

# ***THE SENIOR SCENE***



Photo by: Don Bell



**Programs and Activities for Older Adults**  
**Programas y Actividades para Adultos Mayores**

**JUNE**  
**2015**



offered by:  
**Division of Senior Services**

# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

6/2015

Welcome,

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

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

The newsletter is available at all City of Santa Fe Senior Centers, City-run fitness facilities and public libraries, and senior living communities. It is also available online at [www.santafenm.gov](http://www.santafenm.gov). Enter "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's website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

## Front Desk Reception (505) 955-4721

Toll-Free Administration Line (866) 824-8714

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

## Administration

Cristy Montoya, Administrative Secretary 955-4721

Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

## Senior Services Registration

Brenda Ortiz, Database Specialist 955-4722

## Transportation Ride Reservations (page 4) 955-4700

Fran Rodriguez, Project Manager/ Dispatch 955-4702

Robert Chavez, Project/Fleet Manager 955-4703

Linda Quesada-Ortiz, Administrative Assistant 955-4756

## Nutrition

Thomas Vigil, Program Administrator 955-4740

Enrique DeLora, Inventory Supervisor 955-4750

FAX Machine - Nutrition 955-4794

## 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

Vacant, Program Coordinator 955-4715

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

Daniel Mitchell, Special Projects Admin. 955-4744

## Retired Senior Volunteer Program (RSVP)

Triston Lovato, RSVP Administrator 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

## Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

## Newsletter Production

Triston Lovato, Editor/Distribution 955-4760

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

Veet Deha, Copy Editor

# *DIRECTOR'S REPORT*

6/2015

Dear Patrons,

As the Division of Senior Services ends a fiscal year effective June 30, 2015, we plan for a new one. One major component that we use to measure our annual performance is to track and document our program units of services (number of services provided) that relate to State and Federal funded programs. Based on our annual program units of services agreement related to congregate meals (61,795 meals), home delivered (142,424 meals), transportation (41,010 rides), home maker (9,361 hours) and respite services (10,390 hours) we are projecting and proud to report that we will be exceeding our total annual negotiated units for fiscal year 2014-15.

Because our program is funded by multiple grants to include state, federal and local dollars, each fiscal year we are required to analyze and prepare an amendment to our four year plan that documents our service plan, goals, outcomes and the projected number of services to be provided that year. Please note we will be entering the fourth year of our four year contractual agreement from our funding source (Area Agency on Aging) effective July 1, 2015.

Each month we are required to report to our funding source and document the total number of services provided i.e. meals, rides and in-home support hours provided as well as monthly financial reports. Based on each eligible service provided, the City is then reimbursed for those services from our funding source. As a reminder it is imperative that each eligible senior age 60+ register initially and be re-assessed each year thereafter by our program so that we can be in compliance and receive the much needed state and federal dollars required to fund and operate our program.

On another note, as we begin to enjoy the warmer weather and spend more time outdoor with barbeques, gardening, fishing, picnicking, etc., please be aware of the ill effects of too much exposure to the sun or heat. Always wear sun block, drink plenty of liquids and know how to recognize extreme heat-related health issues.

Also, Santa Fe is entering its fifth consecutive year of a record setting severe drought and heat. Therefore, watering restrictions are in force again this year and we encourage everyone to use water wisely and adhere to the City's established guidelines. For more information on the drought, water saving tips, and rebates, visit [www.savewatersantafe.com](http://www.savewatersantafe.com).

Again, thank you for your continued patronage and I look forward to seeing many of you at our various senior centers. Hope you have a Happy Father's Day, which will be celebrated on Sunday, June 21st. I would like to take this opportunity to wish one and all a wonderful holiday!



Ron J. Vialpando, Division Director

# SENIOR SERVICES PROGRAM INFORMATION

6/2015

## SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers or utilizes the Division of Senior Services is asked to register with our program. We can secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc.

Registration is held at the Mary Esther Gonzales Senior Center (MEG) located at 1121 Alto Street, Monday thru Friday from 8:30 am to 4:30 pm. 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. We will notify you when you should come in to renew/update your registration. 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 at least sixty (60) years of age; or be the legal spouse of a member age 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.

For more information, contact Brenda Ortiz at 955-4722.

Email [bmortiz@santafenm.gov](mailto: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. 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 4:15 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.

## He will be missed



**Benjamin LeDoux**, age 92, passed away peacefully at his home in Santa Fe on April 29, 2015. Benjamin was raised in Roy, N.M. by his parents Patrocinio LeDoux and Adelaida LeDoux (LeFebre). He is preceded in death by his parents, four brothers: David, Arthur, Flugencio, Pat; three sisters: Pauline, Clorinda, Caroline; wife Pauline, sons: Anthony and

Robert. He is survived by his children, son Eloy and daughters; Dolores LeDoux-Gonzales (Baltazar), Cristine LeDoux, Elizabeth Muniz (Manuel); nine grandchildren, seven great grandchildren, one surviving sister Elise, and many nephews and nieces.

Benjamin was a regular at the Mary Esther Gonzales senior center, where he will always be remembered. He will be missed by family and friends. May he rest in peace.

## Free Benefits Counseling at MEG

Do you have questions about your healthcare coverage, choices you need to make about your Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care? Or do you have issues regarding housing or need assistance with utility expenses? If so, Robert Meinershagen, a volunteer with over 13 years of experience in providing benefit counseling to seniors, is available to offer advice every Wednesday morning at the MEG Senior Center.

You must make an appointment ahead of time. To reserve a free individual session, call the MEG Center at 955-4721. If you are unable to make an appointment with Mr. Meinershagen, you may call the New Mexico Aging and disability Center at (505) 476-4846 or toll free at 1(800) 432-2080.

### Flora's Corner

*Inspiration from Flora Leyba*

**"Everyone needs long-range goals if for no other reason than to keep from being frustrated by short-range failures."**

*—Anonymous*

## 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. This schedule is subject to change; check updates online at [www.santafecounty.org](http://www.santafecounty.org) or call (505) 231-2382.

### June 2015 Dates, Times and Locations:

1st	Fort Marcy	10 am – 2 pm
2nd	St. John's Methodist Church	9 am – 1 pm
3rd	Ponce de Leon Health Fair	8:45 am – 3 pm
4th	Genoveva Chavez Community Ctr.	10 am – 2 pm
5th	MEG Senior Center	10 am – 2 pm
6th	Casa Solana Shopping Center	10 am – 2 pm
7th	Smith's (Pacheco)	10 am – 2 pm
8th	Pasatiempo Senior Center	10 am – 2 pm
9th	Pojoaque Senior Center	10 am – 2 pm
10th	El Rancho Senior Center	10 am – 2 pm
11th	Santa Fe Community College	10 am – 2 pm
12th	Salvador Perez Pool	9 am – 1 pm
13th	Southside Library	10 am – 2 pm
14th	Shrine of Our Lady of Guadalupe	10 am – 2 pm
15th	Rufina Housing	10 am – 2 pm
16th	Chimayo Senior Center	10 am – 2 pm
17th	Santa Cruz Senior Center	10 am – 2 pm
18th	Edgewood Senior Center	10 am – 2 pm
19th	Casa Villita	10 am – 2 pm
20th	Albertson's (Zafarano)	10 am – 2 pm
21st	Santa Fe Recovery Center	10 am – 2 pm
22nd	Zona De Sol	2:45 pm – 5:15 pm
23rd	Luisa Senior Center	10 am – 2 pm
24th	Eldorado Senior Center	10 am – 2 pm
25th	Ventana de Vida Senior Center	10 am – 2 pm
26th	Camino Consuelo	10 am – 2 pm
27th	Smith's (Cerrillos)	10 am – 2 pm
28th	San Isidro Catholic Church	10 am – 2 pm
29th	Encino Villa	10 am – 2 pm
30th	Rodeo Plaza Shopping Center	10 am – 2 pm

All services provided by the Santa Fe County Mobile Health Van are free of charge. Visit the van and take advantage of all they have to offer!

## Social Security 101 – “Get into the Act with Older Americans Month”



By: Rhonda Romero,  
Public Affairs Specialist,  
Social Security  
Administration

In May, we recognized Older Americans Month to acknowledge older Americans and their contributions to the nation.

More than 40 million people in the United States are 65 or older. By 2035, the U.S. Census Bureau projects this number will double, which makes improving the quality of life for older Americans even more important as we look to the future. It is Social Security’s priority to provide a safety net for older Americans. You can learn more about Social Security at [www.socialsecurity.gov](http://www.socialsecurity.gov).

The main reason Social Security was established 80 years ago was to help older Americans. For many older Americans, Social Security benefits are their only source of retirement income. Social Security payments continue for life and are adjusted to keep pace with inflation. The American Association of Retired Persons (AARP) estimates that these benefits help keep 35 percent of older Americans out of poverty.

A great tool for people of all ages is the my Social Security account. With a personalized my Social Security account, you can:

- Get an estimate of future benefits, if you still work;
- Get an instant letter with proof of current benefits; and
- Manage your benefits.

Visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) and join the millions of people who have already created accounts to help them plan for retirement.

This May also marked the 50th anniversary of the Older Americans Act. Congress passed the Act in 1965 in response to a lack of community

social services for older persons. Medicare, in effect since July 1, 1966, will also celebrate its 50th anniversary soon. Medicare provides health insurance to more than 42 million Americans age 65 and older. If you aren’t familiar with the four parts of Medicare, they are:

- **Part A (hospital insurance):** Hospital insurance helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay), some home health care, and hospice care.
- **Part B (medical insurance):** Medical insurance helps pay for doctors’ services and many other medical services and supplies that hospital insurance doesn’t cover.
- **Part C (Medicare Advantage plans):** If you have Medicare Parts A and B, you can join a Medicare Advantage plan. Private companies offer Medicare Advantage plans approved by Medicare. These plans generally help you pay the medical costs not covered by Medicare Part A and B.
- **Part D (prescription drug coverage):** Prescription drug coverage helps pay for medications doctors prescribe for treatment.

To learn more about applying for Medicare, read our publication *Applying For Medicare Only—Before You Decide*. To learn more about Social Security, read *Understanding the Benefits*. Both are available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Rhonda Romero will be at the Mary Esther Gonzales Senior Center giving a presentation and answering questions about Social Security. Anyone is welcome to join and learn more!**

- **Where:** MEG Center Dining area
- **When:** Thursday, June 18, 2015
- **Time:** 9 a.m. – 10:45 a.m.

# NEWS & VIEWS

6/2015

## **'Let's Grow!' Series – A Rose is not Just a Rose**



Come learn about our Earth-Kind roses on Sunday, June 21st! A tour of New Mexico's only Earth-Kind Research Trial Garden will be held from 2:00 – 3:00 p.m. at the Santa Fe County Fairgrounds. Less water, no pesticides, or fertilizers...geared to our

NM climate, these roses take care of themselves! For more information on this event please visit [www.sfmga.org](http://www.sfmga.org).

## **Learn about Integrated Pest Management**

Do you have issues with pests or diseases plaguing your backyard trees or bushes? Do you want to find a solution to your problem? Join Bob Wood from the City of Santa Fe Water Conservation Department to learn about the types of pests (chewing, sucking, boring, scale) and simple ways to identify the types of trees they infest.

- Date: Saturday, June 6, 2015
- Time: 10:00 a.m. to noon
- Where: Railyard Park Community Room (1606 Paseo De Peralta)
- Price: Free to the public

## **Do you need help with yard work?**

A youth group attending the Student Life Mission Camp in Glorieta this summer will be available to assist with yard work. We will be signing people up for this service and limited spots are available. The dates are Saturday, July 25th – Monday, July 27th. If you need help with yard work please call Triston at 955-4760 to add your name to the list.

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

Wesley Sandel	6/18
Christine Mendoza	6/22
Danna Metzger	6/10



## **Santa Fe Civitan Club needs more members**

Civitan's are dedicated to improving their communities through helping others; their motto is "Builders of Good Citizenship." Through fundraisers and volunteering their time, they are involved with many service projects designed to help individuals in the community, and organizations such as the New Mexico School for the Deaf and New Vistas, a disability support and advocacy group.

Civitan's participate in many service activities and host fundraising events; past events include: providing dinner to the homeless, hosting a water and snack station for cyclists in the SF Century Bike Ride, parking lot fundraiser during the Indian Market and Spanish Art Market, plus many other projects to benefit the community. Please call Rick or Susan Moore at 988-1201 or Ken or Julie Kirk at 473-2267 for more information or if you are interested in joining.



## **What Is A Dad?**

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail...

- Unknown

**Happy Father's Day to all dad's out there!**

# AT A GLANCE

6/2015



Fishing at Cowles Lake in Pecos, NM

*(Photos by Robert Chavez)*

Group enjoying the May day-trip to Chaco Canyon.

*(Photo by Don Bell)*



The Enhance Fitness Class at MEG celebrates a birthday! Long-time MEG center member and regular at the fitness class, Dube Naranjo turned 95 years young! *(Photos by Triston Lovato)*



# Put Life Back in Your Life!



## ***Manage Your Chronic Disease (MyCD)*** **Diabetes Self-Management Program** **A Free Six-Week Workshop** **For Adults with Type 2 Diabetes**



Dates: **Wednesdays, May 6<sup>th</sup> through June 10<sup>th</sup>**

Time: **1:30 - 4:00 pm**

Location: **Santa Fe Business Incubator**

Address: **3900 Paseo del Sol, Santa Fe, NM 87507**

Call **(505) 880-2800** to sign up today!

Sponsored by the:



### **Week 1 – Session Activities:**

- Introduction – identifying common problems
- Workshop overview
- What is diabetes?
- Introduction to healthy eating
- Introduction to action plans

### **Week 2 – Session Activities:**

- Feedback and problem-solving
- Formula for a healthy eating plan
- Preventing low blood sugar
- Making an action plan

### **Week 3 – Session Activities:**

- Feedback and problem solving
- Preventing or delaying complications
- Planning low fat meals
- Introduction to physical activity
- Muscle relaxation
- Making an action plan

### **Week 4 – Session Activities:**

- Feedback and problem solving
- Dealing with difficult emotions
- Reading nutrition labels
- Endurance activities
- Guided imagery
- Making an action plan

### **Week 5 – Session Activities:** (June 3<sup>rd</sup>)

- Feedback and problem solving
- Depression management
- Positive thinking
- Communication
- Medication usage
- Making an action plan

### **Week 6 – Session Activities:** (June 10<sup>th</sup>)

- Feedback and problem solving
- Strategies for sick days
- Foot care
- Working with your health care team

For adults with type 2 diabetes. Learn new skills to coordinate all the things needed to manage your health, as well as to help keep you active in your life and relationships. Family members and caregivers are welcome to attend. Call **(505) 880-2800** to sign up today!



**Santa Fe Senior Center Presents: Canyonlands  
September 24 - October 1, 2015**

**Per Person price based on double occupancy: \$1299**

**Single occupancy: \$1699**

Price includes land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director.

**Travel Protection is optional and available for \$149 per person.**

Please visit our website at [www.cosmos.com](http://www.cosmos.com) for a complete list of terms and conditions that may apply to the travel protection and this tour.

**Itinerary:**

**Day 1 – 24 Sept (Thurs) – Santa Fe – Monument Valley Area**

Join your Tour Director this morning and depart for MONUMENT VALLEY, where the weathering action of wind and water has carved the famous sandstone spires and towers that rise hundreds of feet above the valley floor. Your Tour Director is on hand this evening to answer any questions.

**Note:** Itinerary subject to departure at 8am, from one central location in Santa Fe

**Day 2 – 25 Sept (Fri) – Monument Valley – Lake Powell – Page**

This morning, your 4-WHEEL-DRIVE tour is a memorable way to experience Monument Valley. Then, head to Page and visit the Glen Canyon Dam, holding back the waters of the Colorado River in Lake Powell, the country's second-largest man-made lake. This afternoon, consider an optional Antelope Canyon cruise, which takes you onto the lake and into the tight, winding canyons.

**Day 3 – 26 Sept (Sat) – Page–Bryce Canyon National Park**

Our optional early morning flight provides another unique perspective of Lake Powell. This beautiful sightseeing flight also includes Glen Canyon Dam, Wahweap Marina, Tower Butte, and Rainbow Bridge, the largest natural arch on Earth. Then, travel into Utah along the Grand Staircase to Bryce Canyon National Park. Bryce is famous for its unique geology; erosion has created bizarre shapes, including slot canyons, windows, fins, and spires called "hoodoos." Tinted with numerous colors, these rocks create a wondrous landscape. Make sure to have your camera on hand today! (Continental Breakfast)

**Day 4 – 27 Sept (Sun) – Bryce Canyon National Park–Zion National Park**

"Zion" is an ancient Hebrew word meaning a place of refuge or sanctuary. Once a refuge for Mormon pioneers, Zion National Park's striking landscapes of steep canyons and stone tower-scarved out by rushing streams over millions of years will mesmerize you. There is plenty of time to explore the park: take the park shuttle, see the Visitor's Center and the museum, take a leisurely hike, bird watch, or join a park ranger to learn more about the animals, geology, plants, and human history. You'll stay overnight close to Zion National Park's borders.

**Day 5 – 28 Sept (Mon) – Zion National Park–Las Vegas**

This morning begins with an orientation tour of St. George, the most important Mormon community in southern Utah. We continue to Las Vegas with a mid-afternoon arrival. Enjoy the evening at leisure. Your Tour Director is on hand to answer any questions.

**Day 6 – 29 Sept (Tues) – Las Vegas at leisure**

Enjoy time at leisure to relax or to do some independent exploring.

**Day 7 – 30 Sept (Wed) – Las Vegas to Grand Canyon area**

Cross the desert and the old Mojave gold-strike country, passing through Williams on historic Route 66, and Kaibab National Forest, to arrive in the Grand Canyon by mid-afternoon. Marvel at one of the Natural Wonders of the World as you experience breathtaking views of the Grand Canyon. There's plenty of free time to wander along the canyon rim. Overnight in Grand Canyon National Park.

**Day 8 – 01 Oct (Thurs) – Grand Canyon to Santa Fe**

Depart this morning for Santa Fe, arriving in the early evening.

**Dates, prices and itinerary are subject to change.**

**Hotels**

**Monument Valley area** - Kayenta Monument Valley Inn

**Page** - Quality Inn Page

**Bryce Canyon National Park** - Best Western Plus Ruby's Inn

**Zion National Park** - Best Western Zion Park Inn

**Las Vegas** - Harrah's Las Vegas

**Grand Canyon National Park** - Grand Canyon National Park Lodges

For further information and booking instructions please contact  
Santa Fe Senior Center  
**Cecilia Lopez - (505) 204-9527 or Lilly Salazar - (505) 690-8873**

Turning travel dreams into reality™ **COSMOS®**

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

6/2015

## 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!

Volunteers enjoy many benefits, including: volunteer insurance while on duty, access to workshops and trainings, thank you gifts and recognition throughout the year, and of course staying active while making a difference. Listed below are current volunteer opportunities. All volunteers receive training from the volunteer station and support from RSVP. If you are interested and want to enroll or learn more, please contact Triston Lovato at 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov).

### Solace Crisis Treatment Center



**SOLACE**  
CRISIS TREATMENT CENTER

Solace Crisis Treatment Center is seeking client service volunteers to assist people from all walks of life who may be experiencing distress, anxiety or other symptoms of traumatic stress in addition to people who come to the Center to access forensic services, therapy, advocacy, and outreach services. Volunteers will be trained to give a trauma informed response to the clients served.

#### Duties include:

- Answer phone calls in timely manner & transfer appropriately; directing all crisis calls to on-call staff advocate.
- Provide callers with information regarding available services for their needs.
- Greet everyone who walks through the door to help them feel comfortable/at ease.

#### Qualifications:

- An understanding & sensitivity to working with traumatized individuals.
- Positive attitude & professional demeanor.
- Excellent telephone & communication skills.
- Ability to maintain confidentiality regarding client & personnel issues.
- Must pass a criminal background check.
- Weekly commitment of 3+ hours/week for at least 6 months.

**The RSVP Advisory Council needs members. If you are interested in providing advice and support to the RSVP staff, assisting with promoting community support, and helping to plan RSVP events, please contact us today!**

Please turn in your April, May, & June RSVP volunteer hours to Marisa by the end of June. Every hour counts toward reaching our goals and showing what a terrific program we have in Santa Fe! You can mail or drop off at MEG or Luisa Centers, enter them on the RSVP website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org) or email them to [mvromero@santafenm.gov](mailto:mvromero@santafenm.gov).

## RSVP volunteers born in JUNE!

Happy Birthday  
Feliz Cumpleaños Cachetones!

Un Fuerte Abrazo Con Mucho Cariño  
Y Los Mejores Deseos Para Ustedes



Arlene Mayer	6/01	Bob Peck	6/13
Lillian O. Phillipovich	6/01	Edith Tichonchik	6/13
Ethel Roberts	6/02	Dale Wells	6/13
Sarah "Sally" Connelly	6/03	Sheryl Zeigler	6/13
DianeMamalaki-Montoya	6/03	Eileen C de Baca	6/14
Rosella Fleming	6/04	Margaret Rodriguez	6/14
Pauline Pino	6/05	Helen Whitfill	6/14
Dan Rusthoi	6/05	Sandy Cordova	6/16
Joan-AnnRyan-Murphy	6/05	Kia Mudge	6/17
Frances Segovia	6/05	Sandra Squadrilli	6/17
Geraldine Trujillo	6/05	Thomas Minton	6/18
Maria D. Varela	6/05	Wesley Sandel	6/18
Moya Melody	6/06	Ann M. Young	6/19
Juan M. Apodaca	6/07	Lee Meyers	6/20
Alfonso "AL" Ulibarri	6/07	Kristine Dorris	6/21
Augustina Valdez	6/07	Patricia G. Gonzales	6/21
Bernardo C de Baca	6/08	Joseph Shain	6/21
Jerry E. Smith	6/09	Katherine Kozik	6/25
Clorinda Nava	6/10	Mary O. Romero	6/26
Olivia M. Trujillo	6/10	Celine Sena	6/26
RobertE.Meinershagen	6/11	Charles M. Spring	6/26
Michael M. Reilly	6/12	Robert L. Pavia	6/29
Pauline B. Rodriguez	6/12		

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

# ACTIVITY

6/2015

All activities are open to registered seniors.

Schedule is subject to change.

## Luisa Senior Center 955-4725

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 (MEG) Senior Center 955-4711

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	8:00am-4:30pm
Guitar Class	Monday	9:00 am
EnhanceFitness	Mon, Wed & Fri.	9:30 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday	9:00 am
Nia Technique	1st & 3rd Tues.	3:00 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Chair Yoga	Thursday	1:00 pm
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Zumba	Tuesday	9:30 am
Oil Painting	1st & 3rd Tues.	1:30 pm

## Pasatiempo Senior Center 955-4725

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

## 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

## ART

Ventana-Class	Tuesday	1:00 pm
MEG-Class	2nd & 4th Tues.	1:30 pm

## BINGO

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

## BRIDGE GAMES & PUZZLES

Pasatiempo - Bridge	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 - OPEN USE

MEG	Mon. - Fri.	8 am - 4:30 pm
-----	-------------	----------------

## 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

## EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
Pasatiempo Yoga Practice	Mon. & Wed.	8:30 am
MEG Enhance Fitness	Mon, Wed & Fri.	9:30 am
MEG Nia Technique	1st & 3rd Tues.	3 - 4 pm
MEG Chair Yoga	Thursday	1:00 pm
MEG Zumba	Tuesday	9:30 am
Ventana Class	M/W/F	9:00 am

## TAI-CHI

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

## GUITAR CLASS (Beginner)

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

## JEWELRY MAKING

MEG Center	Tuesday	9:00 am
------------	---------	---------

## SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
--------------	--------	---------

## SING-ALONG

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

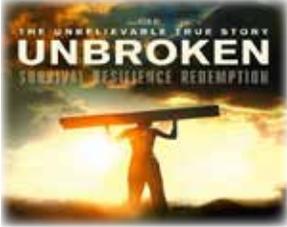
## WOOD/STRAW APPLIQUÉ

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

# ACTIVITY

6/2015

## Movie Day at the MEG Senior Center Tuesday, June 23rd at 1:00 p.m. "Unbroken" (2014 · PG-13 · 137 min)



Olympian and war hero Louis "Louie" Zamperini, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII, only to be caught by the Japanese navy and sent to a prisoner-of-war camp. Based on the book "Unbroken: A World War II Story of Survival, Resilience, and Redemption" written by Laura Hillenbrand.

Movie rated PG-13 by the Motion Picture Association of America for war violence including intense sequences of brutality, and for brief language.

## Ear Acupuncture for Veterans

Licensed Acupuncturist Carolyn Bleakley will offer free ear acupuncture for veterans and their families from 2:00 - 4:00 p.m. as follows:

- Thursday, June 4th
- Thursday, June 11th
- Thursday, June 18th



**Note:** June 18th will be the last session at MEG.

## Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows:

- June 2nd 3:00 p.m.
- June 16th 3:00 p.m.



## Oil Painting Class at MEG

Come learn to paint with oil at the MEG center. Please join artist Judy Ortiz on the following Tuesdays at 1:30 p.m.:

- June 2nd
- June 16th
- June 30th



## 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 three (3) haircut days in June are as follows at 10:00 a.m.:



- Wednesday, June 3rd MEG
- Wednesday, June 10th MEG
- Wednesday, June 17th Pasatiempo

During the month of July the two (2) haircut days are as follows:

- Wednesday, July 29th MEG
- Thursday, July 30th Pasatiempo

The haircut sign-in sheet at MEG will be available in the reception area at 9:00 a.m.

## Bring in the Summer Fun with a MEG dance

On Friday, June 26th the MEG senior center will host a dance in the dining area with the live music of Peter Vigil Y Los Hermanos. The dance will take place immediately after lunch at 1:00 p.m. Let's dance the afternoon away!



- Place: MEG Senior Center
- Date: Friday, June 26th
- Time: 1:00 to 4:00 p.m.
- Charge: \$2.00 per senior

## Rockin' the Oldies at MEG Senior Center

Stevarino will be at the MEG senior center on Wednesday, June 10th to sing for seniors during the lunch hour (singing the songs of Paul Anka and music of the 60's). Come join us!



- Place: MEG Senior Center
- Date: Wednesday, June 10th
- Time: 11:30 a.m. to 12:30 p.m.

# ACTIVITY

6/2015

## AARP "Smart Driver" Course

Sign up for the new, completely revamped AARP course now called "Smart Driver". Classes are held monthly in the dining room 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 instructor, who is a trained volunteer, 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 entire 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. You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00. If you are an AARP member the cost is only \$15.00, although your AARP card or membership number must be presented the day of the class.

Please be prepared as temperatures fluctuate in the dining room, so dress in layers. The number of participants for each class will be limited to 30 individuals. To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

- Tuesday, June 9th Don Blossom, 984-9995
- Tuesday, July 14th Tricia Penn, 438-0460

## Monthly Senior Services Committee Meetings

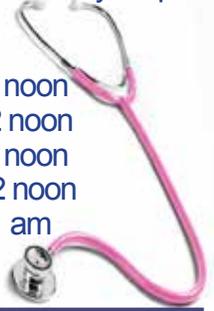
(Posted pursuant to the Open Meetings Act)  
All meetings held at the MEG Senior Center:

Senior Olympics: 6/10/15 at 9:30 a.m.  
Advisory Board: 6/17/15 at 9:30 a.m.  
Transportation/Nutrition: No meeting in June  
Travel Committee: 6/18/15 at 8:45 a.m.  
SAC Board: 6/18/15 at 10:00 a.m.

## Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

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

Luisa – Thursday, June 4th	11-12 noon
Pasatiempo – Thursday, June 11th	11-12 noon
MEG Center – Monday, June 15th	11-12 noon
Ventana – Friday, June 19th	11-12 noon
Villa Consuelo – Thursday, June 25th	10-11 am



## Senior Center Barbecues

Barbecues will be from 11:00 am to 12:30 p.m. Menu(s) includes: Hamburgers with cheese, lettuce, tomato, pickle, onion and green chile. Sides include: pork & beans, chips, watermelon and milk. **The barbecue replaces the usual meal served that day; suggested donation is \$1.50.**

- MEG: June 2nd (With Mariachi Azteca)
- Luisa: June 18th
- Pasatiempo: July 16th
- Ventana de Vida: July 24th



## Luisa BBQ/Dance – Thursday, June 18th

Stick around after the barbecue at Luisa, because there will be a dance from 12:30 to 3:30 p.m. at the center, for just \$2 a person, with live music by Bonifacio.



## Ice Cream & Popcorn Socials

### MEG Center:

6/02/15 – Popcorn Social  
6/11/15 – Ice Cream Social  
6/16/15 – Popcorn Social  
6/25/15 – Ice Cream Social

### Luisa Center:

6/05/15 – Ice Cream Social  
6/19/15 – Ice Cream Social

### Pasatiempo Center:

6/03/15 – Popcorn Social  
6/12/15 – Ice Cream Social  
6/24/15 – Popcorn Social



# ACTIVITY

6/2015

## 2015 Day Trips

For additional information on these trips, please call Don Bell at 982-2707 after 5:30 p.m.

\*Note: Checks are made payable to SAC (Senior Activity Corporation) and can be mailed to Don Bell, 110 Mesa Vista, Santa Fe, NM 87501.\*

(FYI - date and price are all subject to change.)

Saturday, July 11th

### Taos POW-WOW

Cost is \$25 per person – meals on your own.

Saturday, August 15th

### Rio Grande Nature Center

Cost is \$20 per person – meals on your own.

Thursday, October 8th

### Albuquerque International Balloon Fiesta

Cost is \$20 per person – breakfast on you own.

Saturday, October 10th

### Chama Trip

Cost is \$120 per person with lunch included.

Friday, November 20 – Saturday, November 21st

### Bosque del Apache Bird Refuge

(Cost to be determined.)

Thursday, December 10th

### River of Lights

Cost is \$20 per person – dinner on your own.



## Announcement about Canyonlands Trip

On Thursday, June 18th, a representative from Cosmos Travel, the company that will be offering our senior trip to Canyonlands and Las Vegas in September, will be on hand during lunch time at the MEG Center to present an overview of the trip. She will also answer questions and you will be able to make your reservations and bookings at this time.

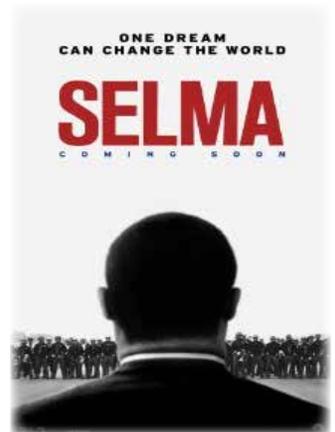
## Yoga in a Chair Thursday Class

The last "Yoga in a Chair" MEG class will be held on June 18th. The class will resume in the fall.

## Movie Day at Luisa Senior Center

**Wednesday, June 24th 1:00 p.m.**  
**"Selma" (2014 · PG-13 · 128 min)**

In spring of 1965, a series of dramatic events changed the course of America and the modern concept of civil rights forever. Courageous marchers, led by Dr. Martin Luther King Jr., attempted three times to carry out a peaceful procession from Selma, Alabama to Montgomery, Alabama on a quest for the basic human right to vote. The shocking confrontations, the triumphant final march and the passage of the 1965 Voting Rights Act that followed are now an unforgettable part of history.



## Weekend Bingo at Luisa Senior Center

- Date: Sunday, June 7, 2015
  - Time: 1:00 – 4:00 p.m.
  - Price: \$12.00 for package 4 specials at \$1 each \$2.00 for Black out
- There is a \$100 jackpot; please bring small bills.



*Everyone is welcome!*

## Father's Day Celebration at Luisa

All fathers are invited to come to the Luisa Senior Center on Friday, June 19th to receive a candy bar during the lunch hour. Don't miss out!

**Happy Father's Day**



## Caregiver Support Group

Just a reminder that the support group is meeting the first Monday of each month at the Ventana de Vida Senior Center (1500 Pacheco St.) to talk about Alzheimer's and other forms of dementia. Contact Tina De la Luz with the Alzheimer's Association if you have questions, (505) 473-1297.

- Date: Monday, June 1, 2015
- Time: 1:30 to 3:00 p.m.
- Place: Ventana de Vida

# HEALTH & SAFETY

6/2015

## Is it Time to Fall-proof Your or Your Parents' Home? (Article from the National Safety Council)

Your parents have been living quite well in their own home for decades now. But if you're thinking it might be time to step in and give their home a fall-prevention assessment, you're right. In honor of Older Americans Month in May, the National Safety Council offers some statistics about older-adult falls – and some solutions for keeping you or your loved ones safe.

### What are the Risks?

Today, Americans are living longer while staying active and healthy. But adults 65 and older are at risk for falls, which can signal the beginning of the end of that active life – and their independence. Injuries from falls can lead to limited activity, reduced mobility, loss of fitness and a fear of falling, all of which increase risk of additional injury.

Falls also are the leading cause of injury-related death for adults age 65 and older, according to Injury Facts 2015, the statistical report on unintentional injuries created by the National Safety Council. This is not surprising considering falls are among the most common causes of traumatic brain injury. About 29,500 people died from falls in 2013, and the vast majority of them were over age 65.

According to the Centers for Disease Control and Prevention:

- One in three older adults falls each year
- About 2.5 million nonfatal falls were treated in emergency departments in 2013
- Of those, 734,000 people were admitted to the hospital
- That year, 25,500 older adults died from unintentional falls
- More than 250,000 hip fractures are reported every year, and 95 percent of those are from falls

### The Good News

Falls are preventable and aging, itself, does not cause falls. Some of the underlying causes of older-adult falls, such as muscle weakness, medications that cause dizziness, improper footwear, impaired vision, slick floors, poor lighting, loose rugs, clutter and uneven surfaces, can be improved. While falls can happen anywhere, they most often occur at home. What can you do to make your home or the home of someone you love safer?

- Remove clutter, small furniture, pet gear, electrical cords, throw rugs and anything else that might cause someone to trip
- Arrange or remove furniture so there is plenty of room for walking
- Secure carpets to the floor
- Wipe up spills immediately
- Make sure outdoor areas are well lit and walkways are smooth and free from ice
- Use non-slip adhesive strips on stairs
- Use non-skid mats or appliques in the bath and shower
- Install grab bars in the tub, shower and near the toilet
- Install railings on both sides of stairs
- Provide adequate lighting in every room and stairway
- Place nightlights in kitchen, bath and hallways
- Make often-used items more accessible, like food, clothing, etc., so a stool or ladder is not needed to get to them
- If necessary, provide personal walking devices, such as a cane or walker, to aid in stability

### Tai Chi, Anyone?

Harvard Medical School touts the value of exercise in preventing falls and even reversing some of the many conditions associated with aging. Tai Chi, in particular, earned a spot in a Harvard Health publication. The ancient Chinese mind-body practice improves balance and muscle tone, and could be “the perfect activity for the rest of your life,” according to the article. Even people in wheelchairs can do it.

# HEALTH & SAFETY

6/2015

PubMed.gov also conducted a six-month trial to determine the effect of Tai Chi on older adults. During the trial, inactive older adults who did Tai Chi three times a week decreased the risk of falls by 55 percent compared to a control group.

In addition to regular exercise, older adults should ask a doctor if their medications may be causing dizziness, and make sure to have regular eye exams.

## **It's Because You Love Them**

The role reversal involved with taking care of an aging parent can be challenging; not every parent wants their child's advice or help in making their home safe. But let them know how much you love and value them and want them to be safe. They might even discover life can be a lot easier with the proper precautions in place.

## **How is High Blood Pressure Treated?**

*(Article from United Healthcare Wellness Online)*

High blood pressure is treated through lifestyle modifications and possibly medication.

### **Lifestyle changes include:**

- **Reach or maintain a healthy weight.** If you are overweight, lose weight. A weight loss of 10 pounds can often help lower blood pressure.
- **Follow the Dietary Approaches to Stop Hypertension (DASH) diet.** Studies show that the DASH diet helps control high blood pressure. The diet is rich in vegetables, fruit and low-fat dairy. Foods high in saturated and total fat and cholesterol are limited. The DASH diet is also high in potassium. Adding more potassium-rich foods to your diet can help reduce blood pressure. Potassium can be found in many fruits and vegetables, beans/legumes, nuts and dairy products. Limit sodium (salt) intake. Eating a diet high in sodium may raise your blood pressure and lead to heart disease and stroke. Experts now recommend limiting sodium intake to 1,500 mg (two thirds of a teaspoon) per day.
- **Get active with your doctor's approval.** Work up to 30 minutes of exercise in on most days of the week.
- **Limit alcohol.** If you choose to drink, limit yourself to two drinks a day for a man or one drink a day for a woman.
- **Quit smoking.** Smoking raises your risk for heart disease and other serious medical problems.
- **Stress.** Having high levels of stress may be linked with higher blood pressure. Find healthy ways to deal with stress. Try exercise, relaxation techniques, or a relaxing hobby.
- **Having higher than normal blood pressure (prehypertension).** Having blood pressure that's higher than normal, but not high enough to be in the hypertensive range puts you at risk for high blood pressure.

Changes to your lifestyle may not be enough to control your high blood pressure. Often, people need one medicine or more to control high blood pressure. Take your medication as your doctor prescribes.

Other factors also increase your risk, but they are beyond your control:

- **Heredity.** If your parents have or had high blood pressure, you have an increased chance of having it, too.
- **Race.** African-Americans are more likely to develop high blood pressure than Caucasians. The condition often comes on at a younger age and is more severe.
- **Age.** Your risk for getting high blood pressure goes up with age.



**Because it's not just about the money.**

*Article by Marta Nystrom,  
Certified Retirement Financial Advisor,  
Nystrom & Associates, Santa Fe, NM*

## **Main Street Stuff – Scam Alert**

This is a scam that was recently sent to me from a family member. If not for the warning, I'm sure I could have become a victim of it. Please review the steps taken in this telephone scam and don't fall victim yourself.

This scam is pretty slick, since they provide you with all the information, except the one piece they want. Note, the callers do not ask for your card number; they already have it.

### ***The scam works like this:***

Person calling says - This is (name) and I'm calling from the Security and Fraud Department at VISA. My Badge number is 12460, your card has been flagged for an unusual purchase pattern, and I'm calling to verify. This would be on your VISA card which was issued by (name of bank). Did you purchase an Anti-Telemarketing Device for \$497.99 from a marketing company based in Arizona?

When you say 'No', the caller continues with, 'Then we will be issuing a credit to your account. This is a company we have been watching, and the charges range from \$297 to \$497, just under the \$500 purchase pattern that flags most cards. Before your next statement, the credit will be sent to (gives you your address). Is that correct?' You say 'yes'.

The caller continues - 'I will be starting a Fraud Investigation. If you have any questions, you should call the 1- 800 number listed on the back of your card (1- 800-VISA) and ask for Security. You will need to refer to this Control Number. The caller then gives you a 6 digit number. 'Do you need me to read it again?'

Here's the IMPORTANT part on how the scam works- The caller then says, 'I need to verify you are in possession of your card'. He'll ask you to 'turn your card over and look for some numbers'. There are 7 numbers; the first 4 are part of your card number, the last 3 are the Security Numbers that verify you are the possessor of the card. These are the numbers you sometimes use to make Internet purchases to prove you have the card. The caller will ask you to read the last 3 numbers to him. After you tell the caller the 3 numbers, he'll say, 'That is correct, I just needed to verify that the card has not been lost or stolen, and that you still have your card. Do you have any other questions?'

The real VISA told us that they will never ask for anything on the card, as they already know the information, since they issued the card! If you give the scammer your 3 digit PIN number, you think you're receiving a credit. However, by the time you get your statement you'll see charges for purchases you didn't make, and by then it's more difficult to actually file a fraud report.

It appears that this is a very active scam, and evidently quite successful. You may wish to pass this warning onto other friends and family members.



# PUZZLE

6/2015

## ACROSS

1. Spew
5. Sioux dialect
10. Winning serves
14. Decrease gradually
15. Hot dish
16. Caesar's farewell
17. Sacred representation
18. Devoured
19. Actress Gray
20. Middle
22. Closest in time
24. "B.C." insect
25. Financial privileges: abbr.
26. Back street
30. Gadgets for Watson
32. Placed
33. Contempt
35. Autumn month: abbr.
38. Lauren Tewes film
42. Sibilant sound
43. South American weapons
44. Ohio Indian
45. Loan
46. An Astaire
47. Aurora
48. Nice pal
50. Small shot
54. Model of excellence
59. The same: Lat.
60. Patriot Allen
62. Function
63. Cook novel
64. Bellows
65. Dill
66. Government agents

67. Dull finish
68. Actress Armstrong

## DOWN

1. Narrative poem
2. Aromatic spice
3. Golf club
4. Collapsible shelter
5. Body of water
6. "Thou \_\_\_\_\_ not kill"
7. Little island
8. Secluded valley
9. One, in Hamburg
10. Turns away
11. Shows compassion
12. Yalies
13. Delighted
21. Davies of The Kinks
23. Sphere of activity
26. Nautical direction
27. Sets down
28. Palters
29. Begley and Platt
30. Kids
31. Sin
33. Seasoning
34. Civil War side: abbr.
35. Hideous beast
36. Furnish with a lining
37. Arbor Day gift
39. Chubby
40. Watch pocket

# PUZZLE 18

41. Nancy Drew's boyfriend
45. Kind of sleeve
46. Bag or pump
47. Smyrna fig
48. Divided
49. Imposing residence
50. Ancient Briton
51. Esau
52. Duration
53. Portico
55. Riyadh dweller
56. Past
57. Bullfight shouts
58. Circus safeguards
61. Chapeau

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			

Before it was Howdy Doody time, it was "Kukla, Fran and Ollie" time! The unscripted children's TV show debuted locally in Chicago as "Junior Jamboree" in 1947 and moved to NBC in 1948. It focused on the lives of puppeteer Burr Tillstrom's Kukla the clown and Ollie the dragon, and their human friend, Fran Allison. Solution on page 137

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> ALLISON, Fran (hostess) | <input type="checkbox"/> OPERETTAS            | <input type="checkbox"/> TILLSTROM, Burr (puppeteer) |
| <input type="checkbox"/> BUELAH Witch            | <input type="checkbox"/> POPULAR              | <input type="checkbox"/> TROUPE                      |
| <input type="checkbox"/> CECIL Bill              | <input type="checkbox"/> PRIME-TIME telecasts | <input type="checkbox"/> TV SERIES                   |
| <input type="checkbox"/> CHARACTERS              | <input type="checkbox"/> PUPPETS              | <input type="checkbox"/> UNSCRIPTED dialogue         |
| <input type="checkbox"/> CHILDREN'S program      | <input type="checkbox"/> SATIRES              | <input type="checkbox"/> VOICES                      |
| <input type="checkbox"/> COL. CRACKIE            | <input type="checkbox"/> SEASONS              | <input type="checkbox"/> WHIMSICAL show              |
| <input type="checkbox"/> ELABORATE productions   | <input type="checkbox"/> SONGS                |  |
| <input type="checkbox"/> EPISODES                |   |  |
| <input type="checkbox"/> FLETCHER Rabbit         |   |  |
| <input type="checkbox"/> FRIENDS                 |   |  |
| <input type="checkbox"/> KUKLA                   |   |  |
| <input type="checkbox"/> LIVE show               |   |  |
| <input type="checkbox"/> MERCEDES                |   |  |
| <input type="checkbox"/> MINIATURE stage         |   |  |
| <input type="checkbox"/> MME. OPHELIA Oglepuss   |   |  |
| <input type="checkbox"/> MUSICAL plays           |   |  |
| <input type="checkbox"/> NBC                     |   |  |
| <input type="checkbox"/> OLLIE                   |   |  |

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

# PUZZLE ANSWERS

6/2015

## PUZZLE 18

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

6

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

# BREAKFAST MENU

6/2015

Breakfast is served Monday – Friday, 7:30-8:30 a.m. at MEG, Luisa and Pasatiempo Senior Centers. There is a suggested donation of \$1 for seniors 60 and over, and a \$5.25 fee for non-seniors (59 years of age or younger).

1st	Boiled eggs (2), salsa, hash browns, small roll, margarine, milk
2nd	Sausage, cheese, red chile, potatoes, margarine, milk
3rd	Ham & cheese, biscuit, milk, tomato juice, milk
4th	Breakfast burrito – scrambled egg, cheese, green chile, potatoes, milk
5th	Cottage cheese, hot cereal, margarine, tomato juice, milk
8th	Cold cereal, peanut butter, small roll, jelly, tomato juice, milk
9th	Scrambled egg, cheese, green chile, hash brown, bacon, milk
10th	Grilled ham, salsa, peppers, small roll, jelly, milk
11th	Scrambled egg, cheese, red chile, potatoes, margarine, milk
12th	Sausage, salsa, hash browns, small roll, margarine, milk
15th	Grilled ham, cheese, hash browns, small roll, margarine, milk
16th	Breakfast burrito – scrambled egg, cheese, salsa, potatoes, bacon, milk
17th	Cottage cheese, hot cereal, margarine, tomato juice, milk
18th	Scrambled egg, cheese, salsa, hash browns, small roll, bacon, milk
19th	Pancakes, maple syrup, sausage, margarine, tomato juice, milk
22nd	Sausage, cheese, green chile, potatoes, margarine, milk
23rd	Scrambled egg, cheese, salsa, bacon, milk
24th	Waffles, maple syrup, margarine, sausage, tomato juice, milk
25th	Breakfast burrito – scrambled egg, sausage, salsa, hash browns, margarine, milk
26th	Scrambled egg, French toast, maple syrup, margarine, tomato juice, milk
29th	Scrambled egg, cheese, peppers, hash browns, small roll, bacon, milk
30th	Cold cereal, peanut butter, small roll, jelly, tomato juice, milk

## Nutrition Education – Salt & Sodium: 10 tips to help you cut back (From ChooseMyPlate.gov)

**1) Think fresh:** Most sodium is found in processed foods; eat these less often and in smaller portions. Fresh foods are usually lower in sodium.

**2) Enjoy home-prepared foods:** Cook more at home where you are in control of what is in your food, and can limit the salt used.

**3) Fill up on veggies & fruits – they are naturally low in sodium:** Eat plenty of fresh or frozen vegetables and fruits. Eat a vegetable or fruit at every meal.

**4) Choose dairy and protein foods that are lower in sodium:** Choose more fat-free/low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli/lunch meats and canned meats are higher in sodium. Eat unsalted nuts/seeds

**5) Adjust your taste buds:** Cut back on salt little by little and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

**6) Skip the salt:** Skip adding salt when cooking and keep it off the kitchen counter and dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

**7) Read the label:** Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

**8) Ask for low-sodium foods when you eat out:** Restaurants may prepare lower sodium foods at your request and will serve

sauces and salad dressings on the side so you can use less.

**9) Pay attention to condiments:** Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

**10) Boost your potassium intake:** Choose foods with potassium, which may help lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

# SENIOR CENTER LUNCH MENU

JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Baked Chicken topped with Mushroom Alfredo Sauce Sweet Potato Wedges Tossed Salad Baked Biscuit Chilled Pears</p>	<p><b>2</b></p> <p>Beef Pot Roast Mashed Potatoes w/ Mushroom Gravy Steamed Green Beans Wheat Roll White Cake</p>	<p><b>3</b></p> <p>Pork Stir Fry w/ Vegetables Tossed Salad Wheat Roll w/Butter Apple Cobbler</p>	<p><b>4</b></p> <p>Classic Meatloaf Tomato Topping Scalloped Potatoes Green Beans Wheat Roll w/Butter Strawberry Shortcake</p>	<p><b>5</b></p> <p>Chicken Fajitas w/Garnish &amp; Salsa Chile Beans Jell-O w/Orange Slices Tortilla (1)</p>
<p><b>8</b></p> <p>Bean Burrito w/Green Chile Sauce Spanish Rice Salsa Corn Tossed Salad Baked Spiced Apples</p>	<p><b>9</b></p> <p>Salisbury Steak w/Mushroom Gravy Mashed Potatoes Steamed Spinach Wheat Roll w/ Butter Chilled Tropical Fruit</p>	<p><b>10</b></p> <p>Baked Chicken w/Pasta &amp; White Sauce Steamed Broccoli Tossed Salad Saltine Crackers Fresh Orange</p>	<p><b>11</b></p> <p>Glazed Ham Baked Yams Steamed Broccoli Wheat Roll w/Butter Fresh Apple</p>	<p><b>12</b></p> <p>Hamburger Steak Mashed Potatoes w/Brown Gravy Green Beans w/ Onions Wheat Roll w/Butter Pineapple Bits</p>
<p><b>15</b></p> <p>Turkey Dinner Baked Sweet Potatoes Steamed Green Beans Cornbread w/Butter Sugar Cookie</p>	<p><b>16</b></p> <p>Red Chile Beef Enchiladas Salsa Corn Tossed Salad Fruit Cobbler</p>	<p><b>17</b></p> <p>Chicken Fettuccini w/Alfredo Sauce Carrots &amp; Peppers Garlic Bread Chilled Pears</p>	<p><b>18</b></p> <p>Pork Roast Mashed Potatoes w/Brown Gravy Steamed Asparagus Wheat Roll w/Butter Chilled Applesauce</p>	<p><b>19</b></p> <p>Beef Tips over White Rice Steamed Broccoli Green Salad Wheat Roll w/Butter Chilled Fruit Cocktail</p>
<p><b>22</b></p> <p>Chicken Strip Basket w/Mashed Potatoes Broccoli &amp; Cheese Garden Salad Wheat Roll w/Butter Peaches &amp; Strawberries</p>	<p><b>23</b></p> <p>Grilled Pork Chop Mashed Potatoes w/Brown Gravy Steamed Green Peas Baked Biscuit Cherry Cobbler</p>	<p><b>24</b></p> <p>Beef Stroganoff w/Egg Noodles &amp; Sauce Steamed Broccoli Carrot Raisin Salad Fresh Banana (1/2)</p>	<p><b>25</b></p> <p>Roasted Pork Loin Steamed Peas Tossed Salad Cornbread w/Butter Peach Cobbler</p>	<p><b>26</b></p> <p>Pepper Steak Baked Sweet Potatoes California Vegetables Wheat Roll Cherry Cobbler</p>
<p><b>29</b></p> <p>Tuna Salad w/Noodles Tossed Green Salad w/Ranch Dressing Saltine Crackers Chilled Peaches</p>	<p><b>30</b></p> <p>Roast Beef Mashed Potatoes w/Brown Gravy Steamed Green Beans Wheat Roll White Cake</p>	<p><b>Stop by the salad bar at MEG for a healthy bite. A suggested donation of \$1.50 will get you a hot meal and a salad!</b></p> <p><b>Available Monday - Friday.</b></p>		<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p><b>Note: Milk is served with every lunch meal</b></p>

Please Note: Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50  
Non-Senior (59 years of age or younger) Mandatory Meal Fee: Breakfast \$5.25 and Lunch \$5.25

Lunch is Served at: MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers  
11:00am -- 12:30pm Monday thru Friday

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**

