

THE SENIOR SCENE



**Programs & Activities
for Older Adults**

**Programas y Actividades
para Adultos Mayores**



Offered by: Division of Senior Services
http://www.santafenm.gov/senior_scene_newsletter

AUGUST
2016



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501
AUGUST - 2016

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, 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, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at www.santafenm.gov, simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter." You may also find it on the Retired Senior Volunteer Program (RSVP) website at www.rsvpsantafe.org.

Front Desk Reception

Toll-Free Administration Line

Ron Vialpando, DSS Director

(505) 955-4721

(866) 824-8714

955-4710

Administration

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist

955-4722

Transportation Ride Reservations (page 4)

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

955-4700

955-4702

955-4703

955-4756

Nutrition

Thomas Vigil, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

955-4740

955-4750

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

955-4748

955-4739

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

Mary Esther Gonzales (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

In Home Support Services: Respite Care, Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

Daniel Mitchell, Special Projects Admin.

955-4761

955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato, RSVP Administrator

Marisa Romero, Administrative Secretary

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator

955-4725

Miscellaneous

Lobby Area

Craft Room

Pool (Billiard) Room

955-4735

955-4736

955-4737

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

Newsletter Production

Triston Lovato, Editor/Distribution

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4760

DIRECTOR'S REPORT

AUGUST - 2016

Dear Patrons,

The City of Santa Fe Division of Senior Services in collaboration with the New Mexico 50+ Senior Olympics sponsors the annual local events in Santa Fe in preparation of the State games held each summer. These efforts promote healthy lifestyles and provide individuals who are 50 years of age and older the opportunity to be part of many challenging athletic sports and events each year.

During the Senior Olympics games that were held in Santa Fe between March and May 2016, there was a total of 433 local Senior Olympians who competed in 195 sports/events and received 1,189 medals, which included 653 Gold, 267 Silver, 130 Bronze and 139 4th and up.

Santa Fe was proudly represented at the State games in Roswell, NM held from July 13 – 16, 2016. Eighty-three Olympians competed aggressively and put their heart, endurance and great talents to work. I want to personally thank each Olympian and congratulate both Santa Fe and the statewide individuals who participated in the 2016 Games! We will update you next month on the number of medals that our local senior athletes brought home from the State games.

If you are interested in participating next year with the 50+ Senior Olympics or would like more information, please feel free to contact Cristina Villa, Senior Services Coordinator at 505-955-4725 (work) and 505-795-3817 (cell) or Cecilia Acosta, NM Senior Olympics Director at 575-623-5777.

Again, congratulations Santa Fe Senior Olympians.



On a sad note, staff member Daniel (Dan) Mitchell, Special Projects Administrator, passed away suddenly on July 2, 2016. He is survived by his brother Isaac and six-year-old niece. He was hired with the City of Santa Fe Division of Senior Services in July 2014 and truly enjoyed working with our senior citizens. He spent his early years growing up about 15 miles outside of Gallup, New Mexico and finally settled in Santa Fe. He worked for many years as a technician, trainer and Service Manager in the Business Equipment field, and he also worked at Intel for several years. His background and talent working on electronics and technology was a huge asset to our division and will be missed. He was always willing to step in and help any senior or staff member that needed assistance. Dan especially enjoyed getting to know and working with the Foster Grandparent and Senior Companion volunteers. He always greeted everyone with a smile and kind words. He will be greatly missed.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ron J. Vialpando'.

Ron J. Vialpando, Division Director



SENIOR SERVICES PROGRAM INFORMATION

AUGUST - 2016

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. 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, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2; please bring the exact amount. **Please note that these cards are NOT valid as legal identification.**

Eligibility for Senior Services Registration

Per the Older Americans Act, **participants must be at least 60 years of age, or be the legal spouse of a member 60 or over, residing at the same address**, or for meals only, be disabled (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc. For more information please contact Brenda Ortiz at (505) 955-4722 or bmortiz@santafenm.gov.



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. 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 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** 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 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**
- SF County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

NEWS & VIEWS

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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). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change so please check for the updates online at www.santafecounty.org or call (505) 231-2382. All services are free.

Dates for August:

01 – Fort Marcy	9 am – 1 pm
02 – St. John's United Methodist	9 am – 1 pm
Southside Farmer's Market	2:30 – 5 pm
03 – Solana Center	10 am – 2 pm
04 – Edgewood Senior Center	10 am – 2 pm
05 – Santa Fe County Fair	9 am – 3 pm
06 – Santa Fe County Fair	9 am – 3 pm
(Van parked at Extension Services Office)	
07 – Santa Fe Recovery Center	9 am – 3 pm
(Nurse inside center)	
08 – Pasatiempo Senior Center	9 am – 1 pm
09 – Eldorado Senior Center	10 am – 2 pm
10 – El Rancho Senior Center	10 am – 2 pm
11 – Santa Cruz Senior Center	10 am – 2 pm
12 – Ventana de Vida Center	10 am – 2 pm
13 – Van not out	
14 – Santa Fe Recovery Center	9 am – 3 pm
(Nurse inside center)	
15 – Casa Rufina	9 am – 1 pm
16 – Salvador Perez Pool	10 am – 1 pm
Southside Farmer's Market	2:30 – 5 pm
17 – Genoveva Chavez Center	10 am – 2 pm
18 – Encino Villa	9 am – 1 pm
19 – Casa Villita	10 am – 2 pm
20 – Van not out	
21 – Santa Fe Recovery Center	9 am – 3 pm
(Nurse inside center)	
22 – Villa Consuelo Senior Center	9 am – 1 pm
23 – Chimayo Senior Center	10 am – 2 pm
24 – Pojoaque Super Market	10 am – 2 pm
25 – Villa Alegre Senior Housing	10 am – 2 pm
26 – Mary Esther Gonzales Ctr.	10 am – 2 pm
27 – Van not out	
28 – Santa Fe Recovery Center	9 am – 3 pm
(Nurse inside center)	
29 – Luisa Senior Center	9 am – 1 pm
30 – Smith's (Pacheco)	10 am – 1 pm
Southside Farmer's Market	2:30 – 5 pm
31 – Santa Fe Community College	10 am – 2 pm

2016 Day Trips

For additional information on day trips please call Don Bell at (505) 982-2707 after 5:30 p.m. (Note: Date and price are subject to change.)

October 6, 2016

Albuquerque International Balloon Fiesta

Cost per person is \$20; leaving at 5:30 a.m.

December 2016

River of Lights

Cost \$20

More information to follow.



Yellowstone Trip Organizational Meeting

If you are signed up for the Yellowstone trip, please attend the trip meeting on Tuesday, August 23 at 1 p.m. The meeting will be held in the MEG Center dining room (1121 Alto St). This meeting should last about 90 minutes. All travelers will need to pick up their credentials and sign any required forms. Our representative, Shannon, from Globus/Cosmos will be available to assist you and answer your questions. If you haven't supplied us with all of your info, we will need the following: 1) your full street address, 2) Doctor/medical contact phone, 3) your personal local contact, 4) your home phone and cell phone number, and 5) any pertinent medical info to assist in case of an emergency. See you on 8/23!

Let's Grow! Fall Garden Prep

Put your garden to bed and plan for next year. This garden workshop will tell you things to consider as the season winds down. Join the Master Gardeners on Saturday, August 13, from 10-11 a.m. at the County Fairgrounds Xeric Garden (3229 Rodeo Rd).



NEWS & VIEWS

AUGUST - 2016

Being Mortal Event on August 17, 4-6:30 p.m.

Santa Fe Healthcare Network invites you to a free community screening and discussion of the documentary *Being Mortal*. The film sheds light on how a cure-focused medical system often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end. It underscores the importance of people planning ahead and talking with family members about end-of-life decisions.

Being Mortal delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how best to care for the dying becomes a personal quest.

Seventy percent of Americans say they would prefer to die at home, but nearly 70 percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only 30 percent have done so.

This free community event is on Wednesday, August 17, 4–6:30 p.m. at Christ Church Santa Fe, 1213 Don Gaspar Ave, Santa Fe, NM 87505. Karin Thron M.D. Ambercare Hospice Medical Director, Doug Egli M.D. Director of CSVH Holistic Health & Wellness Center, and Jeff Pine Director of EGIS (Elders Getting Information and Services) will lead a discussion on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

Santa Fe Healthcare Network will provide information on community resources and Sierra Vista will provide refreshments. Limited seating. To make a reservation, please call Eileen Joyce at 505.428.0670 or email ej@eileenjoyce.com. See this moving documentary, join the conversation, and explore what matters to you. We hope to see you there!

Thanks to Jytte Lokvig

Jytte Lokvig, Ph.D and author of:
Alzheimer's A to Z, Successful Caregiving
Alzheimer's A to Z, A Quick Reference Guide
The Alzheimer's Creativity Project
The Alzheimer's and Dementia Handbook

Thank you to Jytte for giving an enlightening and marvelous presentation to caregivers and staff at the MEG Senior Center on May 26. Thank you so very much Jytte for spending time and sharing your expertise with us. We look forward to seeing you again!

New Graceful Aging 5 Workshop and Lunch Offered September 20th

Free and open to all, the new Graceful Aging 5 "Being Well...Doing Well" workshop is designed to help seniors reach their personal aging best. Presentations and short training sessions will cover:

- Mindfulness — Learn the benefits and goals of mindfulness and then apply its principles.
- Fitness — To be fit at any age, use at-home exercises to boost energy and build health.
- Nurturing Mind and Spirit — How to make the most of social and community connections for stimulus and fun.
- Emotional Well-Being — Learn skills for bouncing back from losses and setbacks.
- Acting as Best Friend and Advocate — Self-empowerment to manage the challenges of this new phase of life.

This workshop will be presented Tuesday, September 20, from 10 a.m. to 2 p.m. at Santa Maria de la Paz Catholic Community Parish Hall, 11 College Avenue in Santa Fe. To attend and receive the free lunch, please register by calling (505) 988-4131, extension 114, by September 18.

This Graceful Aging workshop is offered by the Pastoral Counseling Center and partners Christus St. Vincent Regional Medical Center and the Christus Health Fund, with lunch provided by Pacifica Santa Fe. Resource tables will be presented by Santa Fe Healthcare Network.

NEWS & VIEWS

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Conference on Aging Announces Winner of Poster Contest

The 38th Annual NM Conference on Aging is pleased to announce the 2016 poster contest winner. Sally Bartos' poster is titled, "Yesterday, Today, and Tomorrow." The poster features an elderly couple sitting outside their home in the background, with a young couple and a baby sitting in the forefront. It was one of four submissions.

"Beyond her artistic talent, Sally Bartos is an excellent community member who has contributed her artwork for many great causes, without any expectation of receiving anything in return," said Aging and Long-Term Services Secretary Myles Copeland. "Sally has donated the original painting used for the poster, and it will be on silent auction during this year's Conference. She will donate all proceeds from the auction to next year's Conference on Aging."

Bartos is no stranger to the Conference on Aging. She created the winning posters for the 2011 and 2014 Conference on Aging. In addition to her artwork for the Conference on Aging, she has donated pieces of her work to support the Children's Cancer Fund of New Mexico, Presbyterian Hospital's Laughter is Best Medicine auction, the Hispanic Cultural Center and the Bear Canyon Senior Artfest.

Bartos was born in Nebraska and she grew up on the Navajo Nation in Window Rock, AZ. She was immersed in the Navajo culture, which is reflected in her stylized paintings and drawings depicting Native American life. She has worked in tribal government doing clerical work and art projects, including painting murals encouraging people to vote and illustrating a book showing Navajo families how to use the food stamp program. She's also a successful wildlife artist. Bartos now works for the City of Albuquerque's Department of Senior Affairs.

She will be on site at the conference to sign posters on August 23 and August 24 at the Isleta Resort and Casino Conference Center. For more information about the conference call 1-866-842-9230 or 505-383-3900 or visit <http://www.nmaging.state.nm.us>.

Fiesta de Santa Fe

The oldest community festival in the continental United States kicks off with a pre-fiesta show on the plaza on Saturday, August 27 from 3 – 7 p.m., free entertainment! Look out for a full schedule of the fiesta events in September's issue of the Senior Scene. You can also visit www.santafefiesta.org for more information.

Certified Dementia Practitioners



Santa Fe Care Center is proud to announce that Maria Jimenez, Dale Lipp, and Christine Sandoval are now Certified Dementia Practitioners. The training they received for this certification will allow them to better care for the needs of elders in our community. Individuals or families seeking assistance with a family member needing nursing care can call 505-982-2574 for more information. Santa Fe Care Center is a living community that serves the rehabilitation and nursing needs of elders in Santa Fe and the surrounding counties.

Flora's Corner

Have a "can-do" winning attitude!

Can't	Can do
We've never done it before.	We have the opportunity to be first.
It's too complicated.	Let's look at it from a different angle.
We don't have the resources.	Necessity is the Mother of Invention.
It will never work.	We'll give it a try.
There's not enough time.	We'll reevaluate some priorities.

NEWS & VIEWS

AUGUST - 2016

In Remembrance



Helen Lucero passed away on June 12, 2016 at the age of 86. She was known for her companionship between her family and friends. She was a strong independent woman who found joy in working in her yard and rose garden. She is survived by

her children Joe Lucero and Lynda Gomez; her grandchildren Krysta, Jolie, Mariesa, and several great-grandchildren. Helen was born in Lincoln, New Mexico, traveled as a child and settled in Los Alamos for a short time where she met her husband Al. She eventually settled in Santa Fe and retired from retail. Shortly after, she spent her time as a volunteer Senior Companion for over ten years, serving as the VFW chaplain and serving as a member of the Sacred Heart of Jesus. She always found time to give back. She will be greatly missed by her volunteer family and all who had the opportunity to know her.



Lydia Sanchez-Trujillo passed away on June 28, 2016 at the age of 77. She was surrounded by her son Andrew, daughters Gina Marie and Sandra. Lydia grew up in Tapiécitas, New Mexico and she had fond memories of farming the summer lands on the family ranch. Lydia

earned a BA from the College of Santa Fe in 1977. She was known as a devout Catholic and enjoyed visiting the Carmelite Nuns and Santuario de Chimayo. Along with volunteering as a Senior Companion for many years, she loved to garden and was a master seamstress. Lydia is survived by her grandchildren Alicia, Jordan, Analisa, Andrew Jr., and Nicole. She is also survived by her sisters, Mary Quintana, Doris Sanchez, and Sally Sanchez, her brothers Leroy Sanchez, Ricardo Sanchez and Gerald Sanchez. She will be greatly missed by all that knew her.



Toni L. Chapman, life-long resident of Santa Fe, passed away on June 30, 2016, at the age of 98. Toni was born to Juan De La Cruz and Ramoncita Lovato. Toni was preceded in death by her husband Bernie; brothers Paul Romero, Adolph (Tessie) Romero; sisters

Della (Jake) Barbero, and Flora (Rudy) Muniz. She is survived by her sons Patrick (Liz), Ronald (Terri), and David (Juleann); grandchildren, Monica, Pat D. (Francine), Ron (Kelly), Matthew, Mark, Christopher (Andrea), and Shannon (Aaron) Tjogas; 14 great grandchildren and 2 great-great grandchildren; and sister-in-law Frances Lopez. Special thanks to nieces Gloria, Sylvia, Delphie, Dodie, Arlene and numerous nieces and nephews. The family would like to thank Joshua Brown, M.D. & his staff, Christus St. Vincent Hospital & Rehab and Advanced Health Care staffs and the following caregivers: Olga, Manuela, Fabiola, Socorro, and Bernadette; and special friends Angie, Isabel, Jenny, Elnora, Joann, and Tim. Toni was very involved with the Santa Fe Senior Citizens and was a member of the Que Suave Kitchen Band, Senior Olympics, and Catholic Daughters of America. She was an accomplished artist that specialized in acrylics, oils, pottery, and straw applique. She will be greatly missed.



John L. Hanners, age 83, from Santa Fe, NM passed away June 16, 2016. He was born December 2, 1933 in Klamath, Oregon to Leola Mae Garcia and John L. Hanners. John is preceded in death by his mother Leola Mae Garcia, father John L. Hanners and brother Kenny Ware. He is survived by his

wife Frances Hanners, daughters Candy Dimas and Johnna Hanners, son Bill Kane, brother Jim Hanners, grandson John Keelin, granddaughter Jessica Garcia, great grandson Archer Romero, great-granddaughter Addison Garcia, Joey, Bill, James, Pat and many nieces and nephews. John was a regular at Pasatiempo Senior Center, where he enjoyed listening to music and eating meals – especially gravy. He will be greatly missed.

AT - A - GLANCE
AUGUST - 2016



Above photos taken at Randall Davey Audubon Center. Enjoying the summer day with some tea! Photos below taken at the Senior Summer Dance at the Eagles, hosted by Pasatiempo Senior Center.



Photos above and to the right taken at El Rancho de las Golondrinas.



AUGUST - 2016



BOWLING TOURNAMENT

Awards for
Highest Team Score
Highest Individual Score (male/female)
Most \$\$\$ Raised (Team & Individual)

Place: Starlight Lanes (Santa Ana Star Casino)
Date: Saturday, August 20, 2016
Time: 1:00 p.m. (Sign in starts @ 11:30)
Teams: 4 bowlers per team
Entry Fee: \$50.00 minimum per bowler (unlimited sponsorship opportunities)

Strive for the **Most \$\$\$ Raised Trophy!!!**

This event is 3 games across two lanes (shoe rental included)



HELP FILL THE TRUCK



St. Felix Pantry and U.S. Eagle Federal Credit Union are partnering to collect non-perishable donations

August 20, 2016
10:00 a.m. to 5:00 p.m.

U.S. Eagle Federal Credit Union
53 Jemez Dam Rd
Bernalillo, NM



(located at the entrance to Santa Ana Casino)

THANK YOU

For a registration form, please contact Triston Lovato at (505) 955-4760 or trlovato@santafenm.gov. Last day to register is Monday, August 15th!



3rd Annual End Hunger in New Mexico Summit

September 27, 2016
Sheraton Albuquerque Uptown
2600 Louisiana Blvd NE
Albuquerque, NM



Brought to you by:
New Mexico Cares Foundation, Inc.



North Central New Mexico
Economic Development District
Non-Metro Area Agency on Aging
3900 Paseo de Sol
Santa Fe, NM 87502-5115
Toll Free: 866 699-4927
Direct: 505-395-2668
endnmhunger@endnmhunger.com

HOW CAN YOU PARTICIPATE?

- ✓ Register for the Hunger Summit
- ✓ Help this year to create new initiatives to end hunger
- ✓ Donate Non-Perishable Food Items for the Food Truck on September 27, 2016 at the Sheraton Albuquerque Uptown, Albuquerque, NM
- ✓ Be a Sponsor of the Hunger Summit. Complete the "Call for Partners and Presenters" form @ www.endnmhunger.com
- ✓ Donate Door Prizes. Contact us @ 505-395-2668
- ✓ Donate items for Tote Bags

For more information contact
Dolores Gonzales
505-395-2678 / 505-395-2668 / 866-699-4927
www.endnmhunger.com

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

AUGUST - 2016

COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today! Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato at (505) 955-4760 or trlovato@santafenm.gov.**

Volunteer at the Walk to End Alzheimer's

alzheimer's association Join the fight to end Alzheimer's by volunteering your time the morning of Saturday, August 27th. Each year the Walk to End Alzheimer's takes place in over 600 communities in the U.S., and looks to dedicated volunteers for assistance. Raise awareness and bring your passion for the cause on Walk day. Volunteers are needed to help serve food, with set up and tear down, and assistance in stations for getting folks registered, selling raffle tickets, etc. Contact Triston at (505) 955-4760 if you are interested in volunteering.

HOSTS Literacy Program Needs YOU

Are you interested in helping a child with their reading? If so, the Help One Student to Succeed (HOSTS) program at Cesar Chavez Community School needs you! Volunteer mentors are paired with students who have been recommended by their teachers. Working one-on-one with students for 30 minutes, volunteers simply follow the lesson planned for that day. As a volunteer you can serve as little as one hour per week or more depending on your schedule! A short orientation will be provided to familiarize you with the program and your role as a mentor and a background check is required. The program will resume when the new school year begins, so sign up today! Call Triston at (505) 955-4760 for more information.

Shifts are 30 minutes and available Monday thru Thursday, but the following days/times are in great need of a volunteer!

- * Mondays between 11 am and 1:30 pm
- * Tuesdays between 10:30 am and 2:30 pm
- * Wednesdays between 1:30 and 2:30 pm
- * Thursdays all day (8:30 am – 2:30 pm)

Happy Birthday

RSVP volunteers born in AUGUST

Agnes "Aggie" Cardenas	8/01	Jerre Fox	8/15
Joyce M. Martinez	8/02	Evelyn Jimenez-Iyow	8/15
Judy Maes	8/04	Lucille Martinez	8/16
Donald E. Bell	8/05	Gustav Kocsis	8/17
Carolyn Minton	8/05	Louise P. Jackson	8/18
Carlos J. Ortiz	8/05	Jackie Cooper	8/19
Roxanne Gonzalez	8/06	Gail Takeshita	8/19
Barbara Kerrisk	8/06	Corinne P. Willison	8/19
Rose Marie Lenahan	8/06	Bill Caperton	8/20
Barak Wolff	8/06	Ralph Nava	8/20
Annie L. Valdez	8/08	Bella Lucero	8/21
Ramona Griego	8/09	Pedro Garcia	8/22
Edward L. Gonzales	8/10	Frank Lucero	8/22
Rose Ortega	8/10	William Buchanan	8/23
Lorraine Pike	8/10	Dolores M. Brock	8/24
Tonie Ann Gallegos	8/11	Angie P. Mireles	8/24
Louie Bryant	8/13	Cecilia Romero	8/27
Arthur M. Gabaldon	8/13	Scott Sheldon	8/27
Beverly A. Ireland	8/14	Beverly Hollander	8/30
		Thomas Van Kampen	8/30
		Ben G. Martinez	8/31

Please note that the above birthdays are people who are enrolled in the RSVP volunteer program and turn in their hours quarterly.

ONGOING ACTIVITIES

AUGUST - 2016

All activities are open to registered seniors.

Schedule is subject to change.

Luisa Senior Center Activities – Cristina Villa (505) 955-4725				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along			1 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center Activities – Albert Chavez (505) 955-4715				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9 am: Guitar class 9:30 am: Enhance Fitness 11:30 am: Colorama 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9 am: Guitar class 9:30 am: Zumba Gold (low-impact) 1:30 pm: Oil painting (8/16 and 8/30) 1:30 pm: Nia Technique (1 st & 3 rd Tuesdays)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique 9:30 am: Yoga	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room 8 am-4:30 pm: Computer (open use)				

Pasatiempo Senior Center Activities – Cristina Villa (505) 955-4725				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 9-11 am: Computer class 12:30 pm: Bridge	8:30 am: Zumba 9-11 am: Computer class 1 pm: Line Dance (Advanced)	8:30 am: Yoga (class currently full) 9-11 am: Computer class Noon: Sing along	9 am: Tai Chi 9-11 am: Computer class 10 am: Zumba 10 am: Ceramics 1 pm: Line dance (Intermediate)	1 pm: Line dance (Beginner/Low intermediate) 1 pm: Bingo
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center Activities – Albert Chavez (505) 955-4715				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30 am: Exercise class 1 pm: Art class		1-3 pm: Bingo	

Villa Consuelo Senior Center Activities – Cristina Villa (505) 955-4725				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am – 2 pm: Bingo	9:30 am: Ceramics	10 am - noon: Art class	

***NOTE: Please print your name on our activity sheets anytime you participate.**

UPCOMING ACTIVITIES

AUGUST - 2016

AARP "Smart Driver" Course



Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork.

The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four-hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class.

Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Upcoming dates are:

- August 9th
- September 13th

Monthly Senior Services Committee Meetings

All meetings held at the MEG Senior Center. (Posted pursuant to the Open Meetings Act)

Senior Olympics:	8/3/16 at 9:30 a.m.
Advisory Board:	8/17/16 at 9:30 a.m.
Travel Committee:	8/18/16 at 8:45 a.m.
SAC Board:	8/18/16 at 10 a.m.

Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola, a licensed beautician will provide free senior haircuts (on a first come, first serve basis – 20 haircuts per day). The haircut days in August are as follows at 10 a.m.:

- August 3rd MEG
- August 10th MEG
- August 17th Pasatiempo
- August 31st Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9 a.m.

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates in August:



Luisa	Thursday, 8/4	11 a.m. – noon
Pasatiempo	Friday, 8/5	11 a.m. – noon
Ventana de Vida	Thursday, 8/11	11 a.m. – noon
Villa Consuelo	Thursday, 8/25	11 a.m. – noon
MEG	Wednesday, 8/31	11 a.m. – noon

UPCOMING ACTIVITIES

AUGUST - 2016

Movie Day at Ventana De Vida Senior Center Wednesday, August 17, 2016 at 1 p.m. "The Kings Speech" (2010 • R • 1h 59m)



Prince Albert of England, known as Bertie to his family and friends, has suffered from a debilitating speech impediment since childhood. But in 1936 when Bertie's brother King Edward VIII abdicates the throne, the stammering Bertie is suddenly crowned King George

VI. With England on the brink of war and in desperate need of a strong leader, the new King seeks help from an eccentric Australian speech therapist. A true story, this film won four Oscars, including, Best Picture. It stars: Colin Firth, Geoffrey Rush and Helen Bonham Carter.

Movie Day at the Luisa Senior Center Wednesday, August 23, 2016 at 1 p.m. "Miracles from Heaven" (2016 • PG • 1h 49m)



When Christy discovers her 10-year-old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. Based on a true story. of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. Based on a true story.

"Miracle from Heaven" will also be shown at the MEG Senior Center on Tuesday, August 30th at 1 p.m.

Free Ear Acupuncture Cancelled

Free ear acupuncture for Veterans and First Responders, Firemen, and Policemen had been available at the MEG Senior Center every Thursday from 2 – 4 p.m. in the dining room. It has been cancelled due to lack of attendees. If there is interest it will return in the future.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, August 29th and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows at 1:30 p.m.

- August 2nd
- August 16th

Let's Celebrate Your Birthday

Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place every first Wednesday at MEG, every second Wednesday at Pasatiempo, and every third Wednesday at Ventana de Vida. Join us! *Please note: This month's MEG date will be changed to the first Tuesday, which is August 2nd.



MEG Fitness Room

Please stop by the MEG fitness room and try out the equipment that is there for you! Feeling uncomfortable or confused trying to figure out some of the machines? Don't let that keep you away! Stop by and talk to volunteer trainer Gitte Mainland, who has been assisting seniors and will continue to help through September. Ms. Mainland is available on Tuesdays and Thursdays from 9 – 11 a.m. during the months of August and September. If you would like this assistance please join her! She will be on vacation for the months of October, November and December so stop by during the next couple of months!



UPCOMING ACTIVITIES

AUGUST - 2016

Stretch & Strength Exercise at Ventana

Please join exercise instructor Mary Jo, Tuesdays from 9:30 to 10:30 a.m. in the Ventana de Vida dining room. *Please note: we have changed the day and time, and it is no longer called chair yoga. Please join us!

Yoga at MEG Senior Center

Mary Jo will also be instructing yoga at the Mary Esther Gonzales Senior Center every Thursday from 9:30 to 10:30 a.m. Please bring your own yoga mat and join her!

Day Trip to Tesuque Glass Works & Shidoni

Join us on Thursday, August 25, 2016 to see some glass blowing and how bronze sculptures are made. Please meet at MEG by 8:30 a.m. to sign in; we will leave at 9:30 a.m. The price is \$5.15, which includes a sack lunch and beverage; there is also a \$1 suggested donation for the van. There are 20 seats available, so call Albert at 955-4715 to reserve a seat. Please call in advance if you need to cancel not the day of, thanks for your participation.

Nutrition Education Class August 16th at MEG

There will be a Nutrition Education Class offering nutrition tips, good eating habits, what to eat when dealing with diabetes, and much more! Class will begin at 1 p.m. in the board room. Please join us!

Beginner Art Class at Villa Consuelo

Do you want to learn to sketch? Join us at the Villa Consuelo Senior Center every Thursday beginning August 4th from 10 a.m. – noon. Tony Montoya will be instructing the class. Come learn to draw!

Art Class Returns

The oil painting class at MEG returns on Tuesday, August 16th! Join others as they learn the basics of oil painting. You can also join the artist who teaches this class for a workshop at the NM Conference on Aging on Wednesday, August 24th in Albuquerque.

Art classes are scheduled as follows at MEG:

- August 16th at 1 p.m.
- August 30th at 1 p.m.



Fiesta Celebration at MEG

We have not yet confirmed a date for this event, but we will post flyers with the date and time as soon as we know when it will take place. Be on the lookout for that information!

Fiestacita at Pasatiempo!

We will be having a fiestacita at Pasatiempo Senior Center. Look out for flyers with a date and more information. Enjoy live music by Mariachi Azteca, refreshments and as always this is a free event. See you there!

Fiesta Dance

Que viva la Fiesta! Join us at the annual Fiesta Dance on Thursday, September 8th at the Fraternal Order of Eagles (833 Early Street). The dance will be from 1 to 4 p.m. Admission is \$2 and there will be live music by the Jordan Baca Band. This dance is sponsored by the Luisa Senior Center.



Summer Barbecues

Stop by for some fun and food at the Pasatiempo and Villa Consuelo summer barbecues! The menu will include hamburgers with cheese, green chile, lettuce, tomato, onion and pickles. Sides include pork & beans, chips, watermelon, and milk. BBQ will be from 11 a.m.

– 12:30 p.m. with a suggested donation of \$1.50 for seniors and \$7.01 for non-seniors under age 59. Don't miss out! Dates are as follows:

- Thursday, August 18, 2016 at Pasatiempo
- Friday, September 2, 2016 at Consuelo



Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St.) will be hosting a Bingo on Sunday, August 7, 2016 from 1–4 p.m. It will be \$12 for a package, four specials at \$1 each, \$2 for jackpot and a \$100 jackpot guarantee. Everyone is welcome! Please bring small bills. There will be Frito pies and a drink for \$5.

Keeping Seniors Cool in the Summer Heat

Provided by Comfort Keepers of Santa Fe
505-982-1298

Excessive heat kills more people each year - mostly seniors 65 or older - than floods, tornadoes, hurricanes, lightning, or earthquakes. As people age, their ability to regulate heat becomes compromised, making them more prone to injury and illness from hot weather. A number of factors can increase seniors' susceptibility to hyperthermia, an abnormally high body temperature that can lead to heat stroke: decreased perspiration, dehydration, alcohol use, medications, poor blood circulation in the skin, and obesity and/or anorexia.

Here are some tips for seniors and their loved ones to beat the heat and stay cool this summer:



1. Drink water and avoid caffeine, alcohol, and sugary drinks. Dehydration is a risk for seniors, and more so for diabetics, so drinking plenty of fluids is important.
2. Be vigilant. Medical problems such as lung disease, kidney disease, or any other illness that causes general illness or fever, can inhibit the body's ability to regulate heat.
3. Dress for the weather. Wear cool, lightweight clothing. Wear well-ventilated shoes.
4. Keep an eye out. Families and friends can help older adults during the summer months and call for medical assistance if they notice symptoms of heat exhaustion: headaches; heavy sweating; rapid breathing; dizziness or fainting; weak, rapid pulse; cold, moist skin; chills; muscle cramps; nausea and/or vomiting; and confusion.
5. Find cool, air-conditioned locations. Don't stay home just because it's hot. Find activities inside like going to the movies, a museum, the library, to lunch, or join a fitness club with an indoor pool.

Families who are concerned about seniors living alone can hire professional caregivers to help. Caregivers not only assist seniors with daily tasks, meal preparation, and transportation but can also be the eyes and ears of the family, noticing if something is not right and if the senior may need medical help.

What you need to know about your Credit Score (FICO) and why it is important

By: Anke Mihalas, RSVP Volunteer

We hear and read about our Credit Scores quite frequently and many people are not sure what that is or why they are important.

When you open an account with a store, get a bank account, apply for a credit card, buy anything on credit – from a refrigerator to a car to a mortgage for a house – any of these applications have a line for you to sign at the bottom or the back, and there it states that you give permission to have your credit scores checked. Credit scores get assigned to each person having a Social Security number and dealing with any financial matters. Low scores in the 300-400 range means that your credit is not very good; the highest scores are in the high 700s and up to 850, which means that your credit history is very good. The average scores are in the 600s to 700s.

The three main credit reporting agencies are as follows:

- TransUnion
- Equifax
- Experian

There are 5 major factors that go into your FICO score:

- Payment history (35%)
- Amounts owed (30%)
- Length of credit history (15%)
- New credit (10%)
- Types of credit used (10%)



If you show poorly in just one of these categories, your score will probably drop. Ideally, you should not use more than 30% of your available credit, which reflects positively on your score. You can just make one late payment and it immediately drops your score considerably. So, paying your bills on time every time, not overdrawing your accounts, not exceeding your credit limits, not bouncing checks, not maxing out your credit cards, these all affect your score. A good score and even more importantly a good payment history gets you a lower interest rate when you apply for a mortgage or when you buy a car or anything else on credit.

You should request your credit report annually (which is free) from all three credit reporting agencies. Several credit card companies also give you your credit score monthly with your bill.

If you do not need new credit or you are not planning to buy anything on credit in the near future, you should consider placing a credit freeze with all three credit reporting agencies. You will need to write a letter to each of the credit reporting agencies. As a senior in NM there is no charge for this. If you need to, you can unfreeze your credit online for one month and then it automatically replaces the freeze. This protects you from someone using your data and opening accounts in your name as no information will be given out with the credit freeze in place on your credit. This is really a great way to protect yourself from thieves trying to use some of your personal information to open accounts in your name and defrauding you.

PUZZLE

AUGUST - 2016

PUZZLE 51

ACROSS

1. Roping device
6. Plot
10. Freon, e.g.
13. Garden bloom
14. Republic of Ireland
15. Ginger _____
16. The last frontier
17. Aardvarks
20. Theater sign
21. Noah's boat
22. Daredevil's attribute
23. Beatty and Rorem
25. Situate

27. To a _____
28. Teams
30. Rudimentary
32. Wading bird
33. Tender
34. Not at home
38. Actress Moreno
39. Melees
40. Country road
41. I smell _____
42. Annoys
43. Leans
44. Road turns
46. Carbine
47. Spy gp.
50. Decade number
51. Nevada city
52. Get up

54. Boy
55. Edge
58. Coverlet
61. _____ sanctum
63. Butterfly snare
64. King of Siam's love
65. Cruise ship
66. Newspaper workers: abbr.
67. Time period
68. Endures

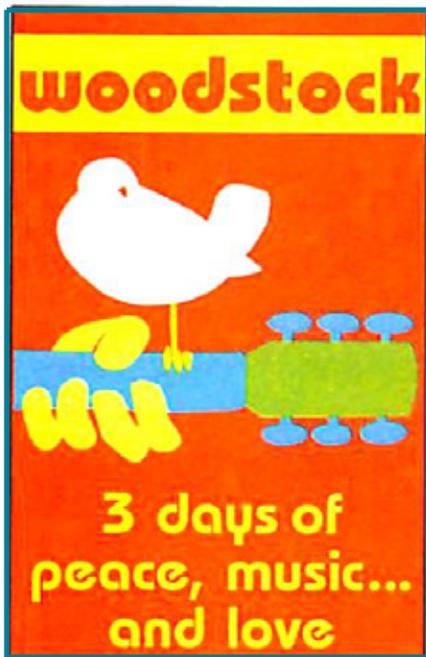
8. Guggenheim display
9. Born
10. Garden opening
11. Warn
12. Wait on
18. Against: pref.
19. Observe
21. Newspaper notices
24. Exclamation of fright
25. Divides
26. Functions
28. Agitate
29. Small bit
30. Novels, e.g.
31. Golden State
32. Spanish Mrs.
33. Warning device
35. Room divider
36. Pot filler
37. Of course!
39. _____ and shine
43. Ear or can
45. Pace
46. Primary color
47. Taxi
48. Peace goddess
49. Helped
51. "M*A*S*H" man
53. Fast planes
54. Actress Turner
56. Hostelries
57. Encounter
59. Beam
60. Opposite of WSW
61. Sick
62. B&O and Penn.: abbr.

DOWN

1. _____ Cruces
2. Poisonous snakes
3. Nova
4. Inferior
5. Mine product
6. Boscs
7. Chain section

1	2	3	4	5		6	7	8	9		10	11	12	
13						14					15			
16						17					18			19
	20					21					22			
			23	24					25	26			27	
	28	29						30			31			
32						33					34	35	36	37
38						39					40			
41						42					43			
			44	45							46			
47	48	49		50					51					
52			53					54				55	56	57
58						59	60				61			62
	63					64					65			
	66					67					68			

23 Woodstock Players



In 1969 thousands gathered in a farm pasture in upstate New York for the Woodstock Music and Arts Festival. The three-day event featured some of the most famous rock and folk-music performers of the time. Among those mentioned in the list below is Jimi Hendrix, whose now-legendary interpretation of the national anthem was a defining moment of the '60s.

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

- BAEZ, Joan
- BAND, The
- CANNED Heat
- COCKER, Joe
- COUNTRY Joe McDonald
- CROSBY, Stills, Nash & Young
- GRATEFUL Dead
- GREASE Band, The
- GUTHRIE, Arlo
- HARDIN, Tim
- HAVENS, Richie
- HENDRIX, Jimi
- INCREDIBLE String Band
- JEFFERSON Airplane
- JOPLIN, Janis
- KEEF Hartley Band
- MELANIE
- MOUNTAIN

- PAUL BUTTERFIELD Blues Band
- QUILL
- SANTANA
- SEBASTIAN, John
- SHA-NA-NA
- SHANKAR, Ravi
- SLY & the Family Stone
- SOMMER, Bert
- SWEETWATER
- TEN YEARS After
- WHO, The
- WINTER, Johnny

PUZZLE ANSWERS

AUGUST - 2016

PUZZLE 51

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

23

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

BREAKFAST MENU

AUGUST - 2016

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1 for seniors 60 and over and a fee of \$9.34 for non-seniors (59 and younger). Please print your name clearly on our meal sheets when eating at centers. *Please note that milk is served with every meal and the menu is subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday
1 Huevos Rancheros w/egg, cheese, beans & red chile Corn tortilla	2 Breakfast burrito w/sausage, cheese & green chile Margarine	3 Hot oatmeal Boiled eggs Margarine Tomato juice	4 French Toast w/maple syrup Scrambled egg Tomato juice	5 Sausage, cheese Potatoes, salsa Roll w/margarine
8 Scrambled egg Hash browns, cheese Bacon, salsa, roll	9 Pancakes w/maple syrup Sausage patty Tomato juice	10 Scrambled egg Potatoes, cheese Green chile Toast w/margarine	11 Hot oatmeal Scrambled egg Roll w/margarine Tomato juice	12 Breakfast burrito w/scrambled egg, cheese, bacon & red chile Margarine
15 Grilled ham Hash browns Red chile Tortilla w/margarine	16 Breakfast burrito w/sausage, cheese, potatoes & salsa Margarine	17 Waffles w/maple syrup Scrambled egg Tomato juice	18 Breakfast biscuit w/sausage, cheese & salsa Margarine	19 Grilled ham & peppers Small roll Margarine
22 Diced ham Potatoes Salsa Jelly	23 Sausage patty Hash browns, cheese Green chile Roll w/margarine	24 Breakfast burrito w/scrambled egg, cheese, bacon & red chile	25 Scrambled egg Hash browns Sausage Roll w/margarine Tomato juice	26 Breakfast biscuit w/sausage, cheese Margarine Tomato juice
29 Scrambled egg Potatoes, salsa Toast w/margarine	30 Pancakes w/maple syrup Sausage patty Tomato juice	31 French Toast w/maple syrup Scrambled egg Tomato juice	Sept 1 Scrambled egg Potatoes, cheese Red chile Margarine	Sept 2 Sausage Hash browns Small roll Salsa, jelly

NUTRITION EDUCATION

National Institute on Aging – *What's on your plate?*

(Via U.S. Department of Health and Human Services)

Problems chewing food?

Do you avoid some foods because they are hard to chew? People who have problems with their teeth or dentures often avoid eating meat, fruits, or vegetables and might miss out on important nutrients. If you are having trouble chewing, see your dentist to check for problems. If you wear dentures, the dentist can check how they fit.

Sometimes hard to swallow your food?

If food seems to get stuck in your throat, it might be that less saliva in your mouth is making it hard for you to swallow your food. Drinking plenty of liquids with your meal might help. Talk to your doctor about what might be causing your dry mouth and the problem swallowing.

Food tastes different?

Are foods not as tasty as they used to be? It might not be the cook's fault! Maybe your sense of taste, smell, or both has changed. Growing older can cause your senses to change, but so can a variety of other things such as dental problems or medication side effects. Taste and smell are important for healthy appetite and eating.



AUGUST - 2016

SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bean Burrito w/Green Chile Sauce Spanish Rice Salsa Corn Green Salad w/Dressing Baked Spiced Apples	2 Roast Beef Mashed Potatoes w/Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake	3 Baked Ham Baked Yams Steamed Broccoli Whole Wheat Roll w/Margarine Chilled Plums	4 Baked Chicken Breast w/Veggie Sauce Steamed White Rice Steamed Spinach Whole Wheat Roll w/Margarine Chilled Tropical Fruit	5 Beef Stroganoff w/Egg Noodles Steamed Spinach Cauliflower w/Cheese Cottage Cheese w/Chilled Pears
8 Green Chile Hamburger Stew Tossed Salad w/Dressing Cornbread w/Margarine Peanut Butter Cookie	9 Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/Peaches	10 Pork Stir Fry Stir Fry Vegetables Tossed Salad w/Dressing Whole Wheat Roll w/Margarine Apple Cobbler	11 Meatloaf Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/Margarine Strawberry Shortcake	12 Baked Chicken Wild Rice Carrot & Raisin Salad Biscuit w/Margarine Mandarin Oranges
15 Baked Fish Fillet w/Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding	16 Beef Tips w/Rice Steamed Broccoli Green Salad w/Dressing Whole Wheat Roll w/Margarine Chilled Pears	17 Hot Turkey Sandwich w/Turkey Gravy Baked Sweet Potatoes Broccoli w/Cheese Cranberry Topping Jell-O	18 Chicken Fettuccini w/Alfredo Sauce Carrots & Peppers Garlic Bread Chilled Tropical Fruit Pasatiempo BBQ	19 Red Chile Beef Enchiladas Pinto Beans Spanish Rice Vanilla Pudding
22 Chicken Salad Creamy Coleslaw Glazed Carrots Crackers Cherry Cobbler	23 Beef Chalupa w/Garnish & Salsa Fiesta Salad Chilled Fruit Cocktail	24 Baked Chicken w/Noodles and Alfredo Sauce Buttered and Steamed Carrots Whole Wheat Roll Fresh Orange	25 Pork Posole w/Red Chile Spinach Salad Pinto Beans & Tortilla Strawberry & Peaches Peanut Butter Cookie	26 Spaghetti w/Meat Sauce Steamed Green Beans Green Salad w/Dressing Garlic Bread Jell-O w/Pears
29 Chile Con Carne Grilled New Potatoes Steamed Cabbage Whole Wheat Roll Chilled Peaches	30 BBQ Chicken Thighs Creamy Coleslaw Green Beans Whole Wheat Roll Chocolate Pudding w/ Topping	31 Carne Adovada w/Red Chile Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/Fruit	01-Sep Chicken Taco w/Garnish Pinto Beans Calabacitas Jell-O w/Mixed Fruit	02-Sep Chicken Fried Steak Mashed Potatoes w/Brown Gravy Steamed Green Beans Whole Wheat Roll w/Margarine Apple Cobbler

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50
 Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.34 --- Lunch \$9.34

Lunch is served at all five senior centers
 11 am - 12:30 pm Monday through Friday

Please print your name clearly on our meal sheets when eating at any of the centers.



City of Santa Fe

Senior Center Locations

Legend

-  City Senior Center Location
-  Down Town
-  City Limits

Mary Esther Gonzales (MEG)
(505) 955-4721
1121 Alto Street

Pasatiempo
(505) 955-6433
664 Alta Vista Street

Ventana de Vida
(505) 955-6731
1500 Pacheco Street

Luisa
(505) 955-4717
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

