all night / Velacion de Nuestra Señora de Guadalupe en la Lomita toda la noche 8:00 p.m. - Rosary / Rosario 12:00 mid night - Mass at the Lomita / Misa en la Lomita

\*Saturday - December 14, 2024 / \*Sabado - Diciembre 14, 2024

3:00 p.m. - Procession from hill to Santa Lucia Temple Continuing with the Fiesta all night with Dances from the Matachines, Deer Dancer and music of the Pascolas

















Holidays are synonymous with joy and celebration but with the season of merriment often also comes increased stress. Grief and loss issues, financial challenges, overbooking and planning events, unrealistic societal expectations and family tensions are common triggers that emerge during the holiday season. Many turn to unhealthy coping skills during this time (i.e., the 8-week period between the second week of November and the second week of January accounts for 60% of annual alcohol sales). Preparing in advance to practice healthy coping skills can help, such as removing alcohol and substances from the home, getting in the practice of a good sleep routine, and having safe, healthy coping skills readily available. Be an advocate for friends and family by looking out for signs of stress in others and sharing in person or on social media about your own ideas for healthy coping skills. With a little forethought and preparation, the holiday season can be a time of peace and togetherness. From the folks at CSP, Happy Holidays, please take care of yourselves and each other!

# 15 UNHEALTHY Coping Skills

1. Leave without warning 2. Fighting & negative comebacks

3. Defensiveness

4. Flight-mentally

5. Sleeping away the problem 6. Passive-aggressive behavior (ultimatums)

7. Negative body language: crossed arms, rolled eyes, crossed and closed off legs and arms

8. Not listening but jumping in waiting to talk

9. Avoiding eye contact

10. Over-eating

11. Under-eating

12. Lack of sleep

13. Letting go of reality

14. Lack of proper hygiene

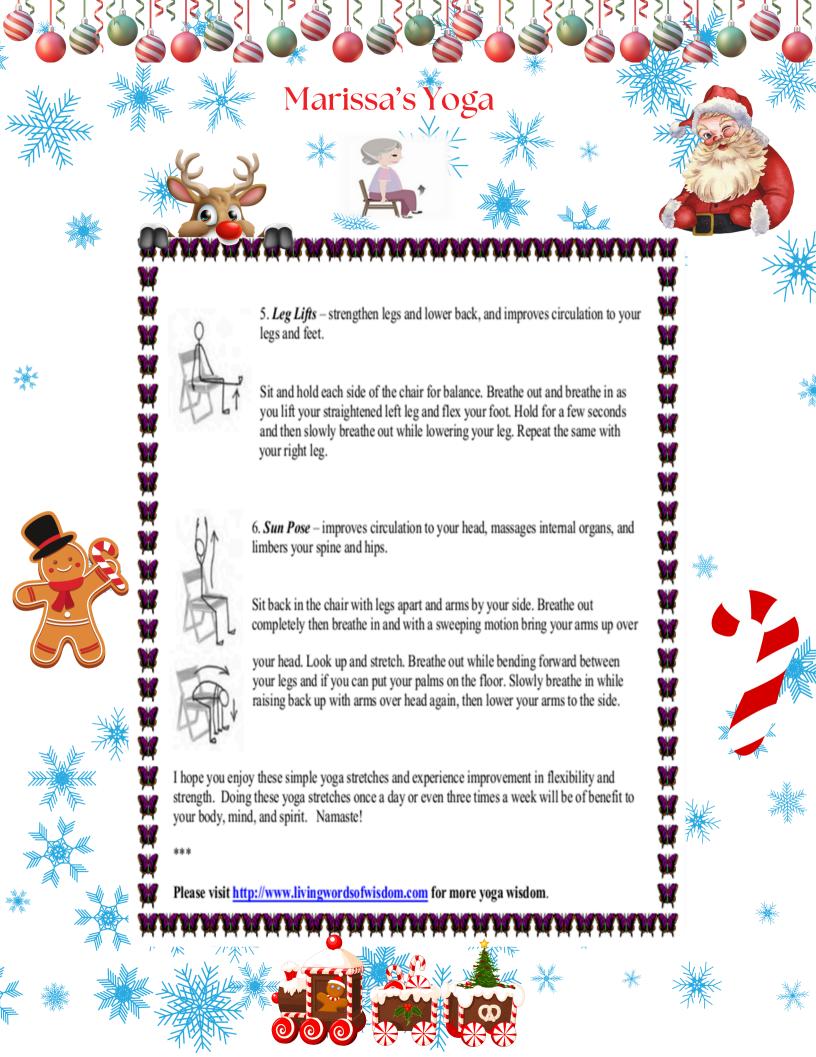
15. Lack of communication

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





Centered Spirit Program is part of the Pascua Yaqui Tribe (PYT) Health Division; services are open to entrolled 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.





Tamales are used for special occasions like weddings, Christmas and All souls' day. For weddings, friends and family of the bride prepare tamales to be given to the family of the groom. These tamales were usually presented in a basket along with tortillas and seet bread and placed outside the groom's family house. The women of the groom family took the basket of tamales and later returned the empty basket with money or something else of equal value. The exchange was considered equal.

#### Masa:

10 pounds fresh masa 2 lbs lard Salt to taste

#### **Red Chili Sauce:**

9 pounds tamale meat
Salt or garlic salt to taste
9 large garlic cloves, cleaned and crushed
1 whole onion (optional)
1 pound powdered chile
5 cups cold water
1/2 cup flour
1/3 cup lard

#### Husk:

1 ½ pounds corn husk
Tamale:
2 16 ox cans pitted green olives
Aluminim foil
1 quart hot water



To prepare the masa, mix all ingredients in a large bowl for about 20min or until lard is thoroughly mixed in.

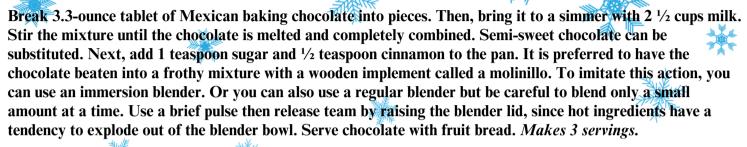
To prepare the meat, cut into small pieces and place beef, whole onion and salt for taste and crushed garlic in a large pot. Cover with cold water and bring to a boil over high heat. As soon as water boils, reduce heat to simmer and cover pot. Let simmer for 3 ½ hours, until beef is tender and shreds easily. Shred meat and set aside.

To prepare the red chile, soak chili in cold water about 5 minutes. Set aside until needed. Saute flour in lard until golden brown. In a 5 quart pot, add chili mixture, stirring constantly to prevent lumps. Boil for 3 to 5 minutes and then add shredded meat.

To prepare corn husk, thoroughly clean husk. Soak up to 3 hours until soft. Drain the water from the husk completely.



- 3 Ounce tablet Mexican baking chocolate
- 2 ½ cups 1% milk
- 1 teaspoon sugar
- 1/2 teaspoon cinnamon



Per Serving:: (1 serving = 1 cup)

Calories	120	Carbohydrates	<u> 17gm</u>
<b>Protein</b>	<u>7gm</u>	Fiber	<u>0gm</u>
Total Fat	3gm	Sat fat	<u>2gm</u>
Cholesterol	10mg	Sodium	102mg

**Percent Calories from fat 22%** 



### **Chokolaate (Hot Chocolate II)**

This Chocolate drink is often served with sweet bread at baptisms, weddings, confirmations, and other celebrations.

- 2 ½ gallons of water
- 3 cinnamon sticks
- 1 can unsweetened cocoa mix
- 6 cans evaporated milk
- 1 8oz can sweetened condensed milk

In a large cooking pot, boil water and cinnamon stick until water turns a burgundy color. Remove cinnamon, lower heat and simmer. Mix cocoa mix and evaporated milk well with a whisk. While mixing the cocoa and milk, pour mixture into the pot on low heat. Continue stirring and add condensed milk. Stir until mixture is thoroughly heated before serving. *Makes 50 servings* 

Per Serving: (1 serving = 1 cup)

<b>Calories</b>	85	<u>Carbohydrate</u>	<u>15gm</u>
Protein	<u>6gm</u>	Fiber	<u>5gm</u>
<b>Total Fat</b>	3gm	Sat Fat	2mg
Cholesterol	5gm	Sodium	55mg
WA		77794753622	

Percent calories from fat 25%









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## **GINGERBREAD**

#### WORD SEARCH PUZZLE

ARMS BAKE AKESPORDMUG BUTTER S U GARB CANDY TMEGPCU JNU CINNAMON RGF LOURL COOL HNR I NSHL I CUT DECORATE N N SE 0 H **EGGS** GJCOGEY URY **FLOUR** E S ME S D **GINGERBREAD** KSYAAR S **GUMDROPS** HOLIDAY NRNNN B HOUSE T E IEEGNRL ICING PRC P N **LEGS** LWLCKP I MAN MIX DHKNBNU T S P MOLASSES HCUTLDMCJLEOIID MOUTH NUTMEG **NUTS** 

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



OVEN

RECIPE

SUGAR TOWN VANILLA WOMAN YUMMY

**SPRINKLES** 











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