



San Xavier District Wa:kNewsletter

October 2021 ~ Volume 31~ Issue 10

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LITTLE RAINS MONTH ~ The month of planting squash

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S-ke:g Tas Wa:k Elders,

The Senior Services Department will continue to provide limited services due to Covid-19 and San Xavier District is in Phase Zero. The Senior Services Department is serving limited Meals, Home Health Visits, medication pick up/refill and Transportation. Home Health Techs are making calls to elderly clients daily checking on their needs and making sure elders are ok.

The Staff is in the office on Tuesdays and Thursdays to provide our limited services also teleworking Monday, Wednesday and Friday. All staff are answering work cell phones Monday thru Friday 8-5 to assist our elderly clients and other departments. We will continue this Phase until further notice.

Please continue to be safe, wash/sanitize hands and wear your mask. If you have any questions or concerns please contact me at 520-573-4064 or 520-585-3241.

Continue to be safe,
Marian Joaquin
Wa:k Senior Services Program Director



Hello Wa:k Community,

Safety: Halloween Safety Tips

- ◇ A responsible adult should accompany young children on the neighborhood rounds.
- ◇ If your older children are going alone, plan and review a route acceptable to you.
- ◇ Agree on a specific time children should return home.
- ◇ Teach your children never to enter a stranger's home or car.
- ◇ Instruct children to travel only in familiar, well-lit areas and stick with their friends.
- ◇ Tell your children not to eat any treats until they return home.
- ◇ Children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street.
- ◇ Beware of dogs.

Community:

The virus continues to spread please do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least six feet distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- **Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.**
- **Keep your family safe.**

In case you haven't noticed numerous signs have been placed throughout the community regarding the Covid-19. Please abide by said signs and do your part to help stop the spread of the virus. Additional signs will be posted within the community.

Important Telephone numbers:

Emergency	911
Tohono O'odham Police	383-3275 or 383-3276
T.O.N Animal Control	383-6482
Ranger Department	807-8499
S X Ranger cellphone	471-8092
Ranger Supervisor	807-8484

Stats for August 2021

Community Assist – 2	Trespassing – 1	Illegal Dumping - 4
Animal Control – 6	Suspicious Activity – 2	Property Damage - 3
Assist Other Agency – 2	Assist Other Dept. – 1	Public Assist - 4

REMINDER:

When visiting the Ha:san Cemetery please close the gates behind you. On several occasions we have found the gates left open. This allows cattle and horses to enter the cemetery. If you drive through the cemetery gate have respect for others, we have caught individuals playing loud music, drinking, shooting, and driving recklessly in the area.

The staff sends their prayers and thoughts to all the families who have lost a loved one in the past month, May the Creator be with you during this time.

People Wellness House/O'odham Apedag Ki

Good Day Everyone,

My name is Lauri L. Jose. I am the Clinical Therapist at the People Wellness House. I've been here before in 2019. In October 2019, I had my left leg amputated due to flesh eating bacteria. I spent 8 months in hospitals and rehabilitation centers. In June 2020, I went home. Once home, I began to make greater progress with my movement and strength. I am glad that I had a lot of support from my family.

My goal was to return to work here with the Wa:k Community and in March 2021 I was hired under a contract with the district using Covid monies allocated for Student Counseling. From March to August 2021, I worked with students up to 18 years old at the People Wellness House. In August 2021 I was able to come back permanently as the Clinical Therapist. Now, I will be able to meet with all community members.

I am licensed by the Arizona State Board of Behavioral Health Examiners as a Licensed Independent Substance Abuse Counselor and as a Licensed Associate Counselor. All this means is that I can see people for substance use issues as well as people afflicted with a mental health issue.

At the People Wellness House, we attend to the mind, body, spirit, emotional, physical, and mental. Due to the pandemic, we are currently scheduling phone or virtual sessions. Sessions can be scheduled through the Program Administrator, Marcine Lopez. The PWH can also assist with making referrals to residential treatment centers and other behavioral health agencies in the Tucson area. The pandemic has been difficult for all of us because we are unable to do our regular activities. As of now it is unknown when we can move towards normalcy. I have been using some simple skills to help me daily.

Body Scan:

1. Get in a comfortable position. You can sit or lay down.
2. Breathe in your nose. Focus on filling your abdomen as you inhale. You can tell if your stomach rises as you breathe in.
3. Breathe out through your mouth, slowly.
4. Breathe in your nose and out our mouth 4-5 times.
5. Think of a positive message for yourself and your body. Some might include "Thank you", "Relax", "We will get through this", "we are OK", or any other positive message you come up with.
6. You can close your eyes or have them open.

7. Look or visualize your toes, continue to breathe as you look or think about your toes say out loud or in your mind the message you chose.

8. Now slowly work your way up your body, breathing and repeating your message. You can go slowly and focus on all the parts of your feet, like the balls of your feet, the arch, the heel. Or you can move from your toes to the rest of your foot. Sometimes, it depends on how much time you have, to determine how fast you go.

Continue breathing and repeating your message to your body all the way to the top of your head. Remembering to breathe and repeat your message.

You can do this exercise first thing in the morning before you get out of bed. Or at night before going to bed. You can even do it in the middle of the day. There are different variations to this exercise, use what works for you.

Stay Safe & Get Vaccinated.

Thank you, and I look forward to serving you.
Lauri L. Jose, MA, LAC, LISAC



Heartfelt greetings to San Xavier District members and readers of the Wa:k Newsletter,

This is James Funmaker, from the People Wellness House. I would like to share with you all something that helps my family and myself during these trying times that we are all faced within the world at this time.

We continue to strive each day to stay calm and controlling when faced with challenges in our daily lives. I would say that this would be called resiliency which means to work at recovering on a daily basis to cultivate wellbeing. Meaning to live in our faith in the creator, it is said that we are a living prayer and we are our own altar that lives inside of us our spirit. It's like we are being given a chance to overcome as a community, world and, personally to empower and support each other through love, compassion and kindness that is the true gift from the creator! There is light at the end of the tunnel or illumination which means to enlighten ourselves through the creator and, Mother Earth's love and beauty, we are all beautiful!

My ancestor and myself thank you from our hearts for taking the time to read this prayer that we have shared with you all today!

With great respect and love ,
James Funmaker

San Xavier Mission

Housing

Hello San Xavier Community. This past month the community has been dealing with electrical power outages and other electrical service issues. While these service issues are occurring, please contact TOUA Electrical Service Department. Their phone number is (520) 383-2236. There isn't much that we can do here at the Housing Department to address those electrical service issue, it will be good for TOUA to hear from you.

Remember to change out your air filter regularly. Most common practice is to change the air filter once a month. We are finding that the air filter should be changed out at least every two weeks. Dirty filters cause your AC system to work harder and longer to cool your home, which cost you more money. When the coil gets clogged with dust, they are not easy to clean, and it can be a costly expense when an outside vendor is required to remove the coil and clean it. Please set a reminder to change your air filters every two weeks.

Our Housing Department is currently operating on a limited basis per a District order. We are only responding to emergencies and require very little time spent within a home. Should you and have questions, please feel free to contact us at the following phone numbers. Tina Rodriquez (520) 573-4044 and Benito Sanchez (520) 573-4042.

Benito Sanchez
Housing Department Manager

Baptisms: next openings for December
Call 294-4639 to register

Registration for K-9 First Communion Classes
Openings in every grade.
Register as soon as possible.
Call 294-4639

Teen Confirmation and Adult Classes Closed.
We have our maximum of participants.

Now Hiring

**Coyote Store
San Xavier Location**

**We are now hiring for
Cook positions!**

**Vacancies include:
2 - full-time cooks
1 - part time cook**

**Interested applicants may
email to
redfethers3@yahoo.com or
call (520) 993-6438**

**If you use the email address
provided include your phone
number.**

Thank you.

**Keyna Gutierrez
Coyote Store**



September 2021

This year was a successful year for our 60-Day Corn Harvest. Our crops developed in an outstanding condition. They grew to their full potential, and we exceeded our capacity limits; we are happy to say we had a great outcome.

We do hope that you and your family will continue to harvest the 60-Day corn; and pass along the knowledge to the next generation, so that they too can harvest corn. You are welcome to stop by our store and pick up your free small package of 60-Day corn seed, so that you and your family can grow in your own garden for next year.

We will begin harvesting squash, some will be bundled and placed in our store as well.

Contact: Francine Bautista
San Xavier Co-op Farm
Tours & Outreach Coordinator
8100 S. Oidak Wog
Tucson, Arizona 85746
Office Phone:(520) 295-3774
Ext. 7004
Fax Number (520) 741-9309
Outreach@sanxaviercoop.org



San Xavier Co-op Farm Nursery has focused their attention to the Store Nursery Display. Our renovated traditional (Wato) displays a variety of plants and trees that are well acclimated to our environment.

We are working to provide more native plant options. We're still in mid seasonal transition but don't worry, winter plants will start to be available soon!



Feel free to stop by our Community Garden space! Our nursery team manages this area alongside community members who have interest in small scale gardening or just want to spend some time outdoors.

Much work is needed, as we'll be reamending the soil and begin planting for the upcoming season so don't miss out!

I'al Ju:piig Masad

Little Rains Moon

October



Greetings Wa:k Community,
As we are 2 months in of full-day school, most of our students are getting in the groove getting up early and attending class. To the parents, grandparents aunts, uncles and more, please know how much we value the importance of your role as encourager and motivator for your child-you are your child's coach!

Being a positive encourager is possibly the most important role for you child. Please continue to engage in a daily check with your child on their progress asking them to show you the assignments they completed.

Also, for all SUSD parents/guardians, although SUSD no longer offer a hybrid remote learning option, it is important to inform you that you have choices for your child.

For the 2021-2022 school year, families can choose between:

- Traditional, in-person instruction
- Sunnyside Online Success Academy (SOSA)

SOSA is a full-time, fully online learning from home, a personalized Learning model that offers:
5-day per week (no set schedule)
Self-paced learning (different from the curriculum utilized in SUSD schools)
Limited direct interactions with a teacher
Chromebooks will be provided to students

Thank you for your continued support of your child's education.

Looking forward to serving you and everyone else as you continue your education.

Carmen H. Martinez
Program Administrator



SXD Tuition & Books

Applications are reviewed by the SXD Health & Education Committee every 1st Wednesday of the month.

<u>Required Documents</u>
Completed Application
SXD Enrollment-Tribal Enrollment/ Proof of Family Tree
Verification of School Enrollment
Grades from previous semester, if applicable
Billing Statement
Summary of Educational Goals
FAFSA/Award Letter
General Welfare Law (GWL)
W-9

Eligible for:

<u>University</u>	\$2,000
<u>Community College</u>	\$1,000
<u>Vocational/Trade School</u>	\$1,000
<u>Private/Charter School</u>	\$500

Applications available at the SXD Education Center. Call 520.807.8620.



San Xavier District of
the
Tohono O'odham Na-
tion
2018 W. San Xavier
Road





[Facebook.com/sanxaviardistrict](https://www.facebook.com/sanxaviardistrict)



The San Xavier District Plaza currently has two vacant shops available for Native American Arts & Crafts

Shop 1 ~ 165 sf.

Shop 2 ~ 341 sf.

**San Xavier
District of the
Tohono O'odham
Nation**

Attention All Native American Tribal Enrolled

Two Shop Spaces Available For Rent



Please contact
Sandi Alvarez at:
Ph: (520) 573-4008
Email: salvarez@waknet.org

Located Across
from the historic
San Xavier Del
Bac Mission

