

The Senior Scene

Vistas de los Mayores



October 2013

**Programs and Activities for Older Adults
offered by the
City of Santa Fe's 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 (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.

- Kristin Slater-Huff, Senior Scene Editor

Front Desk Reception

From Santa Fe 955-4721

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

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Sadie Marquez, Receptionist 955-4741

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Transportation Ride Reservations 955-4700

Fran Rodriguez, Transportation Dispatcher 955-4702

Linda Quesada-Ortiz, Administrative Secretary 955-4756

Nutrition

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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

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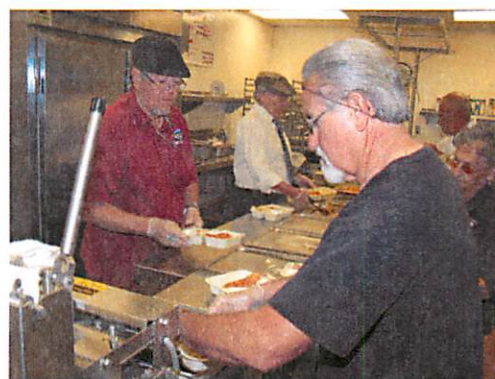
DIRECTOR'S REPORT

October 2013

Dear Patrons,

One of our most popular and highly utilized services is our Nutrition program which includes Congregate and Home Delivered Meals. Our Congregate meals are served at all five meals sites strategically located within the City limits. Over the past year our Congregate program served over 66,815 meals while our Meals-on-Wheels (MOW) delivered over 141,240 meals. As you can imagine, it takes an extremely organized operation to put out this many meals and we are fortunate to have experienced and dedicated staff to ensure that we provide meals to everyone.

Please join me in commending our Nutrition staff for serving meals through thick and thin, come rain, ice, staff shortages, etc. Their commitment and initiatives they incorporate make this a model program for the entire state and an inspiration to us all.



Cooks Brenda Tapia, Elise Ortiz & Jonathan Toya Above: Meals on Wheels Kitchen Gilbert Romero, Antony Escamilla, Tonie Pacheco, Robert Duran, Cook Fidel Cordova



Above: Nutrition staff Enrique DeLora, Fidel Cordova, Gene Dune, Antony Escamilla, Robert Duran, Orlando Roybal, Gilbert Romero, Carlos Sandoval & Alberto Lamotheo

Please be advised that we will be closed on October 14th for Columbus Day.

Ron J. Vialpando, Director

A handwritten signature in blue ink, appearing to read "Ron J. Vialpando".

SENIOR SERVICES PROGRAM INFORMATION

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.

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 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 Monday, October 14th, due to Columbus Day.

MONTHLY EVENTS

October 2013

FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Bob 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 may make an appointment for a free, individual, ½ hour consultation at the Mary Esther Gonzales Senior Center (1121 Alto St.) by calling 955-4721. **You must make an appointment** ahead of time:

Wednesdays	October 2, 9, 16, 23 & 30	8:00 a.m. – 11:45 a.m.
Thursdays	October 3, 10, 17, 24 & 30	12:30 p.m. – 3:30 p.m.

SENIOR CENTER MEETINGS

Luisa	Tuesday	October 1	8:30 a.m.
Pasatiempo	Monday	October 7	1:00 p.m.
Ventana de Vida	Friday	November 1 (meets bi-monthly)	9:30 a.m.
Villa Consuelo	Monday	October 7	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	October 16	9:30 a.m.
Travel Committee	Thursday	October 17	8:45 a.m.
Senior Activity Corp.	Thursday	October 17	10:00 a.m.
Transportation/Nutrition	Tuesday	October 8 (meets quarterly)	9:00 a.m.
Senior Olympics	Wednesday	October 9	9:30 a.m.
RSVP	Tuesday	Nov. 26 (meets bi-monthly)	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 at City of Santa Fe Senior Centers are conducted by Joanne M. Valdez, RN, BSN on the following dates:

MEG Center	1 st & 2 nd Tuesday	October 1 & 8	11:00 a.m. – 12:00 noon
Luisa Center	1 st Thursday	October 3	11:00 a.m. – 12:00 noon
Villa Consuelo Center	2 nd Thursday	October 10	10:00 a.m. – 11:00 a.m.
Pasatiempo Center	3 rd Tuesday	October 15	11:00 a.m. – 12:00 noon
Ventana de Vida Center	3 rd Thursday	October 17	11:00 a.m. – 12:00 noon



2013 Annual Medicare Open Enrollment October 15-December 7

Free Consultations Available

An important period is just around the corner—the annual special enrollment period for determining your Medicare coverage for next year beginning January 1, 2014. This is the time, October 15-December 7, 2013, for seniors to review their current coverage. Changes can, and often do, occur in Medicare Advantage Plans and stand-alone Medicare Part D Prescription Drug Plans from year to year. You'll want to look for changes in the amount of the monthly premium, also in deductibles or co pays for which you may be responsible. Maybe there is a better plan offered in 2014 than the one you have now. Then, maybe what you have is what you decide to stay with.

If you would like assistance in making this determination, Robert Meinershagen, the MEG Center Volunteer Benefits Counselor is providing free half-hour counseling sessions every Wednesday morning and every Thursday afternoon at the MEG Center (1121 Alto St.) during the enrollment period. You must make an appointment ahead of time by calling 955-4721.

Community Labyrinth Walk and Memorial



If you have lost a loved one, you are invited to Gentiva Hospice's Annual Day of Remembrance community labyrinth walk and memorial on Sunday, October 20th at the International Folk Art Museum. The walk is at 2:00 pm and memorial is at 3:00pm in the atrium. You may bring mementos or photos of loved ones to display. The service is comprised of harp and acoustic music and a public reading of names. Light refreshments will be served.

Please RSVP to Elizabeth Graham at Gentiva Hospice (formerly VistaCare Hospice) 505-988-5331 or EGraham@odsyhealth.com

Learn about iPad and Tablet PC Computing from Waldy Cuevas, former mentor of the Senior Photo Club.



Shopping for a tablet pc: costs and models, accessories and where to buy

What can you do with a light weight tablet pc: email, Skype (video talks with family), research, news, book reading, Bible studies, taking photo and movie, art, PBS videos and Netflix Movies, shopping, education and much more.

This will be a free, 2-part class taught at the Casa Rufina Apartments Clubhouse. Classes are from 9:00a.m. to 10:50a.m. on Tuesday, Oct. 15 and Thursday, Oct. 17.

Directions: Enter Casa Rufina Apartment at Henry Lynch (near the intersection of Richards Ave., Rufina St. and Henry Lynch Rd.), and the office building is on your left. The classes will be in the back of the office building (clubhouse) in the cafeteria/meeting room. Please park at the back of the apartments.

To register call Waldy at (505) 577-5749.

Volunteer Drivers Wanted

The Division of Senior Services is seeking dedicated volunteers, between the ages of 55 and 75, to help transport our senior clientele to and from various destinations.

Volunteers will be registered as RSVP participants and 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.



Note: Senior Centers Closed October 14th

When You're a Parent ... Again

Your adult child drops the kids off and it is not just for a visit. . . 2.5 million grandparents are raising grandchildren in the United States. The reasons why vary greatly from illness (physical and mental) and death to drug and alcohol abuse or family violence. Concerns about lifestyle changes, self-care, legal and financial needs are imperative to face.

Maybe you are not actually parenting a grandchild, but you think you should be more involved due to the family situation. What rights do you have as a grandparent? Do you have questions about your relationship with grandchildren and their parents?

It is a difficult reality to face when you find that parenting at an advanced age is different than when you did it in your twenties, thirties or even forties. As a grandparent, paying attention to your own health and well-being is number one when taking on the role of primary care giver to grandchildren. In some cases, the child or children have already experienced the trauma of losing a parent so the opportunity to do your best is paramount. This also can be the cause of significant stress.

Ask for help. Try not to be stubborn or feel badly about getting help and support when you need it. Generally, people want to help a friend in need. There are also grandparent support groups in communities and on-line which provide support. Or, go to www.grandparents.com



Free Rides to the Veterans Administration (VA) Hospital in Albuquerque

Volunteers transport military veterans to the Veterans' Hospital in Albuquerque every Tuesday, Wednesday and Thursday. They pick up at Smith's Grocery on Pacheco St. at 7:00 am and leave from the hospital at noon. Make a morning appointment, and transportation is free.

Call Velma Ortega at 351-4405 to schedule and her husband Mel will drive you.

Free Basic Carpentry Repair

The RSVP program has a wonderful volunteer who is a very handy carpenter and can assist with cabinetry repair, some wood furniture repair (not upholstered), some basic electrical and basic open plumbing repair.

To qualify, you must be living in Santa Fe, be age 55+, economically challenged, without friends or family who could help, and willing to pay for needed supplies. He cannot do yard work or major repairs.

To learn more, call Kristin at 955-4760.



Need a Laugh?

Senior Michael Sullivan submitted these travel complaints received by Thomas Cook vacations from dissatisfied customers:

- "The beach was too sandy."
- "No-one told us there would be fish in the water. The children were scared."
- "Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer."
- "It took us 9 hours to fly home from Jamaica to England. It took the Americans only 3 hours to get home. This seems unfair."
- "My fiancé and I requested twin-beds when we booked, but instead, we were placed in a room with a king bed. We now hold you responsible and want to be reimbursed for the fact that I became pregnant."

James Gallegos – an Amazing Volunteer!

The New Mexico Veterans Administration Health Care System issued a certificate of appreciation Korean War Marine Sargent to Jose James Gallegos thanking him for 40 years of volunteer service with a total of 14,647 hours to other veterans. Wow! He is the husband of Tonie Ann Gallegos, senior Board of Directors member. James, we all thank you for your generosity of time and spirit.

Lifesongs Community Conversations

Join others on Tuesday, October 22nd from 6:30 to 8:00pm for another Lifesongs Community Conversation. The question to launch the conversation will be "What is the impact on our quality of life when we truly accept death as part of life?" Experts from the fields of creative aging, hospice and medicine will join community members to provide critical insight and reflection.

The free event will take place at the Mary Esther Gonzales Senior Center at 1121 Alto Street. To learn more, call 995-1860 or go online to www.aloveoflearning.org.

ECHO Commodities Food Distribution

Commodities (including cheese, cereal and canned foods) are available to income-eligible seniors age 60+ on the third Tuesday of each month, 9:30a.m. – 1:00 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road. Please call 1-(505) 242-6777 for details.



Bag 'n Hand Food Pantry

If you are in need of some extra groceries to get you through the week, you may go to the Bag 'n Hand Food Pantry at St. John United Methodist Church on Old Pecos Trail on either Tuesday or Thursday (only once a week, please) between 10:00 a.m. and noon.

LIHEAP Applications Available

For financial assistance with heating costs (gas, electric, propane or wood) this winter, apply for the Low Income Heat and Energy Assistance Program (LIHEAP). Blank applications are at the MEG Center front desk. After you fill one out, you must take it, along with all supporting documents, to the Income Support Division (ISD) office at 39-B Plaza La Prensa.

If you have questions about the LIHEAP program or applications, you may call ISD directly at 476-9200.

City of Santa Fe Senior Centers



Luisa Senior Center



Pasatiempo Senior Center



Ventana de Vida Senior Center



Villa Consuelo Senior Center

LEGAL FAIR

FREE CONSUMER LAW CLINIC

Attorneys and Civil Legal Service Providers
will be available to answer all your consumer legal questions
and provide **free** general consultations on consumer law topics,
including:

- ◊ **Bankruptcy**
- ◊ **Debt Collection**
- ◊ **Foreclosure**
- ◊ **Student Loans**
- ◊ **Payday Loans**
- ◊ **Wage Garnishment**
- ◊ **And More!**

Saturday, October 19, 2013

10:00 a.m. to 2:00 p.m.

(Brief overviews of the law will begin at 10 a.m., with individual
consultations to begin immediately after.)

Mary Esther Gonzales (MEG) Senior Center

1121 Alto Street, Santa Fe, 87504

First-come, first-served basis

Presented by the First Judicial District Access to Justice Committee

Retired Senior Volunteer Program October 2013



Community Needs for Volunteers to Meet

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.

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.

S.F. Public Schools ; ADELANTE ! Program

Join the "Power Hour" afterschool tutoring program for homeless children. The Power Hour will focus on elementary school children. It will seek to match volunteers with individual children or small groups of children at a school, after 3:00, to assist them with their homework assignments and other school work. You may select from several schools and you may serve just two hours at a time, once or twice a week.

The Adelante program strengthens opportunities for academic achievement and life success of children and youth experiencing homelessness. Homelessness can mean living in shelters or on the streets; living with someone other than their parent or permanent guardian; living in substandard housing or doubling up with other families in tight conditions; unaccompanied and homeless youth; families being evicted or having their utilities disconnected; etc.

Kitchen Angels Needs Cooks

Join others who love to cook and learn to make healthy, delicious meals for the homebound clients of the Kitchen Angels program. You will have staff guidance, support and materials and work with other volunteers. Choose Monday-Friday, late mornings.

Happy Birthday, RSVP Volunteers

Gene Melady	10/01
Vikki Munkres	10/01
Mela Sanchez	10/01
Helen Maestas	10/02
Roberta Armstrong	10/03
Lupita F. Romero	10/04
Jose Gonzalez	10/05
Carol Koetter	10/05
Daniel Koenig	10/06
Jeannie Rae	10/07
Frances G. Hanners	10/08
Mercedes Moreno	10/09
Thomas W. Blum	10/13
Andreita Lydia Candelaria	10/16
Earl Jaramillo	10/16
Carol Lachman	10/16
John B. Trujillo	10/16
Alex Vargas	10/16
Theresa Sanchez	10/17
Roland Keith Austin	10/18
Joe E. Romero	10/18
Reynaldo L. Chavez	10/19
Judy Montano	10/19
Elvira Urban	10/19
Louie Ortiz	10/20
Anna M. Bell	10/21
Phoebe Girard	10/22
Angela D. Medina	10/22
Navora Martinez	10/23
Gerald Watman	10/23
Robert L. Abeyta	10/24
Anna Marie McQuarie	10/24
Martha Rotunno	10/24
Doris Jeanne Luna	10/26
Elena Montano	10/26
Mary Lee Ortiz	10/27
Tony Rivera	10/27
Carmen M. Rodriguez	10/27
Janet Reffert	10/28
William J. Todino	10/28
Jessie Visarraga	10/28
Ruth E. Vilmain	10/29
Elizabeth Slota	10/30
Russell Mooney	10/31





Get to know the Corporation for National and Community Service (CNCS) one of the SCP and FGP funding sources...

The Corporation for National and Community Service plays a vital role in supporting the American culture of citizenship, service, and responsibility. We are a catalyst for community solutions and champion for the ideal that every American has skills and talents to give.

At a time of social need, CNCS and the network it supports engages more than 5 million Americans in results-driven service each year via 70,000 community and faith-based organizations. Through Senior Corps, AmeriCorps, the Social Innovation Fund, United We Serve, and other programs, CNCS taps the power of citizens to improve lives, solve problems, strengthen communities, and build the capacity of the nonprofit sector.

Participants in CNCS programs

- mentor and tutor at-risk youth
- rebuild communities struck by natural disasters
- help seniors live independently
- support veterans and military families, and more.

Based on principles of local control, competition, accountability, and public-private partnership, CNCS provides a "triple bottom line" return on investment: benefiting the recipients of service, the people who serve, and the larger community and nation.

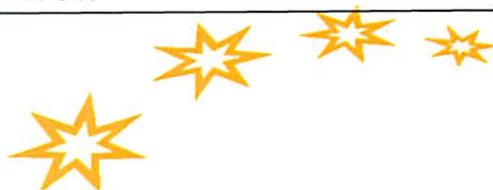
Our programs are proud to be a part of this great organization.

In-Service

The FGP/SCP in-service will take place on Thursday, October 17, 2013, at the Mary Esther Gonzales Senior Center Dining Room. The topic will be announced at a later date. Please mark your calendars and plan to attend the event. You are not required to volunteer your regular schedule on this day and should plan on attending this event.

Foster Grandparents Needed...

Nye Early Childhood Center located at Ramirez Thomas Elementary is in need of assistance from our Foster Grandparent Program. Nye's preschool program provides services for children who are three, four and five year old, with disabilities. Classrooms average eight students with special needs and the focus is preparing children to succeed in the Santa Fe Public School District's kindergarten classes. Foster Grandparents typically volunteer up to 20 hours per week and, if eligible, may receive a modest tax-free stipend, mileage reimbursement and other great benefits. If you are interested in making a difference in the life of a special child, call Melanie at 955-4761.



"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime."— Babe Ruth. Thank you to all our FGP and SCP star volunteers who work together to make a huge difference in our community.

Columbus Day

Foster Grandparent and Senior Companion volunteers are not required to volunteer on Monday, October 14, 2013 in observance of Columbus Day.



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

Frances Gallegos	10/12
Pete Abeyta	10/19
Elvira Urban	10/19
Rita Contreras	10/22

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
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

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	1st & 3rd Tues.	1:30 pm
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

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

October 2013



Pasatiempo Halloween

On Wednesday, October 30th from 11:00 a.m. to 1:00 p.m. you are invited to a Halloween party at the Pasatiempo Center at 664 Alta Vista St. There will be live music by the band Grupo Cielo Azul and prizes will be given for best costumes. See you there!

A Nurse in the Family

Catherine Hyde, customer liaison with "A Nurse in the Family" will visit the Mary Esther Gonzales senior center on Monday, October 21st from 11:00 a.m. to 12:00 p.m. Catherine will be available for blood pressure tests in the lobby area of the MEG center.



Upcoming Day Trips

The following day trips are now being planned.

- October 5th Trinity Site of First A-Bomb
- October 10th Hot Air Balloon Trip

If you are interested in these two trips please reserve your seat by calling Don Bell at 982-2707. When reserving your seat, please inquire about the trip cost.

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. First 20 people only - sign-in begins at 9:00 am.

MEG Center October 2nd and 9th
Pasatiempo Center October 16th and 23rd



Halloween Dance & Costume Contest

Don't miss out on the annual senior services Halloween dance and costume contest! Join the fun on Thursday, October 31st from 1:00 to 4:00 p.m. at the Fraternal Order of Eagles at 833 Early Street. The contest will begin at about 2:00 p.m.

There is a \$2.00 entrance fee. Refreshments will be served. Please bring your senior Membership Card.



Caregiver Support Group November 19th

The Division of Senior Services invites you to an informational presentation for seniors who caretake others, followed by a support session to talk with other caretakers.

The Alzheimer's Association will give the presentation and answer any questions you may have. We will serve light refreshments as well.

Please call Theresa Trujillo, In-Home Support Program Supervisor at 955-4745 for more information or to reserve a space. We welcome new faces.

Bake Sale at Pasatiempo

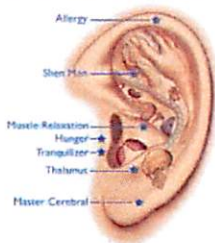
On Thursday, October 11th, the Pasatiempo Senior Center will host a bake sale of delicious homemade goodies.

The sale will last from 9:00a.m. until everything is gone, so hurry in!



ACTIVITIES for this month

October 2013



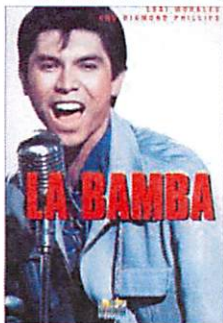
Free Ear Acupuncture for Veterans

Carolyn Bleakley, licensed acupuncturist, offers a free clinic for military veterans and their families every Thursday from 2:00 to 4:00 p.m. at the Mary Esther Gonzales Senior Center at 1121 Alto St. Often used a treatment for pain, post-traumatic stress syndrome, and mild traumatic brain injury, the practice of acupuncture is growing as medical treatment for a broad range of ailments in the military, even in war zones.

No need for an appointment- just show up. But please note that Carolyn will not drive to the center if the weather is snowy or icy.

Movie Day at the M.E.G. Senior Center

"LA BAMBA" Friday, October 18th at 1:00 p.m.



Born to poverty, destined for stardom. He lived the American dream.

The life of rock and roll legend Richie Valens bursts across the screen in this celebrated, music-filled movie.

See the star-making performances by Lou Diamond Phillips as Richie and Esai Morales as his half-brother, Bob. La Bamba depicts the 17-year old Mexican-American's rocket rise to fame, from field laborer to rock star with a string of hit singles and a date with destiny.

Fueled by Valens' hit songs performed by the Grammy-winning Los Lobos, as well as classic '50s tunes, LA BAMBA recreates the thrilling early days of rock and pays homage to the enduring legacy of a remarkable talent whose music crossed all borders.

Medicare Open Enrollment

The Aging and Disability Resource Center with the New Mexico Aging and Long-Term Services Department will visit the Pasatiempo senior center on Friday, November 15th from 10:00 a.m. to 1:00 p.m. to educate and assist seniors in reviewing new or existing Medicare coverage and making educated decisions regarding their coverage, prior to the enrollment period deadline.

Please Note: This visit is to educate, but not to endorse any of the vendors. We are unbiased and do not sell insurance.



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. Please bring a sweater or jacket.

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 pre-register for the AARP class, please call the volunteer instructor of that class:

October 8th	Patricia Penn	438-0460
November 12th	Alan Kalman	629-0752

Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St will be hosting a Bingo on Sunday, October 13th from 1:00 p.m.—4:00 p.m. The cost is \$12.00 for package or 4 specials at \$1 each. Blackout costs \$2.00. The jackpot is \$100.00!

Volunteers will be offering chicken strips, potato salad and drink for \$5.00. Please bring small bills. Everyone is welcome.



Dept. of Health Examines Life Expectancy

The New Mexico Department of Health allows public access to health data so that New Mexicans may understand, prioritize and address health problems in their communities. Recently, a data query was developed to look at life expectancy for New Mexico counties and "Small Areas."

Life expectancy from birth for New Mexicans from 2005-2009 was 75.4 years for males and 81 for females. Life expectancy in the U.S. overall in 2008 was 75.6 for males and 80.9 for females. For comparison, countries with the highest life expectancy in 2008 were Switzerland (79.8 for males) and Japan (86.0 for females).

Within New Mexico, there were large differences across the state. Life expectancy ranged from 87 years (for females in the "Small Area including Doña Ana County and Mesilla Picacho) to 66.8 years (for males in the McKinley County "Small Area").

"The life expectancy information is an important tool to help us understand what's happening in New Mexico," said Department of Health Secretary Retta Ward, MPH. "It can help us pinpoint what some of the issues are in the areas with lower life expectancy."

New Mexico "Small Areas" are 109 geographic areas across the state with population sizes that are just large enough to calculate rates for selected health events (e.g., diabetes deaths, teen births, etc.). The small areas are based on population size, not land area. Most (95%) of the small areas range in population from 9,000 to 30,000 people.

To further examine life expectancy, the Department calculated premature mortality, also known as the number of "Years of Potential Life Lost," from various causes of death. Causes that are more common among younger people will account for a higher number of years of potential life lost. These same causes will also be

responsible for lower life expectancy. For men in New Mexico, the leading causes of premature mortality were unintentional injuries, cancer (particularly lung cancer), heart disease and suicide. For women, the leading causes were cancer (lung and breast cancer), heart disease and unintentional injuries.

For women in New Mexico, the leading causes of premature mortality were similar across small areas. But for men, areas of New Mexico with low life expectancy had much higher rates of premature mortality from unintentional injuries. The most common causes of death from unintentional injury were motor vehicle crash deaths and accidental poisoning (such as drug overdose).

"These analyses reinforce our most common public health messages: wear your seatbelt, don't drink and drive, stop smoking, and get preventive health care visits. New Mexicans also need to be extremely careful with prescription pain killers and see a mental health professional if they are depressed or have thoughts of suicide," said Cabinet Secretary Ward.



Department of Health Releases "The State of Health in New Mexico 2013" Report

-More than one in four adults in New Mexico ages 45 and older has been diagnosed with two or more chronic diseases. Arthritis and cardiovascular disease often co-exist.

-The top reasons for inpatient hospitalization in the 65-year-and-older age group are heart disease, influenza, pneumonia, septicemia and injury from falls. Seniors who were injured in a fall were much more likely to have to be transferred to another inpatient facility for continued care following the acute hospitalization stay.

To view the report visit www.nmhealth.org and look under the Reports and Info Section.

Money 101

By senior
Anke Mihalas



Buying a House and Reverse Mortgages

By Senior Volunteer Anke Mihalas

This month I would like to talk about some basics concerning buying a house and reverse mortgages. These days the mortgage lending companies are a lot pickier about who they loan money to for a house, condo or townhome and you must plan on a substantial down payment.

Your credit history and your FICO score are very important. Your credit history consists of how much money you owe as part of your total available credit, how you have paid your bills – hopefully on time, preferably more than the minimum due, how many credit accounts you have (stores, credit cards, gas company cards and other accounts where you pay money regularly). Nowadays even paying your utilities, cell phone bills and insurance premiums on time is taken into consideration. So, paying off lingering debts, paying on time and getting your FICO scores up is vitally important.

Companies like the Community Housing Trust and Homewise that work with moderate income persons are great help in getting you in a position to get a loan with education about money management, paying your credit cards off, and getting your credit rating up; under certain conditions they will even help with the down payment.

Many banks and credit unions will finance a home. If you have an account there, that helps.

An efficient way for you is to get pre-approval with a finance institution. This will give you a total amount they will let you finance and the terms, i.e. the number of years, like 30 years or less and the interest rate. Before you commit to work with a particular company, shop around for the best terms. Once you choose a mortgage company, you usually have to pay a certain amount to get things going, maybe a couple of hundred dollars, so check around before you commit to a company.

Getting an interest rate that is locked in for the duration of the loan is important, as the

rates are bound to go up in the future. An ARM (adjustable rate mortgage) that is really low now and in 5 or 10 years is adjusted (always upward!) sounds great but can you possibly pay 7, 8, 10% in 5 or 10 years?

Once you are pre-approved, you will be able to find your dream home, knowing what amount you can finance and what your monthly payments will be.

Reverse Mortgages are a good idea if you do not have children you want to leave your house to, if you will always be able to pay taxes and insurance and if it is in your and your spouse's name. So you can stay in the house, even if your spouse dies long before you. Before getting a reverse mortgage, please get good counseling, find out closing and appraisal costs, which will be paid by you or out of the proceeds.

My recommendation is to consider these reverse mortgages carefully to be sure they meet your needs long-term and find out about all of the costs and any other ramifications that may impact you.



End-of-Life Legal Documents- next pages

On August 7th, lawyers from the State Bar of New Mexico's Elder Law Section made a presentation at the MEG Senior Center and answer questions about estate planning.

In the following two pages contain information they gave us regarding Power of Attorney. Please read the information and, if you would like, you may pick up a legal Power of Attorney form to fill out, or overview and forms for Advance Health Care Directive.

Both are available at the MEG Senior Center on the door of the RSVP office, or by calling Kristin at 955-4760.



Senior Supplement

An Educational Service of Lawyer Referral for the Elderly Program

Power of Attorney

For more information call the LREP toll-free Legal Helpline at 1-800-876-6657 or 505-797-6005 (Albuquerque area)

What is a Power of Attorney?

You, the principal, are giving someone else, your *agent* or *attorney-in-fact*, the power to act on your behalf.

Why do I need to give a Power of Attorney?

The power of attorney (POA) is a very important document in financial planning. If you become too ill to handle your affairs, you probably will need someone to make decisions for you. You need to think carefully about who you would want to make the decisions for your financial needs in the event you are unable to make them yourself. Without a POA, if you become incapacitated, your family may need to apply to the court for guardianship or conservatorship, which can be expensive and time-consuming.

Can anyone give a POA?

Anyone, 18 years of age or older, who understands both what they are doing and the contents of the document they are signing can give a POA.

Who should I choose as my agent?

A POA is a very powerful document. The person you choose should be someone you trust implicitly. Your "agent" should be someone you trust to act in your interests instead of in his or her own interest, and who will try to make the same decisions you would have made for yourself. You can give POA to a relative, to a friend, or you can hire a bank or corporation, as long as you choose someone who is trustworthy.

How can I be sure my agent follows my wishes?

When you give someone a POA you should talk to them about what you want them to do. You should inform them about your bills and bank accounts, for example, and make sure they know where you keep your records and important papers.

Can my agent use my money for personal gain?

The person who is your attorney-in-fact has a fiduciary duty to act in your interest and try to do what you would do for yourself if you were able. Third parties will presume the person is acting on your behalf. There have been agents who have used POA for their own benefit, so you should choose only someone you trust.

How can I hold my agent accountable?

You can ask your attorney-in-fact to provide an accounting. This means that the person acting as your agent provides a record of all money spent. The accounting can be made annually, semi-annually, quarterly, or monthly. You should specify in the POA document how often and to whom your agent must provide an accounting.

What can I do if someone is trying to force me to sign a POA?

You should not sign a POA even to a relative if you do not want to. Call your lawyer or Lawyer Referral for the Elderly if someone tries to force you to sign any documents you do not want to sign.

What powers should I grant to my agent?

A power of attorney can be specific or it can be general. You may want to give powers, such as



Power of Attorney (Continued)

health decisions using an Advance Health Care Directive, to one person and give a financial POA to someone else to make financial decisions. You should make the POA specific if your agent is going to transfer real estate, pay taxes, or purchase and sell stocks and bonds. If you want your POA to affect real estate, you need to record it with the county clerk in the county where the real estate is.

How long does a POA stay in effect?

A POA can be for any specific period of time, or it can be indefinite until revoked. It can be “springing,” which means that it will only become effective if you become incapacitated and will not be effective until then. In order for the power to remain effective after you become incapacitated, it must say so in the document.

What is a durable power of attorney?

A durable power of attorney states in the document that it remains in effect even after the principal becomes incapacitated. This is important, because without the “durable” clause, the power of attorney will be void just when you need it the most.

Can my agent use the POA after I die?

Absolutely not. The power ends upon the death of the principal. If your agent knowingly uses the POA after your death, he or she is committing fraud.

How do I revoke a POA?

You can revoke a POA at any time as long as you are of sound mind. One way to revoke a POA is to tear up the document and all copies. Otherwise, the revocation must be in writing and signed in the presence of a notary. If the original POA was recorded, then the revocation must also be recorded. A copy of the revocation should be given to banks, stockbrokers, your doctor, or anyone else who might be relying on the POA.

Is my POA made in another state good here in New Mexico?

Probably. However, it is wise to update your POA because requirements vary from state to state.

Would my spouse need a POA?

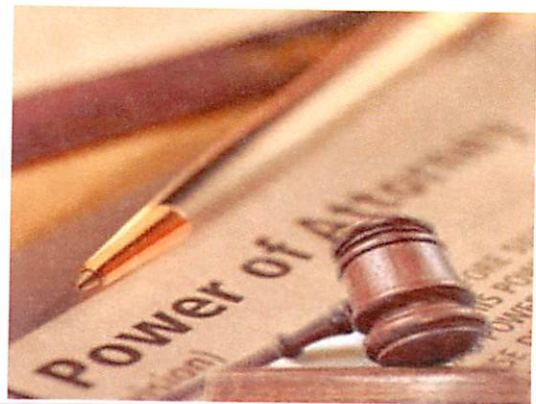
A husband or wife will need POA to transfer property held jointly. A transfer may be necessary if one spouse enters a nursing home under Institutional Care Medicaid. The at-home spouse may want to transfer title to the family home into his or her name to avoid losing benefits.

Do I need a lawyer to draw up a POA?

Not necessarily. There is a statutory form that has been approved by the State Legislature. The POA must still be signed in the presence of a notary. However, you should proceed with caution because a POA is such an important document. Also, a lawyer can ask about your specific needs and include provisions in the POA to fit those needs. LREP recommends that you consult an attorney before signing a POA.

Do I need witnesses?

No. New Mexico law does not require a POA to be witnessed, but witnesses may strengthen the validity of the document if it is challenged. As stated above, the POA must be signed in the presence of a notary public.



This program is funded by: New Mexico Aging and Long Term Services Department, State Bar of New Mexico and NM Civil Legal Services Commission

Chocolate

Find and circle all of the words that are hidden in the grid.
The remaining 55 letters spell a secret message.

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

ADDICTIVE
BAKING
BARS
BITTERSWEET
BROWNIES
CAKES
CANDY
CHIPS
CHOCOLATIERS
COCOA

CONFECTIONERY
COOKIES
CREAM PIE
CUPCAKE
DARK
DECADENT
DELICIOUS
DESSERT
DRINKS

FILLING
FONDUE
FOOD
FUDGE
ICE CREAM
ICING
INGREDIENT
MILK
MOUSSE

PUDDING
SEMISWEET
SUGAR
SWISS
SYRUP
TREAT
TRUFFLES
UNSWEETENED
WHITE



PUZZLES

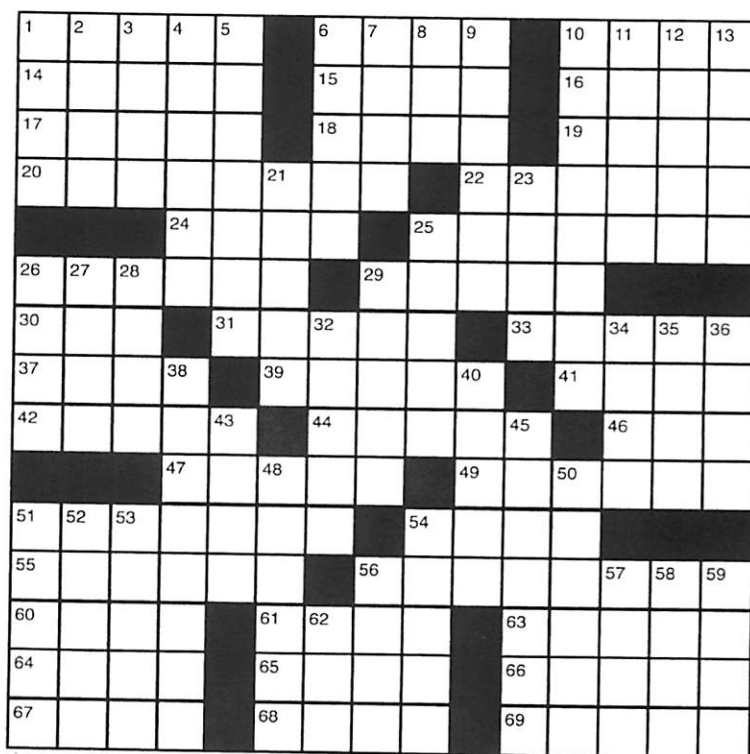
October 2013

ACROSS

- 1 Explode
- 6 Argument
- 10 "M*A*S*H"
actor
- 14 Ridiculous
- 15 Small rodents
- 16 Burn
- 17 Striped feline
- 18 Dating couple
gossiped about
- 19 Beach surface
- 20 Mississippi
riverboats
- 22 Pressure
cooker brand
- 24 Twist in a hose
- 25 More luxurious
- 26 Untainted
- 29 Longfellow's
works
- 30 Summer
month: abbr.
- 31 Glowing coal
fragment
- 33 Harbor cities
- 37 Dinner in a sty
- 39 Song of an
Alpine goatherd
- 41 Uncommon
- 42 Long stories
- 44 Speeder's bane
- 46 Split ___ soup
- 47 Iron alloy
- 49 ___ hound; dog
with short legs
- 51 Hot dog topper,
for some
- 54 Like a take-out
order
- 55 Whole
- 56 Borderline; on
the edge
- 60 Eve's man
- 61 Grouch
- 63 Wipe away
- 64 Draw; entice
- 65 Grave
- 66 Writing tables
- 67 ___ up; arranges
- 68 Stick around
- 69 Bread
ingredient

DOWN

- 1 Tiny pieces
- 2 Military division
- 3 In a ___; furious



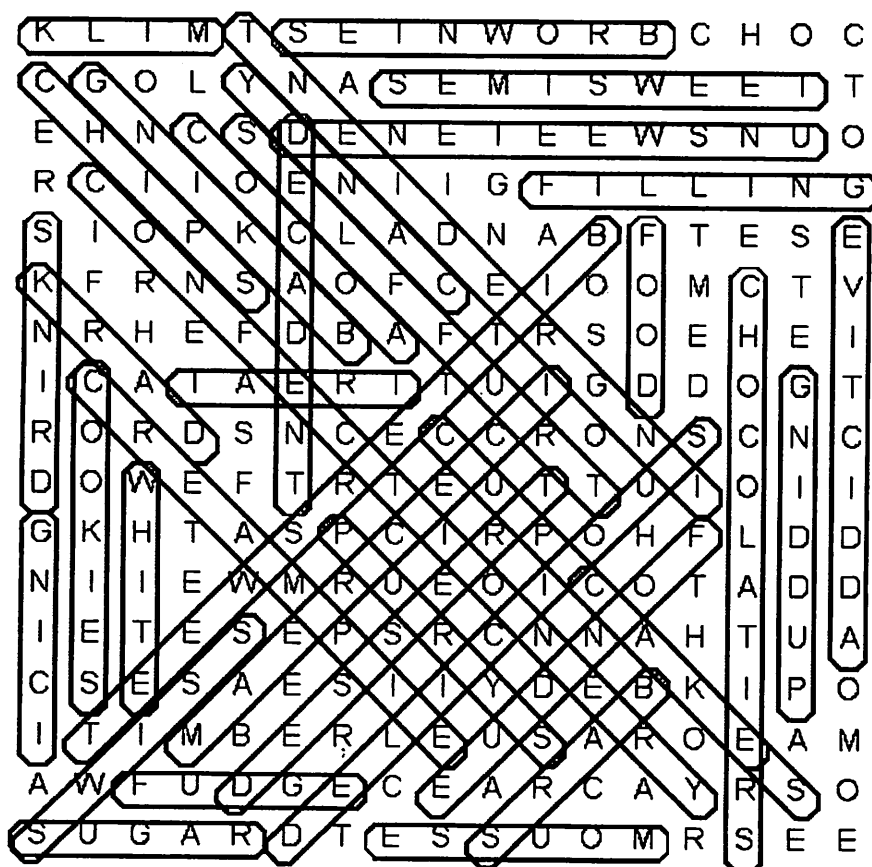
- 4 ___ around;
moves furtively
- 5 One who eats
on the house?
- 6 Smile smugly
- 7 Prune stones
- 8 Highest club
- 9 Place of
worship
- 10 Rater of home
and land value
- 11 Dog rein
- 12 "Divine
Comedy" poet
- 13 Passion
- 21 Foe
- 23 ___ roast; cut of
beef
- 25 ___ over;
studied intently
- 26 Late singer
Mama ___
- 27 Luau dance
- 28 Very excited
- 29 Ride a bike
- 32 Turned off;
uninterested
- 34 Knocks
- 35 Sequoia or oak



- 36 Chair or bench
- 38 Hobbies
- 40 Toil
- 43 "___ Trek"
- 45 ___ Ann; classic
doll
- 48 Builds
- 50 Evening party
- 51 Lunch & dinner
- 52 Excessive
- 53 Begin
- 54 Pet cat,
perhaps
- 56 Family member
- 57 Space agcy.
- 58 Invites
- 59 In case
- 62 Go bad

PUZZLE ANSWERS

October 2013



BREAKFAST MENU

October 2013

Senior Center Breakfast Menu for October 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).

- 1st Breakfast burrito with tortilla, sausage, cheese, green chile, milk
- 2nd Peanut butter and jelly, small roll, tomato juice, milk
- 3rd Grilled ham with cheese, peppers and onions, small roll, jelly, milk
- 4th Scrambled egg, French toast with maple syrup, tomato juice, milk
- 7th Pancakes with maple syrup, sausage patty, tomato juice, milk
- 8th Scrambled egg with grilled peppers, cheese, hashbrowns, bacon, milk
- 9th Peanut butter and jelly, small roll, tomato juice, milk
- 10th Grilled ham with salsa, potatoes, margarine, milk
- 11th Breakfast burrito with tortilla, scrambled egg, bacon, cheese, red chile, milk
- 14th **All Centers closed in observance of Columbus Day**
- 15th Grilled ham with peppers, tortilla, margarine, milk
- 16th Waffles, maple syrup, scrambled eggs, tomato juice, milk
- 17th Breakfast biscuit with sausage, cheese, salsa, margarine, milk
- 18th Cottage cheese, jelly, tomato juice, cold cereal, milk
- 21st Diced ham, cheese, salsa, potatoes, margarine, milk
- 22nd Breakfast burrito with tortilla, scrambled egg, cheese, red chile, bacon, milk
- 23rd Sausage patty, cheese, green chile, hashbrowns, small roll, margarine, milk
- 24th Breakfast biscuit with ham, cheese, salsa, margarine, milk
- 25th Scrambled egg with green peppers, potatoes, bacon, milk
- 28th Boiled eggs, hot oatmeal, margarine, tomato juice, milk
- 29th Sausage, cheese, potatoes, salsa, margarine, milk
- 30th Breakfast burrito with tortilla, scrambled egg, cheese, red chile, bacon, milk
- 31st Boiled eggs, hot oatmeal, margarine, tomato juice, milk

Foodborne Illness

From the Partnership for Food Safety Education



The US food supply is among the safest in the world, but organisms that you can't see, smell, or taste - bacteria, viruses, and tiny parasites - are everywhere in the environment. According to the Centers for Disease Control and Prevention (CDC) each year 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in this country can be traced to foodborne pathogens.

Foodborne illness costs Americans billions of dollars each year, and serves as a constant challenge for consumers, researchers, government and industry.

The Food and Drug Administration estimates that two to three percent of all foodborne illnesses lead to serious secondary long-term illnesses. For example, certain strains of *E.coli* can cause kidney failure in young children and infants; *Salmonella* can lead to reactive arthritis and serious infections; *Listeria* can cause meningitis and stillbirths; and *Campylobacter* may be the most common precipitating factor for a debilitating disease, Guillain-Barre syndrome.



SENIOR CENTER LUNCH MENU

OCTOBER 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please Note: <u>Lunch Menu is Subject to Change</u> Lunch is Served: 11:00 a.m. -12:30 p.m.	1 Meatloaf w/ Gravy Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk	2 Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing WW Roll w/ Butter Apple Cobbler Milk	3 Beef Steak w/ Veggie Topping Steamed Spinach Parmesan Potato Rounds WW Roll w/ Butter Lemon Bar Milk	4 Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/ Peaches Milk
7 Baked Fish Fillet w/ Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	8 Spaghetti w/ Meat Sauce Buttered Green Beans Green Salad w/Dressing Garlic Bread Jell-O w/ Pears Milk	9 Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges Milk	10 Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Pears Milk	11 Pork Posole w/ Red Chile Sauce Spinach Salad Pinto Beans / Tortilla Strawberry & Peaches Peanut Butter Cookie Milk
14 ALL CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY	15 Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/Dressing Whole Wheat Roll w/ Butter Chilled Pears / Milk	16 Stuffed Chicken Breast Steamed Spinach California Vegetables Baked Biscuit Peach Crisp Milk	17 Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/Dressing Apple Cobbler Milk	18 Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/ Cheese Cranberry Sauce Jell-O Milk
21 Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans Whole Wheat Roll w/ Butter Apple Cobbler / Milk	22 Chicken Provencal (w/Veggies & Sauce) Steamed Rice Buttered Spinach Whole Wheat Roll w/ Butter Tropical Fruit / Milk	23 Pork Roast Mashed Potatoes w/ Brown Gravy Asparagus Tips Whole Wheat Roll w/ Butter Applesauce / Milk	24 Chicken Fettuccini w/ Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears Milk	25 Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk
28 Beef Chalupa w/ Garnish & Salsa Fiesta Salad Chilled Fruit Salad Milk	29 Baked Ham Baked Yams Steamed Broccoli w/ Butter Whole Wheat Roll w/ Butter Baked Apples / Milk	30 Baked Chicken Breast Wild Rice Carrot Raisin Salad Biscuit w/ Butter Chilled Mandarin Oranges Milk	31 Open Face Hot Roast Beef Sandwich Mashed Potatoes w/ Brown Gravy Carrots & Peppers Chilled Pears Milk	

Please note: Senior Meal Suggested Donations: Breakfast \$1.00 and Lunch \$1.50




Non -Senior (under 59 years of age and younger) Meal Fees: Lunch \$4.20



City of Santa Fe

Senior Center Locations

Legend

-  City Senior Center Location
-  Down Town
-  City Limits

Mary Esther Gonzales Senior Center
1121 Alto Street

Ventana de Vida Senior Center
1500 Pacheco Street

Pasatiempo Senior Center
664 Alta Vista Street

Luisa Senior Center
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo Senior Center
1200 Camino Consuelo

Genoveva
Chavez
Community
Center



0.4 0.2 0 0.4 Mile