



Pascua Yaqui Tribe Guadalupe Senior Services

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
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Angelina Valencia - Social Worker I
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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

2024

d e c e m b e r

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3 VB Practice 10-12pm	4	5 VB Practice 10-12pm	6	7	8
9	10 Volleyball Team Travel to Ak-Chin Tournament	11	12 VB Practice 10a Arts & Crafts 10-12p	13	14	15
16	17 VB Practice 10-12pm	18 Movie Day 10am -12p	19 Christmas Party in Tucson 10a-2p	20 Tribal Office Early Closure 2p	21	22
23	24 Tribal Office Early Closure 12p	25 Tribal Office Closeed Merry Christmas!	26	27	28	29
30	31 NEW Year's Eve					

MERRY & BRIGHT

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.

LIOGUE SENIOR CENTER

CHRISTMAS PARTY

THURSDAY | 19 | DECEMBER

10:00am - 2:00pm

Casino Del Sol -
Conference Room
5655 W VALENCIA RD.
TUCSON

55 & OVER ONLY

TRANSPORTATION WILL BE
PROVIDED
LIMITED SEATING
FIRST COME FIRST SERVED
CALL TO RESERVE YOUR SEAT

ALMA VALENZUELA
480-768-2045

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

Guadalupe Itom Hiapsi News & Events



Fiesta de La Virgen de Guadalupe

Saturday – November 30, 2024 / * Sabado – Noviembre 30, 2024

6:00 p.m. – Novena of Our Lady of Guadalupe and Juan Diego at different homes in the community / *Novenario de Nuestra Señora de Guadalupe y San Juan Diego en diferentes casas en la comunidad*

*** 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 día de la Celebración de San Juan Diego y bendición 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*

*** Thursday – December 12, 2024 / * Jueves – Diciembre 12, 2024**

Día de La Virgen de 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 Lucia 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

3:00 p.m. - Procession of the lomita hasta el Templo de Santa Lucia
Continuando con la FIESTA toda la noche Danza de los Matachines y Venado, Musica de Pascolas

*** Sunday – December 15, 2024 / * Domingo – Diciembre 15, 2024**

10:00 a.m. – Last procession / *Ultima procession*
FIN DE FIESTA – *Hasta el proximo año*



Guadalupe Community
Christmas Party
December 23rd
2:00 p.m. – 6:00 p.m.
Between Santa Lucia Temple and Our Lady of Guadalupe Church
Food, games, arts and crafts
Music
MARINE CORPS RESERVE
TOYS FOR TOTS



Centered Spirit Program

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



5 Tips To Manage Holiday Stress

1



Keep It Simple

- Do Less and Enjoy More
- Establish a Budget for Gift Giving
- Make Homemade Gifts
- Start a Family Gift Exchange

2



Forget About Perfection

- Stick to Your Daily Routine as Much as Possible
- Plan Ahead
- Make Lists of Tasks and Errands
- Prioritize What You Want to Accomplish
- Keep Old Holiday Traditions That You Enjoy
- Add New Holiday Traditions to the Old Ones
- Slow Down and Enjoy the Season
- Don't Fret If You Can't Do It All!

3



Attend to Your Self-Care

- Don't Overindulge on Food and Alcohol
- Maintain a Healthy Diet
- Exercise - Even a Short Walk is Helpful
- Take 10 Minutes for Quiet Time When Needed
- Get Enough Sleep
- It's Okay to Say "No" to Requests
- Ask for Help When You Need It

4



Acknowledge Emotions & Feelings

- Holiday Time Can Make You Happy
- Holiday Time Can Make You Sad
- Holiday Time Can Bring Frustration
- Holiday Time Can Be Lonely
- Ride the Wave of Holiday Emotions
- Reach Out To Friends, Family, or a Counselor For Support
- ALL EMOTIONS ARE VALID

5



Focus on Kindness and Gratitude

- Enjoy Time With Family and Friends
- Pick Your Battles When Tensions Are High
- Donate Money or Time to Charity
- Practice Acceptance, Forgiveness, & Gratitude

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.



Marissa's Yoga



5. *Leg Lifts* – strengthen legs and lower back, and improves circulation to your legs and feet.



Sit and hold each side of the chair for balance. Breathe out and breathe in as you lift your straightened left leg and flex your foot. Hold for a few seconds and then slowly breathe out while lowering your leg. Repeat the same with your right leg.

6. *Sun Pose* – improves circulation to your head, massages internal organs, and limbers your spine and hips.



Sit back in the chair with legs apart and arms by your side. Breathe out completely then breathe in and with a sweeping motion bring your arms up over your head. Look up and stretch. Breathe out while bending forward between your legs and if you can put your palms on the floor. Slowly breathe in while raising back up with arms over head again, then lower your arms to the side.

I hope you enjoy these simple yoga stretches and experience improvement in flexibility and strength. Doing these yoga stretches once a day or even three times a week will be of benefit to your body, mind, and spirit. Namaste!

Please visit <http://www.livingwordsofwisdom.com> for more yoga wisdom.





DAVID'S KITCHEN

Nohim (Tamales)

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
½ cup flour
1/3 cup lard

Husk:

1 ½ pounds corn husk

Tamale:

2 16 oz cans pitted green olives
Aluminum 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.

Chokolaate (Hot Chocolate I)

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

Break 3.3-ounce tablet of Mexican baking chocolate into pieces. Then, bring it to a simmer with 2 ½ cups milk. Stir the mixture until the chocolate is melted and completely combined. Semi-sweet chocolate can be substituted. Next, add 1 teaspoon sugar and ½ teaspoon cinnamon to the pan. It is preferred to have the chocolate beaten into a frothy mixture with a wooden implement called a molinillo. To imitate this action, you can use an immersion blender. Or you can also use a regular blender but be careful to blend only a small amount at a time. Use a brief pulse then release team by raising the blender lid, since hot ingredients have a tendency to explode out of the blender bowl. Serve chocolate with fruit bread. *Makes 3 servings.*

Per Serving:: (1 serving = 1 cup)

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

<u>Calories</u>	<u>85</u>	<u>Carbohydrate</u>	<u>15gm</u>
<u>Protein</u>	<u>6gm</u>	<u>Fiber</u>	<u>5gm</u>
<u>Total Fat</u>	<u>3gm</u>	<u>Sat Fat</u>	<u>2mg</u>
<u>Cholesterol</u>	<u>5gm</u>	<u>Sodium</u>	<u>55mg</u>
Percent calories from fat 25%			



Guadalupe Seniors 2024 Thanksgiving Luncheon



Guadalupe Seniors 2024 Thanksgiving Luncheon





PUZZLE * FUNNIES



GINGERBREAD

WORD SEARCH PUZZLE

- ARMS
- BAKE
- BUTTER
- CANDY
- CINNAMON
- COOL
- CUT
- DECORATE
- EGGS
- FLOUR
- GINGERBREAD
- GUMDROPS
- HOLIDAY
- HOUSE
- ICING
- LEGS
- MAN
- MIX
- MOLASSES
- MOUTH
- NUTMEG
- NUTS
- OVEN
- RECIPE
- SPRINKLES
- SUGAR
- TOWN
- VANILLA
- WOMAN
- YUMMY



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

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



Merry
Christmas
and
Happy New Year



Crabby Road

1-29-12



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12-22-13



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