

# The Senior Scene

~ Vistas de los Mayores ~



Cover Illustration by Carlos Tafuya

## September 2013

Programs and Activities for Older Adults



offered by the  
Division of Senior Services

# ***CITY OF SANTA FE, DIVISION OF SENIOR SERVICES***

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501

Welcome,

The City of Santa Fe's Division of Senior Services offers a variety of programs and services at five senior centers throughout the City of Santa Fe. If you are age sixty or over, we invite you to make use of our services and facilities and participate in our programs. Most activities are free and only a few request a suggested donation. These are your services and we look forward to meeting you.

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

The newsletter is available at all City of Santa Fe Senior Centers, City-run fitness facilities and public libraries, and senior living communities. It is also available online at [www.santafenm.gov](http://www.santafenm.gov) (by clicking on "A to Z index" in the upper left corner; scrolling down to "S" and clicking on "Senior Services") or at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

- Kristin Slater-Huff, Senior Scene Editor

## **Front Desk Reception**

From Santa Fe **955-4721**  
From outside Santa Fe (toll-free) 1-866-824-8714

**Ron Vialpando, DSS Director** 955-4710

## **Administration**

Cristy Montoya, Administrative Secretary 955-4721  
Sadie Marquez, Receptionist 955-4741

## **Senior Services Registration**

Brenda Ortiz, Database Specialist 955-4722

## **Transportation Ride Reservations** **955-4700**

Fran Rodriguez, Transportation Dispatcher 955-4702  
Linda Quesada-Ortiz, Administrative Secretary 955-4756

## **Nutrition**

Thomas Vigil, Program Administrator 955-4740  
Enrique DeLora, Inventory Supervisor 955-4750

## **Meals On Wheels (for homebound individuals)**

Carlos Sandoval, Program Supervisor 955-4748  
Yvette Sweeney, Administrative Assistant 955-4739  
Robert Duran, MOW Assessments 955-4747

## **Senior Center Programming (Activities)**

Lugi Gonzales, Center Program Manager 955-4711  
Lugi Gonzales, Temp. Coordinator 955-4711  
M.E.G. Center, Ventana de Vida Center  
Cristina Villa, Program Coordinator 955-4725  
Luisa, Pasatiempo, Villa Consuelo

## **In Home Support Services, Respite Care**

### **Homemaker, Non-Medical Personal Care**

Theresa Trujillo, Program Supervisor 955-4745  
Katie Ortiz, Clerk Typist 955-4746

### **Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin. 955-4761  
Louise Kippert, FGP/SCP Admin. Secretary 955-4744

### **Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator 955-4760  
Marisa Romero, Administrative Secretary 955-4743  
FAX Machine - RSVP Office 955-4765

### **50+ Senior Olympics**

Cristina Villa, Program Coordinator 955-4725

### **Miscellaneous**

Lobby Area 955-4735  
Craft Room 955-4736  
Pool Room 955-4737  
FAX Machine - Administration 955-4797  
FAX Machine - Nutrition 955-4794

### **Santa Fe County Information**

Information 992-3094

### **Newsletter Production**

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# *DIRECTOR'S REPORT*

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Dear Patrons,

As many of you are aware, we have been conducting our annual participant reassessment as mandated by our funding source, the Area Agency on Aging (AAA). This reassessment allows us to confirm and update your basic record such as your address, phone number, emergency contact information, etc. as well as update our database as required by the AAA. Please be advised that we uphold the strictest confidentiality and protection of data collected from each of our participants. All registered seniors must update their record with the assistance of administrative staff at the Mary Esther Gonzales (MEG) Senior Center. If you need to schedule a ride to the MEG Center to verify and sign your reassessment form, please call our Transportation office at 505-955-4700. By the same token, we are requesting that all participants complete the Nutritional Health Screening section of the reassessment form. This enables us to address the nutritional needs for individuals who are identified as at-risk, or those most in need of assistance.


Additionally, when completing these forms, you will also receive a copy of our Senior Centers' Code of Conduct. This document outlines criteria that must be adhered to by participants, volunteers, visitors and staff at all centers. Furthermore, when we provide in-home assistance, clients receive a copy of the Clients' Rights and Responsibilities. Basically both of these Codes reinforce that each of us - participants, volunteers, visitors and staff - should be treated with respect and dignity and that certain types of behavior will not be tolerated. It goes further to state what recourse and/or steps to take if you have issues you would like addressed. For your convenience I have included a copy of both of these policies on pages 9 and 10 of this newsletter. Please keep in mind that we appreciate your patronage and encourage you to bring ideas, comments and/or concerns to management's attention. This enhances our services and helps us resolve issues quickly.

I thank you in advance for your cooperation and prompt attention to this important matter that enables us to continue to provide you with quality senior services. I would also like to extend a sincere thank you to the participants who have already completed their reassessments for our Nutrition and In-Home Support programs. We are extremely grateful for your support toward this effort.

As a reminder, there are two major Holidays during the month of September. First, Labor Day is on Monday, September 2nd and all Senior Centers will be closed that day. Also, on Friday, September 6th, the City will close offices at noon in honor of Santa Fe Fiestas. Because Senior Centers will open at 8:00 am and close at 12:00 noon, we will not be serving congregate meals. However, home delivered meals will be on their normal delivery schedule. In addition, Transportation and In-Home Support services will be provided from 8:00 am to noon, with the last ride pick-up at 11:30am. Please make note of these adjusted schedules and coordinate any necessary arrangements in advance to meet your requirements.

I hope you are able to partake in the many festivities this city has to offer during this month. Have a safe and enjoyable September celebration!

Ron J. Vialpando, Director



# ***SENIOR SERVICES PROGRAM INFORMATION***

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## **SENIOR SERVICES REGISTRATION**

Anyone age sixty or over who participates in the transportation, congregate meals or fitness activities offered by the Division of Senior Services (DSS) is asked to register with our program. We can secure program funding each time a registered senior prints his or her name on the sign-in sheet for meals or fitness activities, or uses DSS transportation.

Registration is free. Come to the Mary Esther Gonzales Senior Center (MEG) at 1121 Alto Street any Monday to Friday 8:30am – 4:30pm to register. We will do our best to accommodate you as soon as staff is available. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, and an emergency contact name and phone. You must renew your registration regularly-staff will inform you.

Senior Membership Cards are not required for participation however, if you would like to get one, the cost is \$2. We issue the cards at the MEG Senior Center every Tuesday (except the first Tuesday of each month) from 9:00am to 1:00pm. Please note that cards are not official identification.

### **Eligibility for Senior Services Registration**

Participants must meet the following criteria, per the Older Americans Act:

Be sixty (60) years of age or over; or

Be the legal spouse of a member age 60 or over, residing at the same address; or

Be disabled and living at senior housing surrounding one of the following centers, for meals only; Luisa, Pasatiempo or Villa Consuelo only

For any additional information, please call Brenda Ortiz at 955-4722.

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## **SENIOR TRANSPORTATION INFORMATION**

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**

Ride reservations can be made up to five business days in advance.

When scheduling a ride, please specify if you require a wheelchair lift van.

To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)

You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.

Schedule: Rides are available 8:15 a.m. to 4:30 p.m. Monday through Friday.

Rides to medical appointments are given priority over all other rides.

Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00pm.

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick up time.**

**No more than four one-way trips per person, per day.**

County: For rides outside city limits but within Santa Fe County, call 992-3069.

SF Ride: Persons under age 60 who who are paratransit-eligible **must** use Santa Fe Ride.

Call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride.

For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: There is no transportation on Sept. 2 and only 8:15am to 11:30am on Sept. 6

# SENIOR SERVICES MONTHLY EVENTS

## FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Robert Meinershagen is trained by the N.M. Aging and Long-Term Services Department in determining whether seniors are receiving all the benefits to which they are entitled. Benefits cover such areas as managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low cost health and dental care and more.

**You must make an appointment ahead of time.** To reserve an appointment for a free, individual, half hour counseling session at the Mary Esther Gonzales Senior Center (1121 Alto St.), call 955-4721.

<b>Wednesday</b>	<b>September 4, 11, 18 &amp; 25</b>	<b>8:00 - 11:45 a.m.</b>
<b>Thursdays</b>	<b>September 5, 12 &amp; 26</b>	<b>12:30 - 3:30 p.m.</b>

If you cannot wait for an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at 476-4846 or 1(800) 432-2080.

## CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	September 3	8:30 a.m.
Pasatiempo	Monday	September 9	1:00 p.m.
Ventana de Vida	Friday	September 6	9:30 a.m.
Villa Consuelo	Monday	September 9	10:00 a.m.

## SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	September 18	9:30 a.m.
Travel Committee (Now third Thurs.)	Thursday	September 19	8:45 a.m.
Senior Activity Corp. (Now third Thurs.)	Thursday	September 19	10:00 a.m.
Transportation/Nutrition (meets quarterly)	Tuesday	October 8	9:00 a.m.
Senior Olympics	Wednesday	September 11	9:30 a.m.
RSVP	Tuesday	September 24	10:00 a.m.

## BLOOD PRESSURE, BLOOD SUGAR AND OXYGEN LEVEL TESTS

***All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.*** Tests are conducted by Joanne M. Valdez, RN, BSN, on the following dates:

<b>M.E.G. Center</b> - First and Second Tuesday	Sept. 3 & 10	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thursday	Sept. 5	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thursday	Sept. 12	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo</b> - Third Tuesday	Sept. 17	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thursday	Sept. 19	11:00 a.m. to 12:00 noon



# NEWS & VIEWS

## Senior Center Closures

All Santa Fe senior centers will be closed on Monday, September 2nd for Labor Day. Centers will re-open on Tuesday, September 3rd.

Centers will again be closed at noon on Friday, September 6th in honor of Santa Fe Fiestas. There will be no congregate meals on Friday, but Meals on Wheels will be delivered.

## Jobs for Seniors Available and Celebrate National "Employ Older Workers" Week

America is witnessing a dramatic growth in the number of citizens 55 or older, a trend that will continue through the 21st century. As the population ages, older Americans will play an increasingly important role in our economy and America's leadership in the world marketplace. By 2014, 41% of Americans 55 or older will be employed, making up over 21% of the U.S. labor force. The Committee on Economic Development indicates that employers rate older workers high on characteristics such as judgment, commitment to quality, attendance, and punctuality.

National "Employ Older Workers" Week (the last full week of September) aims to increase awareness of this labor segment and develop innovative strategies to tap it. This is also a time to showcase the Senior Community Service Employment Program (SCSEP), which provides on-the-job skills training to individuals 55 or older with limited financial resources. Since its inception, SCSEP has helped over one million older Americans enter the workforce.

The New Mexico Aging and Long-Term Services Department's Senior Employment Program provides job training and placement for unemployed, income-eligible New Mexicans, age 55 or older, who are interested in updating old skills and developing new ones in a part-time position. The Division of Senior Services frequently hires seniors from this program. If you would like to learn more, please call Howard Schulman at 476-4532.



## Walk to End Alzheimer's Disease

**alzheimer's association®**

the compassion to care, the leadership to conquer

Alzheimer's disease is the sixth-leading cause of death and the only one in the top 10 without a way to prevent, cure or even slow its progression. More than 38,000 New Mexicans are living with the disease today. Mothers, fathers, spouses, grandparents, children and friends suffer from this devastating and heartbreaking disease that steals their lives. We need to change our future.

Walk to End Alzheimer's is the single largest fundraiser for the Alzheimer's Association, both locally and nationally. The New Mexico Chapter of the Alzheimer's Association offers educational programs and training around the state, caregiver respite assistance program, a free quarterly newsletter and a toll free helpline. In addition, the Association assists with registration in the Safe Return Program for patients who wander; acts as a legislative advocacy body for patient rights; and maintains a network of more than 40 support groups statewide. All of these services are provided confidentially and free of charge.

Please join the New Mexico Alzheimer's Association on Saturday, September 14th at the Railyard to raise research funds and awareness. There will be sponsor health tables, walking, mariachis, dancing, breakfast burritos, a raffle and most importantly, an opportunity to raise funds to continue to learn about and prevent Alzheimer's disease in Northeastern New Mexico.

To sign up with a team or on your own, call (505) 266-4473 or e-mail [melissa.spiers@alz.org](mailto:melissa.spiers@alz.org).

## HAPPY BIRTHDAY!

The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of September.

Rita Gallegos	9/2
Pita Vasquez	9/5
Amelia Garcia	9/6
Socorro Arroyo	9/19
Mary Grace Saiz	9/22



# NEWS & VIEWS

## Hungry Mouth Festival Sept 14th

By Rosario Gonzales



St. Elizabeth Shelter will host its first-ever Hungry Mouth Festival on Saturday, September 14th, at the Farmers Market Pavilion. The festival will celebrate St. Elizabeth's 27 years of providing much-needed programs and services to the homeless individuals and families of Santa Fe and Northern New Mexico.

From our start in a small rented house on Don Gaspar with men sleeping on mats in the basement, today we operate two emergency shelters – one for men and another for women and families – three separate supportive housing facilities for seniors, families and adults with disabilities, a twice-weekly daytime Resource Center providing meals, clothing, a legal clinic and a monthly Homeless Court. Altogether, last year we assisted 2,165 men, women and children while providing them with 40,086 bed nights of shelter and 52,172 meals – the latter an all-time record. But our goal is to move people from homelessness into housing, and we were successful with more than 52 percent of those staying with us in 2012.

The Hungry Mouth Festival will feature a cooking competition among four teams of volunteer chefs each supervised by a local celebrity chef. We have Rocky Durham of the Santa Fe Culinary Institute, Roland Richter of Joe's Diner, Martin Rios of Restaurant Martin and Michelle Roetzer of the Santa Fe Community College and Santa Fe School of Cooking. Each team will prepare an appetizer, two savory entrees and a dessert as guests listen to music, participate in a bucket auction and enjoy the festivities.

Tickets are \$100 each, and all proceeds go to support St. Elizabeth's work in our community. Even today, we remain the only year-round, full-service homeless shelter in all of Northern New Mexico.

Please call if you would like to volunteer in helping with the Hungry Mouth Festival, for more information at 982-6611 x 108, email me at [volunteer@steshelter.org](mailto:volunteer@steshelter.org) or visit our website at [www.steshelter.org](http://www.steshelter.org).

## Volunteer Drivers Wanted

We are currently looking for dedicated volunteers, between the ages of 55 and 75, to help transport our senior clientele to and from various destinations (home, grocery stores, doctor appointments, etc.)

Volunteers will be registered as RSVP participants, must possess a valid driver's license. Before service, volunteers will attend the City of Santa Fe's Defensive Driving Course and pass a state background check.

If you are interested, please contact either Robert Chavez or Fran Rodriguez at 955-4700.

## Leukemia & Lymphoma Patient Financial Aid

**someday is today**



The Leukemia & Lymphoma Society is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. They offer a variety of programs and services in support of their mission: To cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

The Leukemia & Lymphoma Society (LLS) provides a limited amount of financial assistance to help patients with financial need. The Patient Financial Aid Program offers up to \$100 per year to help patients offset expenses. Receipts for expenses aren't required. To apply, you must reside in the US and be in active treatment or ongoing medical follow-up for leukemia, lymphoma, myeloma or Myelodysplastic syndromes or another blood cancer.

To learn more about their services and/or receive an application, contact Patient Services Manager, Ana Portillo, at the New Mexico Chapter at (505) 872-0141 or toll free at 1- 888-286-7846. You can also visit their website at [www.lls.org/nm](http://www.lls.org/nm).



# NEWS & VIEWS

## March on Washington Article Comment

The article in the August edition of this newsletter discussing the 50th anniversary of the March on Washington was not comprehensive enough, according to at least one reader.



Because the newsletter was already almost full, there was only space for a brief article, so the editor decided to use the limited space to share information about the March that most people may not be aware of.

The Reverend Dr. Martin Luther King, Jr. was not mentioned because the editor believed that readers already knew of his vital role in the historic event.

Dr. King's dedication, work, and passion helped draw hundreds of thousands of the participants to the March. His powerful "I Have a Dream" speech, spoken on that day, gave voice to the hopes and prayers of countless listeners and remains one of the most important speeches in American history.

The editor humbly apologizes for any unintended pain and anger the omission may have caused and appreciates the anonymous caller's feedback.

## Flora's Corner

Inspiration Collected by senior Flora Leyba  
ABC's of Life:

**A**ccept Differences\* **B**e Kind\* **C**ount Your Blessings\* **D**ream\* **E**xpress Thanks\* **F**orgive\* **G**ive Freely\* **H**arm No One\* **I**mage More\* **J**ettison Anger\* **K**eeP Confidences\* **L**ove Truly\* **M**aster Something\* **N**urture Hope\* **O**pen Your Mind\* **P**ack Lightly\* **Q**uell Rumors\* **R**eciprocate\* **S**eek Wisdom\* **T**ouch Hearts\* **U**nderstand\* **V**alue Truth\* **W**in Graciously\* **X**eriscape\* **Y**earn for Peace\* **Z**ealously Support a Worthy Cause

## Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). This schedule is subject to change. Check updates online at [www.santafecounty.org](http://www.santafecounty.org) or call 231-2382.



### September 2013 Dates, Times and Locations:

1st Eldorado Comm. Center 10:00am-2:00pm  
3rd Ventana de Vida Housing 9:30 am-2:30pm  
4th El Rancho Sr. Center 10:00am-2:00pm  
7th Casa Villita Sr. Apartments 10:00am-2:00pm  
8th Encino Villa Housing 10:00am -2:00pm  
10th Pasatiempo Sr. Center 9:30am-2:30pm  
18th Eldorado/Adam Sr. Center 9:30am-3:00pm  
21st Stage Coach Apartments 10:00am-2:00pm  
22nd Casa Rufina Housing 10:00am-2:00pm  
24th Santa Cruz Sr. Center 9:30am-2:30pm  
25th Chimayo Sr. Center 9:30am-2:30pm  
28th S.F. Southside Library 10:00am-2:00pm  
29th Villa Consuelo Sr. Center 10:00am-2:00pm

## Thank You, Retired Educators,

Division of Senior Services (DSS) Director Ron Vialpando thanks the volunteers with the City Different Retired Educator committee for creating greeting cards for DSS Meals on Wheels clients. He says "The thoughtful and unique cards they receive from your committee not only brighten their day and bring a warm smile, but also remind them that they are special and remembered. My staff and I are very grateful to have special individuals such as you assisting us in providing an extraordinary service to those less fortunate."

## Additional Thanks

The Luisa Center would like to thank several people for their contributions to the senior center. John Chavez of Real Burger donated an enchilada casserole and Chris Quintana at 31 Flavors donated banana split dishes, both for use as fundraisers to support the center. Josie Lopez and Frankie Vigil provided beautiful piano music for the Bingo at Luisa Center on Sunday, August 11th.



**(Per Director's Report on Page 3)**  
**City of Santa Fe Division of Senior Services Code of Conduct**

- A. The following is the Code of Conduct, which shall be adhered to by all senior center members, staff, volunteers and visitors in all City of Santa Fe senior centers.
- B. All incidents shall be reported to Division of Senior Services (DSS) staff immediately. Staff shall address such reported incidents in a timely manner and on a case-by-case basis. Each incident shall be documented and written statements will be taken from those involved and from eye witnesses.
- C. The Code of Conduct includes, but is not limited to the following:
1. Rules, policies and procedures will be followed, i.e. Bingo rules, Pool Room rules, etc.
  2. Physical encounters will not be tolerated among participants, guests or staff.
  3. Verbally abusive exchanges, racial slurs, and abusive language will not be tolerated.
  4. Harassment and/or intimidation in any form (physical, verbal, sexual, etc.) will not be tolerated.
  5. Personal hygiene/cleanliness is expected and staff may discuss this matter with members.
  6. Cheating, theft or destruction of DSS property or property of other members or visitors will be reported to the proper authorities as deemed necessary.
  7. Alcohol and/or illegal drugs will not be permitted on the premises of any senior center and are not allowed at any center event.
  8. Smoking is not allowed within 15 feet of any center or DSS-sponsored event regardless of location.
  9. Weapons, such as guns, knives, blackjacks, mace and/or tear gas are not allowed in any center. Should staff become aware that a participant and/or guest has a weapon in his/her possession, they will be asked to leave and the authorities will be called.
- D. If resistance is met while addressing the situation, under no circumstances should staff attempt to remove the participant or guest, but rather call for a police escort.
- E. As needed based on the severity of the violation, staff or members may present the incident to the Senior Advisory Board of Directors for final action.
- F. In accordance with the Older Americans Act, counseling will be recommended to those who violate the Code of Conduct.
- G. Disregard of the Code of Conduct is subject to the following:
- |                      |  |
|----------------------|--|
| 1. Verbal Warning    | 4. Suspension                              |
| 2. Registered Letter | 5. Banning                                 |
| 3. Mediation         | 6. Other (as deemed necessary/appropriate) |

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Per Director's Report on Page 3)

## City of Santa Fe Division of Senior Services Rights and Responsibilities for Homebound Clients

### DRAFT

The client has the right:

- To be treated with respect and dignity.
- To participate in the program in the development of one's service plan for care, involved to the extent possible in program planning and operation.
- To be cared about in an atmosphere of sincere interest and concern in which needed support and services are provided.
- To be encouraged and supported in maintaining one's independence to the extent that conditions and circumstances permit and to be involved in a program of services designed to promote personal independence.
- To be fully informed in advance about each in-home service provided and about any change in such service that may affect the well-being of the individual.
- To voice a grievance with respect to such services that is, or fails to be, provided without discrimination or reprisal as a result of voicing such grievance.
- To confidentiality of records relating to such individual.
- To have the property of such individual treated with respect.

The client has the responsibility:

- To notify the Senior Program of any problems with service.
- To be at home when services are being delivered/provided or to notify the Senior Program ahead of time if you will not be home.
- To treat Senior Program staff fairly, courteously and respectfully.
- To notify Senior Program staff of any changes in your situation or condition when it pertains to services.

I understand my Client's Rights and Responsibilities hereby signing below.

Client Signature \_\_\_\_\_ Date: \_\_\_\_\_

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS



*The following are volunteer positions and each comes with training and support. If you are interested in any*

*of these exciting opportunities, please call Kristin Slater-Huff in the Retired Senior Volunteer Program office, at 955-4760 or email [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov).*

*RSVP staff will enroll you in our program, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts, birthday recognition, optional workshops and classes, and more, after we set you up in the volunteer job(s) of your choice.*

### Literacy Volunteers Tutor Trainings

Would you like to become a Basic Literacy (BL) or English as a Second Language (ESL) tutor with Literacy Volunteers of Santa Fe? They are currently looking for committed volunteers who want to help adult students learn to read, write and speak in English so they can get better jobs, support their children in school, become new citizens, and enjoy a better life in our community and country. Training dates for this fall are:

#### **ESL Tutor Training—FALL 2013:**

ESL Orientation: Thursday, September 26, 2013-- 4-6 pm, room 503

ESL Training Day 1: Friday, September 27, 2013-- 9-5 pm, room 485

ESL Training Day 2: Saturday, September 28, 2013-- 9-5 pm, room 485

#### **Basic Literacy Tutor Training—FALL 2013:**

BL Orientation: Thursday, October 3, 2013-- 4-6 pm, room 503

BL Training Day 1: Friday, October 4, 2013-- 9-5 pm, room 485

BL Training Day 2: Saturday, October 5, 2013-- 9-5 pm, room 485

For contact information to get the ball rolling, please call Kristin at 955-4760. Thank you!

### Food Banks that Need Volunteers

The RSVP Program works with a number of food distributions and a food bank in Santa Fe, and all of them run primarily (or entirely) on volunteer steam. Here are a few:

#### **Bienvenidos Outreach at 1511 Fifth Street**

They need volunteers with a truck or large car who can pick up food donations from local grocery stores and restaurants; other volunteers who will come in to pack boxes of food or bags of lunch; others who process the paperwork of clients applying; and some who organize the clothing closet.

#### **ECHO Commodities at 3229 Rodeo Road**

On the third Tuesday of every month, we could use a few volunteers as back-up to process the paperwork for clients. The following day, we could use a back-up delivery person to take food to the homebound clients that RSVP staff picks up for.

#### **Food Depot at 1222 Siler Road**

In their huge, brand new building, this food bank staff and volunteers sort, organize, re-bag and prepare truckloads of food that is sent to distribution locations throughout northern New Mexico. Volunteers work in the warehouse or in outreach or office settings.

#### **Food for Santa Fe at 1222 Siler Road**

On Wednesdays, volunteers start bagging the 900 sacks of food and (very early) on Thursday mornings, they finish filling bags and distribute them to cars that drive through. This organization is 100% volunteer-run and always has been. Wow!

#### **Senior Housing Friday Food Distributions**

On Friday afternoons, food is delivered from the Food Depot to several senior centers with Civic Housing apartments. Volunteers help unload the truck, organize the food, restock the tables and make sure all runs smoothly.

Call Kristin at 955-4760 to volunteer at any of these sites. Thanks!

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## Volunteer Drivers Wanted

We are currently looking for dedicated volunteers, between the ages of 55 and 75, to help transport our senior clientele to and from various destinations (home, grocery stores, doctor appointments, etc.)

Volunteers will be registered as RSVP participants, must possess a valid driver's license. Before service, volunteers will attend the City of Santa Fe's Defensive Driving Course and pass a state background check.

If you are interested, please contact either Robert Chavez or Fran Rodriguez at 955-4700.

## H.O.S.T.S. Helping One Student to Succeed

Santa Fe elementary schools are usually over-crowded and understaffed. Many children are unable to get the individualized attention they need. H.O.S.T.S. is a program designed to ameliorate that situation, one child at a time.

HOSTS volunteers receive orientation and training early in the school year. Then, they are placed with a student. They meet and tutor the student individually for one to two hours a week throughout the school year. Background checks are required and a time commitment of the entire school year is requested.

Hurry- new volunteer orientation is on Sept 11th! Call Kristin at 955-4760.

## S.F. Public Schools ¡ ADELANTE ! Program

Volunteers are sought for the "Power Hour" afterschool tutoring program for homeless children. Join Adelante at 610 Alta Vista St. Volunteers will provide homework assistance in a stable environment. Call 955-4760

## Volunteer Business Meetings

Many of you attended one of the 12 meetings we held at the senior centers in July and August. Thank you for your attendance, your feedback, and your patience with all of our changes. If you missed the meetings and have not received a new calendar in the mail, please call Marisa at 955-4743 and we will get one right out to you.

Please keep up the great work!



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of

## September

Tommie Ortega	9/01	Theresa Marquez	9/15
Alice Vargas	9/01	Lydia Anicito	9/16
Henrietta Morales	9/02	Sophia M. Gallegos	9/16
Franziska M.		Barbara Anderson-	
Chandler	9/04	Acosta	9/17
Claudia Robbins	9/04	Anthony Anicito Jr.	9/17
Karen Bohnhoff	9/05	Barbara Aran	9/18
Pita Vasquez	9/05	Celina "Sally"	
Celedonio F. Lucero	9/06	Roybal	9/18
Theresa M. Ortiz	9/06	Claire Rodill	9/20
Corrine Vargas	9/07	Anita Zednik	9/20
Sandra Kendall	9/08	Carlos Aguirre	9/22
William Trujillo	9/08	Mary Dunham Day	9/24
Emily O. Lujan	9/10	Frances Gomez	9/24
Chonita Martinez	9/10	Lucy R. Brown	9/25
Roy Trujillo	9/10	Donald Dayton	9/25
Kate Oldroyd	9/11	Jessie Fisher	9/26
Elizabeth Hinds	9/13	Marie B. Pacheco	9/26
Ida War	9/13	Angie Quintana	9/26
Mathilde Goodwin		Delia Flores	9/27
Bird	9/14	James J. Fusco	9/28
Jane Gabaldon	9/14	Irene R. Maestas	9/28
Bruce H. Kidman	9/14	Carl H. Strutz	9/28
Kathy Powell	9/14	Frances S.	
Carol Wulff	9/14	Quintana	9/30
Janet Amtmann	9/15	Pat Stevens	9/30
Stan Cooper	9/15		

# ACTIVITIES

All activities are open to registered seniors. Schedule is subject to change.

## Ongoing Activities by Senior Center

### **Luisa Senior Center 955-4725**

Pool Table	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along-Spanish	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

### **Mary Esther Gonzales Senior Center 955-4711**

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Tai Chi class (advanced)	Monday	9:15 am
Mind/Body Movement	Thursday	9:30 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:30 am
Sewing	Thursday	12:30 pm
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	Call for info.	955-4721
Zumba Gold	Friday	9:30 am
Nia Technique	1st & 3rd Tues.	1:30 pm

### **Pasatiempo Senior Center 955-4725**

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga	Mon. & Wed.	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Computer	Tuesday	9:00 am
Line Dance-Adv.	Tuesday	1:00 pm
Wood/Straw	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Line Dance	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

### **Ventana de Vida Senior Center 955-4711**

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm

### **Villa Consuelo Senior Center 955-4725**

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

## Ongoing Activities by Activity or Class Type

### **ART**

Ventana-Class	Tuesday	1:00 pm
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### **BINGO**

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

### **BRIDGE**

Pasatiempo	Monday	12:30 pm
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### **CERAMICS**

Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

### **COMPUTER**

MEG	Call for times	955-4721
Pasatiempo	Tuesday	9 am - 11 am

### **MOVEMENT CLASSES**

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba Gold	Friday	9:30 am
Pasatiempo Yoga	Mon. & Wed.	8:30 am
Nia Technique MEG	Mon. & Wed.	8:30 am
Mind/Body Movement MEG	Thursday	9:30 am

### **EXERCISE CLASSES/FITNESS EQUIPMENT**

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm
Ventana Class	M/W/F	9:00 am

### **GUITAR CLASS (Beginner)**

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

### **JEWELRY MAKING**

MEG Center	Monday	9:00 am
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### **SEWING/KNITTING**

MEG-Knitting	Friday	2:00 pm
MEG-Sewing	Thursday	12:30 pm

### **SING-ALONG**

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm

### **TAI-CHI**

MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 am
Pasatiempo	Thursday	9:00 am
Luisa	Mon. - Wed.	9:00 am

### **WOOD/STRAW APPLIQUÉ**

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

# ACTIVITIES *for this month*

## Senior Center Closures

All Santa Fe senior centers will be closed on Monday, September 2nd for Labor Day. Centers will re-open on Tuesday, September 3rd.

Centers will again be closed at noon on Friday, September 6th. Transportation will run until noon, with last pick-up at 11:30 a.m. No congregate meals will be served but Meals on Wheels will be delivered.

## State Fair New Date: September 16th Trip

DSS will take interested seniors on our bus to the State Fair on Monday, September 16th. The date has been switched because the 16th is Senior Day so senior citizens get in at a discount. The suggested donation for transportation is \$5.00. Individuals pay their own way at the fair gates. Remember to bring money for lunch, etc.



Plan on arriving at the MEG center by 8:30 am. The bus will depart to the State Fair at 9:00 am and will leave from the Fair at 3:00 pm. Remember to wear comfortable walking shoes.

Please call Cristina Villa at 955-4725 to reserve your seat.

## Movie Day at the M.E.G. Senior Center "Chocolat"

Friday, September 27 at 1:00 p.m.

A woman and her daughter open a chocolate shop in a small French village that shakes up the rigid morality of the community. Every character in this sweet, delicious story is entertaining. Rated PG-13

Starring Alfred Molina, Juliette Binoche, Johnny Depp and Dame Judi Dench

Come for the free movie and popcorn as well as chocolate giveaways to attendees!



## Centennial Care Presentation



Centennial Care is the new name of the New Mexico Medicaid program. Centennial Care covers physical health, behavioral health, long-term care and community benefits

Are you confused about the upcoming changes to Medicaid? Representatives from the New Mexico Human Services Department and the four Centennial Care Managed Care Organizations will be available to explain the upcoming changes and answer your questions.

Wednesday, September 4th 10:00 –11:30 a.m.

Mary Esther Gonzales (MEG) Senior Center  
1121 Alto Street, Santa Fe

For more information and a complete listing of events, please call 1-888-997-2583 or visit us at [www.centennialcare.net](http://www.centennialcare.net).

## AARP Driver Safety Program

Sign up for the next AARP Driver Safety Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (check-in) to 5:00 p.m. The volunteer instructor will go over safety tips for seniors on the road.



New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

Classes are held on the second Tuesday of each month. The fee to cover materials is \$14.00. If you are an AARP member the cost is only \$12.00, although your AARP card or number must be presented the day of the class.

To reserve your space for the AARP class, please call the volunteer instructor of that class:

September 10th Bob Jacob 466-1143

October 8th Bill Buckingham 466-1675



# ACTIVITIES *for this month*

## September 5th Eagles Dance Que Viva La Fiesta

Que Viva La Fiesta! Join us at the annual Fiesta Dance at the Fraternal Order of Eagles on Thursday, September 5th from 1:00 to 5:00 pm. The Fiesta de Santa Fe Royalty and Mariachi will be arriving at the Eagles at approximately 1:00 p.m.



Please bring your senior Membership Card for scanning. The Fraternal Order of Eagles is located at 833 Early St. The Mary Esther Gonzales Senior Center is sponsoring the dance. There is a \$2.00 admission fee and the music will be provided by Camino Oscuro. Don't miss this fun dance.

## Hands on Banking Presentation - MEG Center

Elise Mignardot, Wells Fargo Hands on Banking Consultant in Northern New Mexico will give a presentation/class (especially for seniors) at the Mary Esther Gonzales Senior Center. Investment Advisor Robert Jones will specifically address any of your investment related questions.

Topics of discussion are as follows:

- Current Interest Rates- when will they get better?
- IRA's Pensions and Rollovers
- Legacy Planning.

A general question and answer session will take place after the presentation for any of your banking questions. The presentation will start at 9:30 on September 11th and we hope to see you there.

We want to emphasize that this presentation is for everyone, regardless of where you bank. Please join us.

## Weekend Bingo at Pasatiempo-Win \$100

The Pasatiempo Senior Center at 664 Alta Vista Street will host a Bingo on Sunday, September 15th 1:00-4:00p.m. A Bingo pack is \$12 with three specials at \$1 each. Plan to buy Frito pie and a drink for \$5.00. Proceeds benefit the Pasatiempo Senior Center.

## Upcoming Day Trips

The following day trips are now being planned.

- September 30th Taos Pueblo & Shopping.
- October 5th Trinity Site of First A-Bomb
- October 10th Hot Air Balloon Trip



All dates, time and trip cost is subject to change as trips are finalized.

If you are interested in any of the trips listed above, please reserve your seat by calling Don Bell at 988-2808. When reserving your seat, please inquire about the trip cost.

## Check Pasatiempo Senior Center for Events

Please look for flyers at the Pasatiempo Senior Center, regarding upcoming events for September and October.

## Free Hair Cuts at MEG & Pasatiempo

This month, our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:00am to 2:00 pm. Please note: haircut sign-in begins at 9:00 am.



MEG Senior Center September 11th only

Pasatiempo Senior Center September 18th only

## Root Beer Floats at Luisa

Come to the Luisa Senior Center at 1500 Luisa St (enter from Columbia) on Friday, September 20th 1:30 – 12:30 for root beer floats. They are just \$2.00!

## Ear Acupuncture Clinic for Veterans

Military veterans and their families are invited to receive free ear acupuncture treatments at the MEG Center on Thursdays 2:00 – 4:00 p.m.





## *ACTIVITIES for this month*

### **Bankers Life and Casualty**

A representative of Bankers Life and Casualty will visit the Luisa and Pasatiempo centers during the lunch as follows:

Pasatiempo Center on September 9th

Luisa Center on September 19th

### **Soft Ice Cream at Pasatiempo .50¢**

Come to the Pasatiempo Senior Center any Monday, Wednesday or Friday between 11:00 a.m. and 1:00 p.m. for soft-serve ice cream. Choose chocolate or vanilla for just .50¢ What a summer treat!



### **Musical Chairs Game at Luisa**

The Luisa Senior Center will host a great game of musical chairs on Tuesday, September 10th. The cost is .50¢ per game and you could win cash prizes!

### **Movie Day at Luisa**

The Luisa Center invites you to a free movie on Wednesday, September 11th at 1:00. Check the Center for flyers to see what movie will be shown.

### **Free Consumer Law Clinic- Oct. 19th**

There will be a free consumer law clinic held Saturday, October 19th at the Mary Esther Gonzales Senior Center, 1121 Alto Street, from 10:00 a.m. to 2:00 p.m.



Brief overviews of the law will be given at 10 a.m. with individual consultations immediately after. There will be volunteer attorneys and other legal service providers available to provide free consultations on a first come, first served basis.

The topics that may be covered include bankruptcy, debt collection, foreclosure, student loans, pay day loans, and wage garnishment. The free legal fair is presented by the 1st Judicial District Access to Justice Committee and is open to all ages.

### **MEG Senior Center "Ball in Hand" Annual Pool Tournament**

On Friday, August 2nd, the paying members of the Mary Esther Gonzales Senior Center Pool Room participated in the annual "Ball in Hand" tournament. Everyone worked together to judge, compete and enjoy themselves. And the winners are...

1st Place:	Louie Baca
2nd Place:	Ernie Montoya
3rd Place:	Tacho Garcia

Congratulations, gentlemen!



### **Playing in the MUD**

Mr. Robert Francis Johnson would like to teach seniors to make art out of mud. This type of art is made from the wet earth (adobe) and requires no firing and dries hard enough to take back home with you.

We will be taking names of interested seniors and then we will schedule a mud play day (one hour and a half session) for those who are interested.

Please call Lugi at 955-4711 for additional information and to get on the list.

# HEALTH & SAFETY

## Caregivers: Keep Seniors Socially Connected

By Sandra Castle of Comfort Keepers

Keeping the minds and social connections of our senior loved ones active is every bit as important as caring



**Comfort  
Keepers®**

for their physical well-being. Senior citizens don't have to slow down or stop feeling young at heart just because they are older.

'Bloom where you're planted,' is an appropriate adage. Seniors can make connections with like-minded people of all ages or find activities geared just for elder adults practically right in their own back yard. Whether it's exploring local neighborhoods, visiting a museum, taking part in a health fair, or signing up for a course at a local adult education center, opportunities abound. Local libraries, and the parks and recreation centers offer activities both indoors and out. Local Y programs and senior centers also offer new learning and recreational programs and often include group activities like bingo, dances, fitness classes, art instruction, and bus trips to sites of interest as well.

Don't forget about local churches, temples and synagogues. Sharing faith experiences with others is good for the soul and social interaction. Many religious organizations offer experiences like retreats or opportunities to take part in weekly worship services.

Volunteering for charity or in the local community is also a great way for seniors to stay active and involved. Everywhere you look there is need for service. The energy, vibrancy, skills and talents of seniors in our society are valuable and needed. The wisdom and knowledge seniors have are key ingredients to the success of efforts throughout local neighborhoods. From helping feed the hungry, to tutoring students who are struggling with reading or math, to working in a local hospital, teaching music in schools without funding, or helping to house the homeless. Local civic, arts and cultural organizations would also relish the contribution your senior could make.

Comfort Keepers is a caregiving agency located at 1301 Luisa Street, Santa Fe, NM 87505. 505-982-1298.

## Mediation: A Way to Resolve Conflict

By Stan Cooper

Conflict is part of our society. How you deal with conflict is up to you. If you deal with it effectively you can make your life much easier. Mediation is one approach to freeing yourself from worry and heartache.

Examples of conflict among older adults can include battling with a landlord; disagreement with a son or daughter about health care issues; or watching your children fight amongst themselves over your physical and mental well-being.

A trained and experienced mediator is an independent third party who meets with parties in conflict. The mediator ensures that the parties listen to each other and sets the groundwork for the parties to come to solutions to issues.

If parties in conflict can be flexible in their position and see the other person's point of view, then amicable resolutions can occur.

A mediator is neither a judge nor an arbitrator. He or she facilitates communications between people in conflict to help them find their own solution.

Often today parents live far away from their children. Children may live in different states or cities from their brothers and sisters. Children who are trying to help their parents with decision-making often have different views about how best to help Mom or Dad.

A mediator can meet in person or by phone with all parties involved and help them find a resolution.



Stan Cooper is the former New Mexico State Director for AARP. He has mediated more than 400 disputes. For more information on Mr. Cooper and the mediation services he offers, go to [www.coopermediation.com](http://www.coopermediation.com) or call 505 670-7988.

# LEGAL & CONSUMER

## Money 101 – Funerals

BY Senior Volunteer Anke Mihalas

Funerals are a difficult subject to broach for many families but since we all have to die at some point, should we not discuss this with our loved ones? It would make it so much easier for those that are left behind if we deal with all of the details now.



I have shown my children the file with my important documents. I have told them how I would like for them to proceed when I die. I am in the process of transferring on a CD the three pieces of music I would like to have played. The prayer I would like to have read is printed and in the file. I have also told my children that I would like for them to keep whatever money is there and not to spend money on an expensive funeral.

The following pricing information on funerals was gathered by calling several funeral homes in Santa Fe, Española, and Albuquerque and is intended to help our readers by giving them some guidelines when they need to plan a funeral. There are other places you might call, and I am not recommending any of them. I just want to offer some information to get you started thinking about this.

McGee (983-9151) and Berardinelli (984-8600) in Santa Fe will charge from \$4,000 to \$10,000 for either traditional funeral or cremation. Funeral Options in Santa Fe (989-7032) charges \$2,650 + tax for a simple cremation.

De Vargas Funerals in Española (662-2400), charges \$1,375 + tax for a simple cremation or \$1,480 + tax if it includes a container. Traditional burial with a casket and services is \$4,950 and up.

Albuquerque Direct Funeral Services (820-6100) charges \$1,541 (taxes included) for a simple cremation with pick-up in Santa Fe. A traditional funeral with a casket is \$3,000 - \$5,000.

Riverside Funeral Home in Albuquerque (800-

956-9995) charges \$1,395 +tax for a simple cremation, no services, no chapel etc. They charge \$2,995 + tax and transfer from Santa Fe (\$500 extra) for a traditional funeral with services, chapel use, casket.

Death certificates have to be ordered and the State charges \$5 for each.

If you have pets, think about them also. Who would like to take them when you are not there anymore? I just spoke to a longtime acquaintance who is battling a potentially fatal disease. Without close family nearby, her concern is for her dogs. Her Last Will and Testament will specify the dogs' future homes.

There is a \$255 payment from Social Security for the surviving spouse. You will have to apply for that.

You can buy a casket or an urn online, (Costco, The Old Pine Box in Edgewood), the funeral home cannot make you buy theirs at highly inflated prices and they cannot charge you a handling fee either.

You can also do better if flowers are ordered from a florist directly rather than through a funeral home. In New Mexico you can do a home funeral without a funeral director. ([www.homefuneraldirectory.com](http://www.homefuneraldirectory.com)). You can also consider organ donation, if appropriate or whole body donation ([www.finalrights.org](http://www.finalrights.org)).

The more you can address important details in writing or with your family, while you have time and a clear mind, the more peace you will have about things going the way you want them to – without you being there!

There is so much information online, I could hardly believe it! I spent hours reading about Federal and State Laws concerning cremation, burials, funeral homes and your rights as a consumer. It is amazing what you can learn and it is a real education.



# PUZZLES

## Public Library

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a secret message - a Henry Ward Beecher quotation.

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

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APPLIED SCIENCE  
ARTS  
BIOGRAPHY  
BOOKS  
BORROW  
BRANCH  
CATALOG  
CHAIRS  
CHECKOUT  
COMPUTERS  
DICTIONARY  
DUE DATE

ENCYCLOPEDIA  
FICTION  
FINES  
GEOGRAPHY  
HARDCOVER  
HISTORY  
INFORMATION  
INTERNET  
LANGUAGES  
LIBRARIAN  
LIBRARY CARD  
LITERATURE

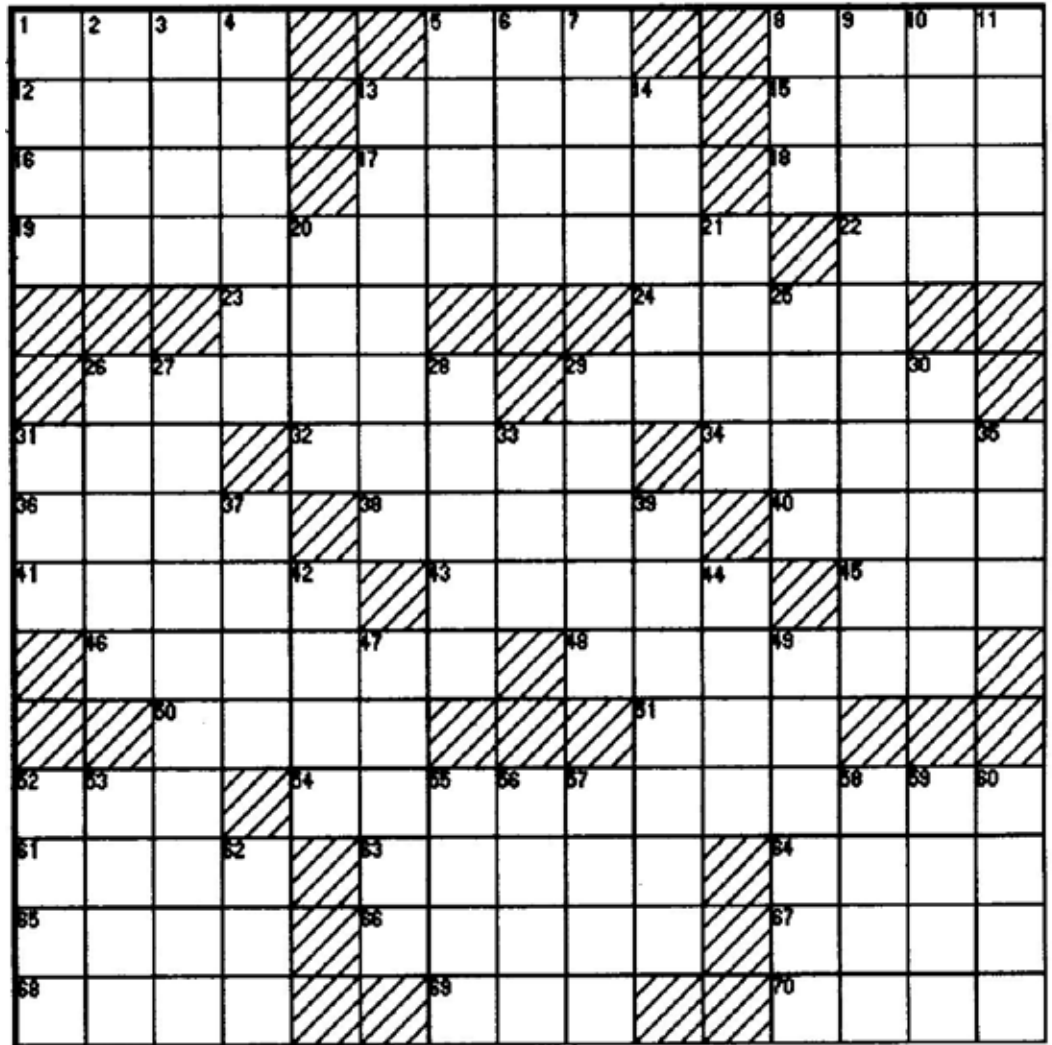
MAGAZINES  
MATHEMATICS  
MOVIES  
MUSIC  
NEWSPAPERS  
NOVELS  
OVERDUE  
PAPERBACK  
PERIODICALS  
PHILOSOPHY  
PHOTOCOPIER  
PSYCHOLOGY

QUIET  
READ  
RECREATION  
RELIGION  
RENEW  
RESEARCH  
RESERVE  
SHELVES  
SOCIAL SCIENCES  
TABLES  
TECHNOLOGY

# PUZZLES

## ACROSS

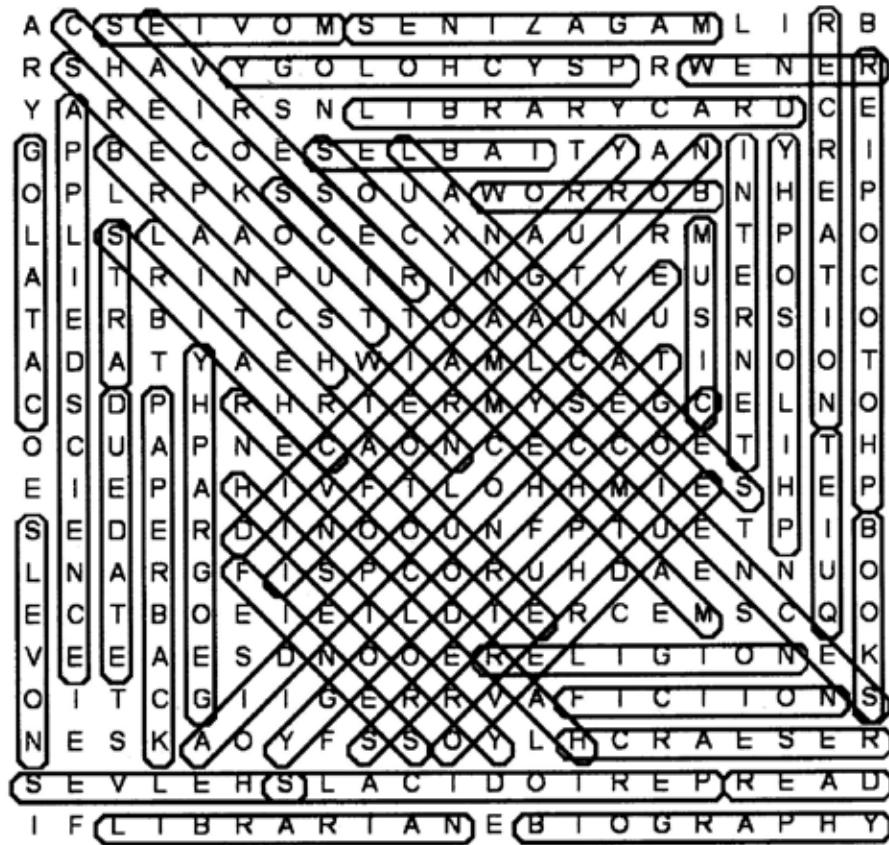
1. Fired a projectile
5. Doctor of Dental Sciences
8. Sums
12. Wash
13. "To the order of \_\_\_\_"
15. Borscht vegetable
16. \_\_\_\_ Ladd, actor
17. Annoyed
18. Napoleon's place of exile
19. Offered help
22. International Telephone and Telegraph
23. Decay
24. Bearing
26. Star Trek actor, Walter
29. "Take It Easy" musical group
31. Sphere
32. Bowel cleansing
34. Ray (fish)
36. Poet Ogden \_\_\_\_
38. Chew
40. Put away
41. Frequently
43. Young "hoot" bird
45. Mother sheep
46. Mother \_\_\_\_, nun
48. Concedes
50. Animal mammalia
51. Portuguese for "saint"
52. Annual Percentage Rate
54. Netted
61. Fastener in construction
63. Mistake
64. Flower container
65. Pleasant
66. Kind of tea
67. Produce
68. Born Free lioness
69. Estimated (abbrev.)
70. Health resorts



## DOWN

- |                                    |                                 |                                      |
|------------------------------------|---------------------------------|--------------------------------------|
| 1. Eastern European                | 20. No amount                   | 44. Blue-green                       |
| 2. Angelic circle                  | 21. Excavates                   | 47. Perpendicular                    |
| 3. Almost round                    | 25. Members of the moose family | 49. Units of bread                   |
| 4. Condition                       | 26. Macaroni & cheese brand     | 52. ____ of Green Gables             |
| 5. Courageous (but foolhardy) risk | 27. Gynecology                  | 53. Bucket                           |
| 6. Levee                           | 28. Italian city                | 55. Elm or fir                       |
| 7. Fortune teller                  | 29. Not late                    | 56. Annoys                           |
| 8. ____ Lincoln                    | 30. Puts away                   | 57. Fowl                             |
| 9. Marked boundaries or intervals  | 31. Lennon's widow Yoko         | 58. Ramp                             |
| 10. Amount owed                    | 33. Gullet                      | 59. United States Information Agency |
| 11. Immediately (medical)          | 35. Mother sheep                | 60. Goes down                        |
| 13. Scarring                       | 37. Not there                   | 61. Actress ____ Thompson            |
| 14. Fluid in tissue                | 39. Recreation time             |                                      |
|                                    | 42. Not far                     |                                      |

# PUZZLE ANSWERS



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

# BREAKFAST MENU

## Senior Center Breakfast Menu for September 2013

Breakfast is served Monday – Friday, 7:30-8:30am, at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$4.20 fee for non-seniors (59 years of age or younger).

2nd	CLOSED in observance of Labor Day
3rd	Scrambled egg with sausage, French toast with maple syrup, tomato juice, milk
4th	Grilled ham with peppers and salsa, small roll, jelly, milk
5th	Scrambled egg, cheese, red chile, potatoes, margarine, milk
6th	Sausage and hashbrowns, salsa, small roll, jelly, milk
9th	Peanut butter and jelly, small roll, cold cereal, tomato juice, milk
10th	Boiled eggs, salsa, small roll, margarine, milk
11th	Sausage, cheese, red chile, small roll, jelly, milk
12th	Large biscuit with ham and cheese, salsa, jelly, milk
13th	Breakfast burrito with tortilla, scrambled egg, bacon, cheese, green chile, milk
16th	Scrambled egg, cheese, grilled peppers, bacon, hashbrowns, milk
17th	Sausage, cheese, green chile, potatoes, margarine, milk
18th	Breakfast burrito with tortilla, scrambled egg, bacon, cheese, salsa, milk
19th	Diced ham, cheese, peppers and onions, small roll, jelly, milk
20th	Scrambled egg, bacon, cheese, salsa, tortilla, milk
23rd	Grilled ham, cheese, red chile, small roll, jelly, milk
24th	Breakfast burrito with scrambled egg, tortilla, bacon, cheese, salsa, milk
25th	Pancakes with maple syrup, sausage, tomato juice, milk
26th	Scrambled egg, hashbrowns, salsa, small roll, jelly, milk
27th	Large biscuit with ham and cheese, salsa, jelly, milk
30th	Peanut butter and jelly, small roll, cold cereal, tomato juice, milk

## The Big Thaw

From the Partnership for Food Safety Education  
Defrosting Do's

- Do defrost food in the refrigerator. This is the safest method for all foods.
- Are you short on time? Thaw meat and poultry in airtight packaging in cold water, only if it will be used immediately. Change out the water every 30 minutes, so the food is always in cool water.
- Defrost food in the microwave only if you are going to cook it immediately.

### Defrosting Don'ts

- Never defrost at room temperature. Food left out at room temperature longer than two hours may enter the Danger Zone- the unsafe temperatures between 40°F and 140°F. Bacteria can multiply rapidly in that zone.
- Don't defrost food in hot or warm water.




If you have questions or concerns about food safety, contact the U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.



# LUNCH MENU

September 2013

## SENIOR CENTER LUNCH MENU 2013 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>All CENTERS CLOSED IN OBSERVANCE OF LABOR DAY</b>	<b>3</b> Beef Steak Topped w/ Veggie Melody Pinto Beans Tossed Salad w/ Dressing Strawberry Shortcake Milk	<b>4</b> Glazed Ham Buttered Mash Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Sugar Cookie Milk	<b>5</b> Chicken Taco w/ Garnish Pinto Beans Calabacitas Jell-O w/ Mixed Fruit Milk	<b>Meals &amp; Wheels Only 6</b> Tuna w/ Macaroni Tossed Green Salad Crackers Chilled Pears Milk <b>No Congregate Meals</b>
<b>9</b> Pepper Steak Baked Sweet Potatoes w/ Butter California Vegetables Whole Wheat Roll Cherry Cobbler Milk	<b>10</b> Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/ Apricots Milk	<b>11</b> Baked Fish Fillet Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	<b>12</b> Turkey w/ Gravy Bread Stuffing Green Beans Whole Wheat Roll Cranberry Salad Pumpkin Pie Milk	<b>13</b> Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans Whole Wheat Roll w/ Butter Apple Cobbler Milk
<b>16</b> Frito Pie w/ Pinto Beans and Red Chile Sauce White Cake Chilled Apricots Milk	<b>17</b> Baked Pork Chop Mixed Vegetables Whole Wheat Roll w/ Butter Baked Scalloped Apples Milk	<b>18</b> Chicken w/ Noodles Carrot and Green Peas Cornbread w/ Butter Fruit Salad Milk	<b>19</b> Pork Loin Black Eye Peas Steamed Cabbage Cornbread w/ Butter Peach Cobbler Milk	<b>20</b> Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce Milk
<b>23</b> Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Mandarin Oranges Milk	<b>24</b> Pork Roast w/ Mashed Potatoes and Brown Gravy Asparagus Whole Wheat Roll Applesauce Milk	<b>25</b> Beef Stir Fry Steamed White Rice Stir Fry Vegetables Whole Wheat Roll w/ Butter Chilled Pears Milk	<b>26</b> Chicken Fajitas w/ Garnish & Salsa Flour Tortilla (1) Chile Beans w/ Cheese Jell-O w/ Oranges Milk	<b>27</b> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll Tropical Fruit Milk
<b>30</b> Glazed Ham Baked Yams w/ Marshmallow Topping Green Beans Cornbread w/ Butter Mixed Fruit Milk	<b>Please Note:</b> <b><u>Lunch Menu is Subject to Change</u></b>	There will be no congregare lunch on Friday, Sept. 6th due to Santa Fe Fiestas. All centers close at 12pm noon. Meals on Wheels Only.		<b><u>Lunch Hours:</u></b> <b><u>at all S.F.</u></b> <b><u>Senior Centers:</u></b> <b><u>11:00 a.m. -12:30 p.m.</u></b>

**Please Note: Senior Meal Suggested Donations: Lunch \$1.50**

**Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$4.20 Lunch \$4.20**