

THE SENIOR SCENE



Pictured: Foster Grandparent & Senior Companion Volunteers

Photo by Don Bell

**Programs & Activities
for Older Adults**

**Programas y Actividades
para Adultos Mayores**

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

**OLDER
AMERICANS
MONTH** 
BLAZE A TRAIL: MAY 2016



**MAY
2016**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

MAY-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.

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Administration

Cristy Montoya, Administrative Secretary 955-4721

Sadie Marquez, Receptionist 955-4741

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Transportation Ride Reservations (page 4) 955-4700

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Robert Chavez, Project/Fleet Manager 955-4703

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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

Albert Chavez, 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 (Billiard) 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

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Anna Mae Gallegos, Mailing Distribution

DIRECTOR'S REPORT

MAY-2016

Dear Patrons,

May is the month that we take time to commemorate our mothers. Since 1914, when President Woodrow Wilson made Mother's Day an official national holiday Americans have paid homage to their mothers, grandmothers, sisters, nieces, aunts, cousins, etc. and thanked them for all that they are and all that they do for each of us.

This year Mother's Day will be celebrated on Sunday, May 8th and I would like to wish one and all a wonderful holiday!

Another United States federal holiday observed this month is Memorial Day. First widely observed as "Decoration Day" in 1868 to commemorate the sacrifices of Civil War soldiers, Memorial Day was declared as its official name by Federal law in 1967 and became a day to honor all Americans who have died in wars while serving in the Armed Forces.

This day has also evolved into an occasion for general expressions of memory of deceased relatives and friends who served in the Armed Forces. Let us take the time to remember and thank all the men and women who have served in the United States military who are no longer with us. The sacrifice of America's fallen heroes will never be forgotten.

I would like to wish each of you a safe Memorial Day and remind you that all City of Santa Fe Senior Centers will be closed on Monday, May 30th in observance of this holiday.

On another note, as we approach the summer months and begin enjoying outdoor activities like barbeques and/or campfires we should keep in mind the potential for uncontrolled fires, so always use extra caution.

During this time of year fire officials are watching winds and we should too, especially since there are so many areas with dry grass and weeds that increase the chances for fire. Therefore, as we prepare for barbeques to celebrate the upcoming holidays and evening events, please be extremely careful.

Have a safe and wonderful month!



Ron J. Vialpando, Division Director



Color guard coordinator and Vietnam veteran Jerry Martinez leads the Vietnam Veterans of America Northern NM Chapter 996 in the presentation of the colors during a ceremony at the NM State Capitol.

Photo courtesy of the New Mexico Department of Veterans' Services.

SENIOR SERVICES PROGRAM INFORMATION

MAY-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. 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.

Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through 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. (*Please bring exact amount*). We will inform you when you should come in to renew/update your registration. Please note that cards are not official 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.

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

Email 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.**

Closed May 30th

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

MAY-2016

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 May:

- 01 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside library – no van on site)
- 02 – Fort Marcy 9 am – 1 pm
- 03 – St. John's United Methodist 9 am – 1 pm
- 04 – Santa Fe Community College 9 am – 2 pm
(Free depression & anxiety screenings)
- 05 – Edgewood Senior Center 10 am – 2 pm
- 06 – Salvador Perez Pool noon – 2 pm
- 07 – Van not out**
- 08 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside library – no van on site)
- 09 – Villa Consuelo Housing 9 am – 1 pm
- 10 – Eldorado Senior Center 10 am – 2 pm
- 11 – El Rancho Senior Center 9 am – 2 pm
- 12 – Santa Cruz Senior Center 10 am – 2 pm
- 13 – Casa Villita 10 am – 2 pm
- 14 – Van not out**
- 15 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside library – no van on site)
- 16 – Casa Rufina 9 am – 1 pm
- 17 – Pasatiempo Senior Center 10 am – 2 pm
- 18 – Solana Center 10 am – 2 pm
- 19 – Encino Villa 9 am – 1 pm
- 20 – Genoveva Chavez Center 10 am – 2 pm
- 21 – Van not out**
- 22 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside library – no van on site)
- 23 – Southside Library 10:30 am – 3:30 pm
(Nurse inside library – no van on site)
- 24 – Chimayo Senior Center 10 am – 2 pm
- 25 – Ventana de Vida Center 10 am – 2 pm
- 26 – Pojoaque Senior Center 10 am – 1 pm
- 27 – Mary Esther Gonzales Center 10 am – 2 pm
- 28 – Van not out**
- 29 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside library – no van on site)
- 30 – Van not out – Memorial Day Holiday**
- 31 – Luisa Senior Center 9 am – 2 pm

In Remembrance



Mary Martinez Gonzales, born in Leadville, Colorado, passed away peacefully on Saturday, April 2nd, surrounded by her loving family. She is preceded in death by her husband Lorenzo, mother Melinda, father Librado and numerous brothers and a sister. She is survived by her children Geri (Rick), Arthur (Mary), Melanie (George), Jacob (Sandra) and Lori (Ben); grandchildren Amanda, Nickolas, Jarod, Mariah, Arcadia, Arthur, Kylee, Mila, Michael, Allissa, Lucas, Emily, Lorenzo and Abigail; brothers and sisters Ted, Henry, Leroy, Tina, Sadie, Jayne and Donna; and many other family members who loved her dearly. Mary spent the majority of her life in her beloved Santa Fe, as a nurse taking care of others. She will forever be known for her generosity, wittiness and lively sense of humor.



Lucille Vigil, age 78, passed away on March 13, 2016 after a lengthy and courageous battle with cancer. Lucille was born in Espanola, NM and graduated from Loretto Academy High School in Santa Fe. She is survived by her son Angus Luca and by several other family members who will miss her dearly. For over ten years, Lucille offered her time to the Foster Grandparent and Senior Companion Programs, volunteering several hours per week to make Santa Fe a better community. Her tireless volunteer service will be dearly missed. She was a friend to all and she never hesitated having a nice conversation with anyone. She will be dearly missed.

Flora's Corner

"It's not where you are or where you have been, it's where you are going that counts."

-Cal Farley

NEWS & VIEWS

MAY-2016

Senior Center Closures



All senior centers will be closed on Monday, May 30, 2016 in honor of Memorial Day. There will also be no senior transportation or meal services on this day. Centers reopen on Tuesday, May 31.

SAAVY Caregiver Program

The Alzheimer's Association presents the SAAVY Caregiver Program, a free seven-week course designed to help improve the daily life of dementia caregivers. The course will discuss: disease characteristics and progression, best practices for dealing with behaviors and communication, and learning about resources and those you can turn to for respite and other assistance. The course takes place every Friday through June 10, 2016 from 1 to 3 p.m. at the Alzheimer's Association office in Santa Fe (811 St. Michael's Drive). To register or for more information please contact Tina De La Luz: (505) 473-1297 or tdelaluz@alz.org.

FREE Civil Legal Clinic

A free legal fair presented by the First Judicial District Court Access to Justice Committee, will be held on Friday, June 3 from 10 a.m. to 1 p.m. Consults will be limited to the first 25 people and is on a first come, first served



basis. Meetings are with attorneys on civil legal matters only (not family law) and please bring any related paperwork for the attorney to review. Issues include: landlord/tenant, consumer rights, bankruptcy, estate/wills/

probate, public benefits, power of attorney, and employee rights. The clinic will be held in the 1st floor jury room of the 1st Judicial District Court, located at 225 Montezuma Ave in Santa Fe. If you have questions, please call the Volunteer Attorney Program at 1-877-266-9861.

Parkinson's Support Group Meetings

The Parkinson's support group meetings are held on the third Thursday of each month, from 1:30 to 3 p.m. at the Christus St. Vincent Holistic Wellness Center (located at 490-B West Zia Rd). This is an opportunity for anyone with Parkinson's disease and/or their care partners to share experiences and information with those in similar situations. For more information please contact Karen St. Clair at (505) 780-5864 or visit www.NMParkinson.org.

Let's Grow! Cactus Propagation

Learn how to divide cactus and how to grow more! Tips on soil prep, planting, and maintenance will be given and there will be drop-in demos every half hour. This free class will be on Saturday, May 14, 2016 from 9 to 11 a.m. at the County Fairground Cactus Garden (3229 Rodeo Road).

Yardwork Assistance Sign-up Now Open

Senior yard-work assistance returns in July! Various youth groups attending the Student Life Mission Camp in Glorieta will be available to assist with yardwork. The groups will include an adult supervisor and they will have most of their own supplies. Please keep in mind that you may not pick your date/time – you will be assigned a date and notified as it gets closer.



The dates of this project are:

- Monday – Wednesday, July 18 – 20
- Friday – Sunday, July 22 – 24, 2016

Call Triston at (505) 955-4760 to add your name to list. *Please note: limited spots are available and the last day to sign up for this service is Friday, June 24, 2016.*

The Volunteer Programs wish a very Happy Birthday to our FGP and SCP Volunteers born in the month of May!

| | |
|------------------|------|
| Mary Baca | 5/7 |
| Benerita Morales | 5/18 |
| Bella Campos | 5/24 |

NEWS & VIEWS

MAY-2016

Thank you Robert Meinershagen

A big thank you goes out to long-time volunteer benefits counselor Robert Meinershagen, who spent countless hours providing advice and information to many in our community! Robert has been an important figure at the MEG Center and he will be greatly missed. We wish him luck and relaxation as he retires to his next adventure!

New Volunteer Benefits Counselor Now Accepting Appointments: 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, Stan Cooper a volunteer from the NM Aging and Disability Resource Center (NM ADRC) is available to offer advice every Thursday morning at the MEG Senior Center.

To meet with Stan you must make an appointment. To reserve a free individual 30 minute session, call the MEG Center at (505) 955-4721. If you are unable to make an appointment or need more immediate assistance, call the NM ADRC at (505) 476-4846 or toll free at 1(800) 432-2080.



Our purpose is you.

PMS Head Start Needs Your Help

PMS head start has 11 centers in Santa Fe County with children 0-5 years old that would love to meet you. Help is needed in feeding, diapering, playing, and just keeping company with some adorable and charming kids. A background check will be required and you will receive training in appropriate classroom techniques. If you can donate 3-6 hours per week, please contact PMS today! Call Dr. Japji Keating at (505) 982-4484.

Being Mortal Event on June 14, 2016

The 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 June 14, from 4 to 6:30 p.m. at Christ Church Santa Fe (1213 Don Gaspar Ave). Karin Thron M.D. Ambercare Hospice Medical Director, Amy Fredericks 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 Brookdale Santa Fe will provide refreshments. To reserve your seat, please call Eileen Joyce at 505.428.0670 or email ej@eileenjoyce.com. See this moving documentary and join the conversation. All are welcome. We hope to see you there!

NEWS & VIEWS

MAY-2016



Caregiver Support Group: Living with Alzheimer's the Early Stage

This session will provide education and emotional support to adults who deal with stress associated with providing specialized care for homebound individuals. It will discuss how to navigate through the web of Alzheimer's while also extending a supportive atmosphere, so caregivers can comfort each other in meaningful ways and get some relaxation.

The class will be presented by Tina De La Luz, Alzheimer's Association Northeast Regional Manager, on Thursday, May 26 from 1:30 to 4:30 p.m.; it will be at the Mary Esther Gonzales Senior Center (1121 Alto Street). Refreshments will be provided and new faces welcome. We look forward to seeing you! To reserve a spot please call Theresa Trujillo at (505) 955-4745.

Kitchenality Store

Kitchenality is a resale store of donated, gently used kitchen items; it helps the local non-profit Kitchen Angels generate a steady stream of revenue to help serve more people in need; items include small appliances, kitchen tools and other equipment. Stop by the store to find wonderful and useful items you can use in your kitchen at home! Kitchenality is located at 1222 Siler Road, and is open Wednesday through Friday from 10 a.m. to 5 p.m., and Saturday 10 a.m. to 2 p.m. If you would like to donate items or volunteer to help in the store, please call (505) 471-7780 extension 206.



2016 Day Trips

For additional information on day trips please call Don Bell at 982-2707 between 5:30 & 7:30 p.m. (Note: Date and price are subject to change.)

May 14th (Saturday) – Salinas Mission Site

Cost per person is \$25; this includes a picnic lunch. Leaving the MEG center at 8 a.m.

June 18th (Saturday) – Chaco Canyon

Cost per person is \$25; this includes a picnic lunch. Leaving at 5:30 a.m. There will only be two vans going so sign up soon!

July 9th (Saturday) – Taos Pow-Wow

Cost per person is \$25; everyone is on their own for lunch.

August 13th (Saturday) Gallup Inter Tribal C

(Details to follow)

September 13 – 20, 2016 – Yellowstone

Cost per person is \$1995 (double room occupancy) See page 11 for more details.

October 2016

Albuquerque International Balloon Fiesta

Cost per person is \$20; leaving at 5:30 a.m. (Date to be determined)

December 2016 – River of Lights

Cost \$ 20.00

Meeting to Share Poetry and Art: "Create a world worthy of our children's love and joy."

Are you interested in poetry, short stories or other art? Join others who share your interests on Monday, May 16, 2016 at 1 p.m. in the Ventana de Vida community room (1500 Pacheco Street). Don't miss out!

AT - A - GLANCE

MAY-2016



(Pictured above left) Birthday Celebration for Adelina Ortiz - it was her 100th birthday!
(Pictured right & below) Easter Dance at the MEG center.



A wonderful
time at the
2016 Volunteer
Celebration



2016 New Mexico Conference on Aging: Award Nominations and Scholarship Info.



The 38th Annual New Mexico Conference on Aging will be held August 23 and 24 at Isleta Resort & Casino Conference Center. More than 1,400 individuals are expected to attend the Conference, which features workshops,

interactive exhibits and a two-day Health & Enrichment Fair. The Conference provides education on trends, issues and resources relevant to older adults, caregivers and professionals who work with them.

Award Nominations – The New Mexico Aging and Long-Term Services Department (NM ADLTSD) announced it is now accepting nominations for the 2016 New Mexico Conference on Aging Awards. The awards recognize older adults and organizations whose work benefits New Mexico’s aging population. As baby boomers age, New Mexico’s senior population is set to double by 2030.

“Through their work and volunteer efforts, seniors today are driving improvement in their communities. The Conference on Aging Awards are a great way to recognize these positive contributions,” said Aging and Long-Term Services Cabinet Secretary Myles Copeland. “If you know a senior who is making a difference, I encourage you to take time to nominate them for an award.”

The winners will be recognized at the Conference on Aging in August. Currently, nominations are being accepted for four separate awards. A description of the awards and the eligibility requirements, along with the nomination forms, are posted at the Department’s website (click on the special events tab): www.nmaging.state.nm.us. The deadline for award nominations is June 3, 2016 at 5 p.m. Nomination forms can be mailed, emailed, or faxed to Evone Gallegos.

Scholarship Information – The NM ALTSD also announced it is awarding 10 full scholarships and 20 partial scholarships to help adults 55 or older attend the conference this summer. Full scholarships include conference registration fees, lodging and meal costs. An individual must live 80 miles or more from the Conference site (Isleta Resort & Casino Conference Center) to apply for a full scholarship. Partial scholarships include registration fees and a lunch gift card.

“The scholarship program for the Conference on Aging is designed to help New Mexicans who want to attend the conference, but cannot afford it,” said Aging and Long-Term Services Cabinet Secretary Myles Copeland. “We want to help as many people attend the Conference as possible, and we encourage adults 55 or older to fill out an application if they need financial help.”

Applications can be downloaded from the New Mexico Aging & Long-Term Services Department website (click on the special events tab): www.nmaging.state.nm.us. Applications must be received no later than June 3, 2016 by 5 p.m. to be considered. Applications can be sent to Evone Gallegos.

For more information or if you have any questions, please contact Ms. Gallegos.

Contact Information:

Evone D. Gallegos
Awards Subcommittee Chair
NM Conference on Aging
625 Silver SW, Suite 414
Albuquerque, NM 87102

Email: Evone.Gallegos2@state.nm.us

Fax: (505) 383-3926

Phone: (505) 383-3923



**Santa Fe Senior Activity Corporation Presents: Arches, Yellowstone & Tetons
September 13 – 20, 2016**

Day 1: 13 Sep (Tue) – Santa Fe – Moab, Utah

Join your Tour Director this morning and drive north passing through Pagosa Springs, known for its amazing hot springs. Continue through southern Colorado to Durango before arriving in Moab for an overnight stay and welcome dinner at the hotel. (D)

Day 2: 14 Sept (Wed) – Moab – Arches National Park – Salt Lake City

Your day begins early with visits to Canyonlands National Park and Arches National Park, with over 2,000 preserved natural sandstone arches, including the world-famous Delicate Arch. Depart early afternoon for Salt Lake City, founded by Brigham Young in 1847. Upon arrival, enjoy an orientation tour of the capital city and its historic monuments. Check into the hotel and enjoy the evening at leisure. (B)

Day 3: 15 Sept (Thu) – Salt Lake City – Yellowstone National Park

Continue your journey today from Utah into Wyoming to Yellowstone National Park, established in 1872 as the world's first national park. Check into the hotel and enjoy your evening at leisure. (B)

Day 4: 16 Sept (Fri) – Yellowstone National Park

Spend the day exploring all the wonders of Yellowstone. See world-famous Old Faithful Geyser, Mammoth Hot Springs, the Grand Canyon of Yellowstone, and Fountain Paint Pots. Keep a lookout for some of the park's wildlife that can include moose, bison, elk, deer, bighorn sheep, wolves, bear, fox, otter and beaver. (B)

Day 5: 17 Sept (Sat) – Yellowstone National Park – Grand Teton National Park – Jackson

This morning explore more of America's first national park by returning to visit the geyser basins with bubbling mud paint pots and the reliable "blow" of Old Faithful. In addition to superb mountain scenery, the park is one of the world's principle wildlife preserves and a photographer's paradise. In the afternoon head south into magnificent Grand Teton National Park, one of America's last preserves of wild solitude. Its 13,770-foot-high ridges are crested with snow most of the year. Stroll along the shores of beautiful glacier-fed Jenny Lake before ending the day in the Wild West town of Jackson, with its wooden sidewalks and swing-door saloons. This evening, join an optional barbecue cookout and Wild West show. (B)

Day 6: 18 Sept (Sun) – Jackson

Today you have a full day of leisure in the spectacular town of Jackson. How about joining an optional scenic trip down the Snake River? This optional excursion covers an 8-mile float trip that begins at Pritchard Creek and travels past the nesting areas of both bald eagles and ospreys. Later, the afternoon is free in Jackson to explore the shops and museums of historic downtown. This evening, maybe stroll along the old-time boardwalks downtown and enjoy supper at one of the swing-door saloons. (CB)

Day 7: 19 Sept (Mon) – Jackson – Steamboat Springs

Head south today and cross into Colorado, with an overnight in Steamboat Springs. Enjoy your evening in this quaint mountain town. Explore downtown and see its shops and restaurants. (CB)

Day 8: 20 Sept (Tues) – Steamboat Springs – Santa Fe

Depart early this morning and continue south today and depart beautiful Colorado and arrive in Santa Fe. Your vacation ends upon arrival in Santa Fe. (CB)

**Contact Don Bell
at (505) 982-2707
between 5:30
and 7:30 p.m.
Leave message.**

**Arches, Yellowstone, and Jackson Trip
September 13th through 20th
Cost: Double room 2 persons per room \$1995
Upgrade for single room \$570.
A 10% fee will be charged on all cancellations.
Itinerary is subject to change at any time!!!
Travel insurance \$149 per person is extra.
1 dinner and 6 breakfasts are included.
Tips for driver and on board guide are included.
THIS TRIP IS IN HIGH DEMAND. SIGN UP NOW!**

**Contact Chuck
Niggemann at
(505) 988-2958.
Leave message.**

COSMOS
Turning travel dreams into reality™

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

MAY-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 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.

American Cancer Society Needs YOU

The American Cancer Society is looking for volunteer drivers for its "Road to Recovery" program. Volunteers would be needed once a month or several times a week depending how much time you are able and willing to donate. Drivers would transport people with cancer who have no means of transportation and/or who are too ill to drive themselves to appointments.

Driver must:

- * Have a valid NM driver's license and proof of insurance;
- * Have access to a safe, reliable vehicle;
- * Pass the driver risk management review process (background check, insurance verification, driver's license verification, and motor vehicle record check).
- * Successfully complete the volunteer training & orientation.

To get started call Triston today!

Become an AARP Volunteer Today

Are you interested in advocating for important legislative issues that impact health, economic security and protection from consumer/investment fraud? Would you like to learn how to become an instructor for the AARP Driver Safety Course or know how you can get involved in the Tax-Aide Program? Maybe you would like to present on key AARP issues to community groups or help with various events. If any of these opportunities sound interesting and you want more information, please contact Triston today!

Join the Literacy Volunteers of Santa Fe

Literacy volunteers provide tutoring to adults in reading, writing and speaking English. Become a volunteer today and help to strengthen our community, families, and the workforce! Upcoming training dates are:

- Basic Literacy Training: May 12 from 4 – 6 pm
 May 13 from 9 am – 5 pm
 May 14 from 9 am – 5 pm
- ESL Training: June 2 from 4 – 6 pm
 June 3 from 9 am – 5 pm
 June 4 from 9 am – 5 pm

Become a Farmers Market Volunteer

Are you excited about farms, food, or markets? Perhaps office work? If any of these opportunities interest you, become a volunteer for the Santa Fe Farmers Market Institute! Please call Triston for more information.

Happy Birthday

RSVP volunteers born in MAY

| | |
|----------------------------|------|
| Phillip I. Lujan | 5/01 |
| Madonna Luther | 5/01 |
| James Francis Bianca | 5/02 |
| Fabiola Guillen | 5/03 |
| Arcy Pena | 5/03 |
| Janet Spring | 5/03 |
| Judy C. Valdez | 5/03 |
| Ray Blair | 5/04 |
| Carolyn Grant | 5/05 |
| Linda Payne | 5/05 |
| Pablo F. Griego | 5/07 |
| Correen M. Najjar | 5/09 |
| Teofila Valdez | 5/09 |
| Ted Yamada | 5/09 |
| James M. Benefiel | 5/10 |
| Dolores Griego | 5/10 |
| Bertha "Bersabe" M. Medina | 5/10 |
| Virginia Montoya | 5/10 |
| Anne Regensberg | 5/10 |
| Mathew Frauwirth | 5/11 |
| Helen P. Martinez | 5/11 |
| Maurice Lierz | 5/12 |
| Rose Marie Trujillo | 5/12 |
| Ernest L. Vigil | 5/12 |
| Connie Howley | 5/13 |
| Maria G. "Lupe" Gonzales | 5/15 |
| Luella Schaaf | 5/15 |
| Patricia Marciano | 5/19 |
| Fabrizia Marcus | 5/22 |
| Virginia Martinez | 5/22 |
| Joe Meyers | 5/22 |
| Bernadette Montoya | 5/22 |
| Tilly K. Flood | 5/26 |
| Leonel Garza | 5/26 |
| Teodoro Romero | 5/26 |
| Anita Jaramillo | 5/27 |
| Flora S. Leyba | 5/28 |
| Lucy M. Gonzales | 5/30 |
| Wanda Morrison | 5/30 |
| Olivia Roybal | 5/31 |

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

ONGOING ACTIVITIES

MAY-2016

All activities are open to registered seniors.

Schedule is subject to change.

Luisa Senior Center Activities – Cristina Villa (505) 955-4725

LUIZA IS CLOSED FOR REMODELING THROUGH JUNE 2016

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) 11:45 am: Sing along 1:30 pm: Oil painting (3/1, 3/15, 3/29) 3 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 2-4 pm: Ear acupuncture for Veterans | 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) 12:30 pm: Bridge | 8:30 am: Zumba 1 pm: Line Dance (Advanced) | 8:30 am: Yoga (class currently full) 9 am: Wood/straw Applique Noon: Sing along | 9 am: Tai Chi 10 am: Zumba 10 am: Ceramics 1 pm: Bingo 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 |
|----------------------|------------------------|-----------|----------|--------|
| 1-3 pm: Bingo | 1 pm: Art class | | | |

Villa Consuelo Senior Center Activities – Cristina Villa (505) 955-4725

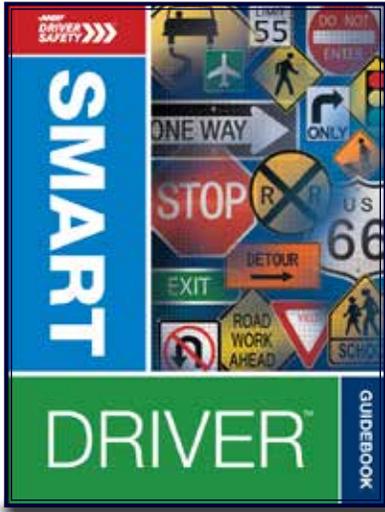
VILLA CONSUELO IS CLOSED FOR REMODELING THROUGH JUNE 2016

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

UPCOMING ACTIVITIES

MAY-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.

Classes will be taught by Don Blossom and/or Bob Guillen. Upcoming dates are:

- May 10, 2016
- June 14, 2016

Monthly Senior Services Committee Meetings

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

- Senior Olympics: 5/4/16 at 9:30 a.m.
- Transportation/Nutrition: No Meeting
- Advisory Board: 5/18/16 at 9:30 a.m.
- Travel Committee: 5/19/16 at 8:45 a.m.
- SAC Board: 5/19/16 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). Haircuts are every Wednesday in May at 10 a.m.



- May 4th MEG
- May 11th MEG
- May 18th Pasatiempo
- May 25th Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinators 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:

| | | |
|-----------------|-----------------|----------------|
| MEG | Thursday, 5/5 | 11 a.m. – noon |
| MEG | Wednesday, 5/18 | 11 a.m. – noon |
| MEG | Wednesday, 5/25 | 11 a.m. – noon |
| Pasatiempo | Thursday, 5/26 | 11 a.m. – noon |
| Ventana de Vida | Thursday, 5/12 | 11 a.m. – noon |

Note: Luisa and Villa Consuelo senior centers will not be scheduled due to construction

UPCOMING ACTIVITIES

MAY-2016

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, May 23 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.

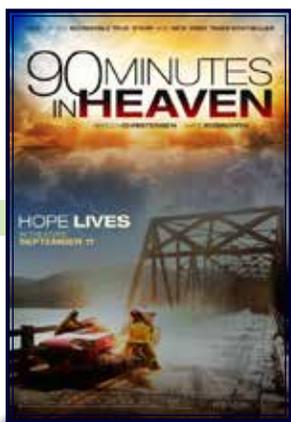
Nia Technique on 1st & 3rd Tuesdays

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

- May 3rd 3 p.m.
- May 17th 3 p.m.

Movie Day at the MEG Senior Center Tuesday, May 31, 2016 at 1 p.m.

“90 Minutes in Heaven”
(2015 • PG-13 • 2h 1m)



Pastor Don Piper died January 18, 1989 when a semi-tractor truck crushed his car. Declared dead by the first rescue workers to arrive on the scene, Don's body lay under a tarp for the next 90 minutes. Don's soul, meanwhile, was experiencing love, joy, and life like he'd never known before. Don was in heaven. When another pastor's prayers helped bring Don back to life, he became a living miracle, but heaven's bliss was replaced by excruciating pain and emotional turmoil. With the support and prayers of his beloved Eva, their three kids, and friends near and far, Don clings to his faith in God and fights to regain a semblance of his previous life.

Free Ear Acupuncture for Veterans

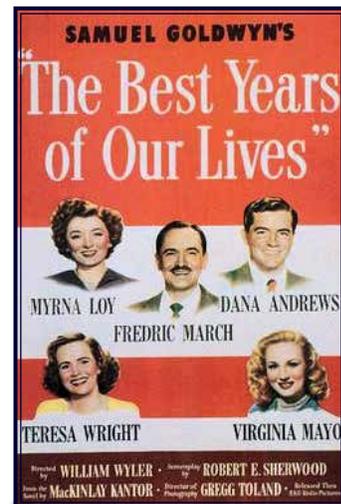
Licensed Acupuncturist Carolyn Bleakley is offering free ear acupuncture sessions to veterans from 2 to 4 p.m. every Thursday at the MEG Senior Center in the dining room.

Movie Day at Ventana De Vida Senior Center Wednesday, May 25, 2016 at 1 p.m. “The Best Years of Our Lives”

(1946 • 2h 52m)

Please note there will be a short bathroom break in the middle of the movie.

This movie stars Myrna Loy, Fredric March, Dana Andrews, Teresa Wright, Virginia Mayo, Harold Russell and Hoagy Carmichael and is a winner of seven Academy Awards. Also hailed as a masterpiece by the New York Times, this film is about three American servicemen readjusting to civilian life after coming home from World War II. Al Stephenson returns to an influential banking position, but finds it hard to reconcile his loyalties to ex-servicemen with new commercial realities. Fred Derry is an ordinary working man who finds it difficult to hold down a job or pick up the threads of his marriage. Having had both hands burnt off during the war, Homer Parrish is unsure that his fiancée's feelings are still those of love and not those of pity. Each of the veterans faces a crisis upon his arrival, and each crisis is a microcosm of the experiences of many American warriors who found an alien world awaiting them when they came marching home.



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 1st Wednesday at MEG, every 2nd Wednesday at Pasatiempo, and every 3rd Wednesday at Ventana de Vida. Join us!

Day Trip to the Albuquerque Zoo

Join us for a trip to the ABQ BioPark Zoo on Tuesday, May 17, 2016. For details and to reserve a seat, please call Albert at (505) 955-4715.



UPCOMING ACTIVITIES

MAY-2016

Mother's Day Celebrations



Pasatiempo on May 6th All mothers are invited to come to the Pasatiempo Senior Center (664 Alta Vista) on Friday, May 6 to receive a rose, which will be given out during the lunch hour. There will also be music by Mariachi Porvenir from 11

a.m. to 1 p.m. Don't miss out! Sponsored by: Luisa Senior Center and Pasatiempo Senior Center.

MEG Celebration on May 9th - Please join us for our Mother's Day lunch celebration at the MEG Senior Center on Monday, May 9. Wonderful music will be provided by Mariachi Azteca during the lunch hour to honor all moms.

DSS Older Americans Month Dance

There will be a free dance held on Thursday, May 19, 2016 at the Eagles Club (833 Early St.), in honor of Older Americans Month. Peter Vigil Y Los Hermanos will be playing for your entertainment. Refreshments will be served, & please bring your ID card. See you there!

Wood Carver Needed

We are looking for a woodcarver to teach at both the Pasatiempo and MEG Senior Centers. If you are interested in this activity please contact Albert at (505) 955-4715.

MEG Exercise Room

Please welcome Gitte Mainland, a volunteer trainer who will be assisting seniors in the MEG exercise room. Ms. Mainland will be available on Tuesdays and Thursdays from 9 to 11 a.m. during the month of June (she will not be here in May). If you would like this assistance please mark your calendar and join her!

Legal Workshop

There will be a legal workshop on Tuesday, May 24, 2016 in the MEG dining room from 9:30 to 10:45 a.m. Attorneys will be available in the boardroom from noon to 3 p.m. for individual workshops. Please contact LREP at (505) 797-6005 or 1 (800) 876-6657 for an appointment.

Exercise Instructor Needed

HELP! We are urgently seeking a volunteer exercise instructor to lead a class at the Ventana de Vida Senior Center. The exercise program needs to be a gentle, low-impact plan suitable for older adults. If you are interested, please call Albert Chavez at (505) 955-4715.

Nutrition Education Classes

There will be Nutrition Education Classes, offering nutrition tips, good eating habits, what to eat when dealing with diabetes, and much more. The dates are as follows:

MEG

- Tuesday, June 7, 2016 at 1 p.m.
- Tuesday, August 16, 2016 at 1 p.m.
- Tuesday, October 4, 2016 at 1 p.m.

Ventana De Vida

- Tuesday, July 12, 2016 at 1 p.m.
- Tuesday, September 27, 2016 at 1 p.m.
- Tuesday, November 15, 2016 at 1 p.m.

Ventana de Vida Yard Sale

Join us at the Ventana de Vida Senior Center parking lot from 8 a.m. to noon on Saturday, June 4. You never know what you'll find!

Bingo at Ventana de Vida Senior Center

We will be having Bingo at Ventana De Vida Senior Center on Mondays from 1 to 3 p.m.

beginning the first Monday in May. Please join us to get this activity started!



Weekend Bingo at Pasatiempo

The Pasatiempo Senior Center (664 Alta Vista) is hosting a Bingo on Sunday, May 1, 2016 from 1 – 4 p.m. It is \$12 for a package and there will be four specials at \$1 each. There will be two \$100 jackpots – one in the middle of the games and the other will take place at the end. Blackouts are \$2. We will be serving red chile enchiladas for \$5; please bring small bills. Everyone is welcome, so don't miss out on a chance of winning!

HEALTH & SAFETY

MAY-2016

Shaking off shingles

Source: *Harvard Men's Health Watch* (April 2016)

This painful condition is more likely to attack as you age, and it can raise your risk for chronic pain, stroke, and other problems.

A common childhood illness can return to cause serious health issues later in life. Shingles is a disease caused by the same varicella-zoster virus that triggers childhood chickenpox.

"All adult Americans who were exposed to chickenpox can develop shingles. In fact, one in three is predicted to get shingles at some point," says Dr. Anne Louise Oaklander, director of the Nerve Unit at Harvard-affiliated Massachusetts General Hospital.

After chickenpox has disappeared, the virus lies dormant in nerve cells near the spinal cord and brain. Years later, as your immunity weakens during normal aging or from illness or medications, the virus often re-emerges.

It travels along a nerve to activate a one-sided rash affecting the skin connected to that nerve. The most common areas are the chest, back, or belly, or above one eye.

Seek treatment right away

Although some rashes are mild, many cause severe pain and itching and leave scars. Over a few weeks, fluid-filled blisters can develop, break, and crust over. Some people also feel sick with slight fevers, headache, or fatigue.

Until recently, there was little public concern about shingles, and most people had the mistaken impression that, like poison ivy, it was a nuisance rash that faded on its own. "But in fact a shingles rash should alert people, especially in middle or old age, to seek immediate medical help from their doctor," says Dr. Oaklander.

One of three antiviral drugs—acyclovir (Zovirax), valacyclovir (Valtrex), or famciclovir (Famvir)—

can shorten a shingles attack and reduce the risk of serious damage. "But you must begin them right away," says Dr. Oaklander.

Possible long-term damage

The older you are, or if you do not get prompt antiviral medications, the more likely you are to be left with long-term problems. These include the following:

Lasting pain. Pain that lingers in the area of a healed shingles rash is called postherpetic neuralgia. Pain can last months and sometimes even over a year. Treatments include anesthetic patches that numb the painful area, pills such as nortriptyline (Pamelor) and gabapentin (Neurontin), or opioid pain medications.

Damage to vision. Pain and rash near an eye can cause permanent eye damage and requires an ophthalmological exam.

Damage to hearing or balance. When the nerve to the ear is affected, it can permanently damage hearing or balance and cause facial problems.

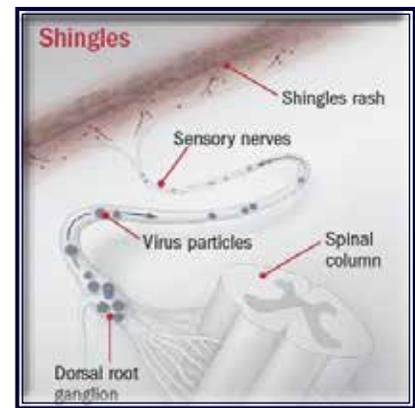
Confused thinking. A reactivated shingles virus also travels inward toward the brain and spinal cord. It is rare, but this may cause inflammation known as encephalitis that causes flu-like symptoms and confused thinking.

Stroke and heart attacks. A study published Dec. 15, 2015, in *PLOS Medicine*, which tracked 67,000 shingles patients ages 65 or older, found that stroke risk more than doubled in the first week after diagnosis. Risk for heart attacks was also higher in the first three months.

Protect yourself

Vaccination is effective at preventing shingles. The CDC recommends immunization for almost all people ages 60 or older, regardless of whether they had chickenpox in their youth or have had shingles before.

The vaccine that prevents chickenpox in children was used to



Once activated, the shingles virus travels along a nerve to the skin, where it forms a rash. Shingles illustration by Scott Leighton.

develop Zostavax, which protects against shingles. "It reduces the risk of getting shingles by about one-half, and shingles rashes that still develop are slightly less likely to cause postherpetic neuralgia or other serious complications," says Dr. Oaklander. "The earlier you are immunized, the better, since vaccines are less effective in older people."

However, people with especially weak immune systems—such as those with cancer or undergoing immunosuppressive treatments—should avoid Zostavax, since the vaccine contains a weakened form of the live virus.

Since Zostavax has only been available since 2006, it is still not yet clear if a single vaccination offers lifelong protection, but no booster is recommended at this time.

Possible new shingles vaccine on the way

A new vaccine called HZ/su may be helpful for older adults. A study in the May 28, 2015, *New England Journal of Medicine* found that among more than 15,000 participants, the vaccine was 97.2% effective among adults ages 50 or older, and 97.9% for those ages 70 or older. And since HZ/su is not made from a live virus, it is safe for people with weak immune systems. The vaccine needs to undergo further testing before it can be submitted for FDA approval, which may happen as early as this year.

SENIOR OLYMPICS

MAY-2016

SENIOR OLYMPICS SPOTLIGHT

Bowling took place at the Cities of Gold on March 29 & 31 and April 5 & 7. Colored bowling balls of all different sizes were flying right and left down the lanes and strikes and spares were lighting up the score board. Everyone was having fun, while meeting and playing with different athletes. It was nice to see new faces and lots of high fives! The high scorer for the ladies was Cristella Salazar Ulibarri with a score of 217. Great Job Cristella! The high scorer for the men was John Miles with a whopping 279. He had all strikes and one spare! I was hoping he would get a perfect score but close enough – that is outstanding! The largest competition age group was 65-69 with 10 athletes competing against each other for the gold. First time as Event Manager, Alfred Padilla did a great job coordinating this event. Keep up the good work Alfred!

Huachas was held at the County Extension Building on Thursday, April 14. For those of you who don't know what the sport is, it is a physical game of skill that is very similar to horseshoes, which is why it is also known as "hillbilly horseshoes." The difference is that large metal washers are pitched at a three-inch hole in a 24 x 24 inch platform on the ground and the boards are 21 feet away from each other.

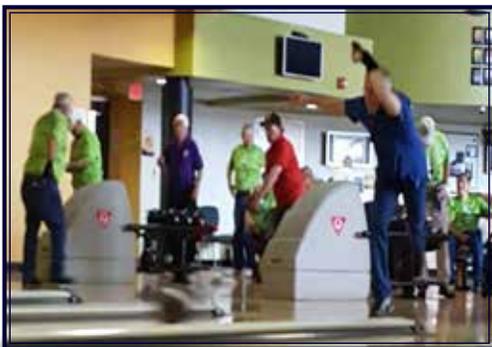
This year we had a great turnout – 33 athletes participated – 17 men and 16 women. They played best of three and it was double elimination. Several athletes got ringers which counted for five points. Everyone pitched in, either keeping score or picking up the washers for the ones that were unable to bend. That's what it is all about – helping each other and having fun. A big shout out to Luis Alba who scored six points before his opponent scored a single point; the game is called a "Skunk". That is really hard to do! It's all about accuracy – great Job Luis! Event Manager, Karl Cardenas did a phenomenal job in coordinating this event.

Congratulations to the Crusin' Big Dogs Womens Basketball Team for making the New Mexico Sports Hall of Fame Amateur Team of the Year. Arlene Mayer, has been competing for 20+ years. Now that she is in her 80's she is above and beyond praised for her hard work and dedication for the sport. Just remember age is just a number.

For more information about Senior Olympics, or to contact event managers, please call Cristina Villa at (505) 795-3817 or send an email to cavilla@santafenm.gov.

Good luck Olympians! Until next month!

-Cristina Villa-



PUZZLE

MAY-2016

PUZZLE 41

ACROSS

- 1. Corded fabrics
- 5. Settee
- 9. Finest
- 13. Stewpot
- 14. Relish
- 15. Hanker
- 16. Revolutionary rider: 2 wds.
- 18. MacNelly cartoon
- 19. Type units
- 20. Smooth
- 21. Alaska, e.g.
- 22. Bullring cries
- 23. Contempt
- 25. Go in

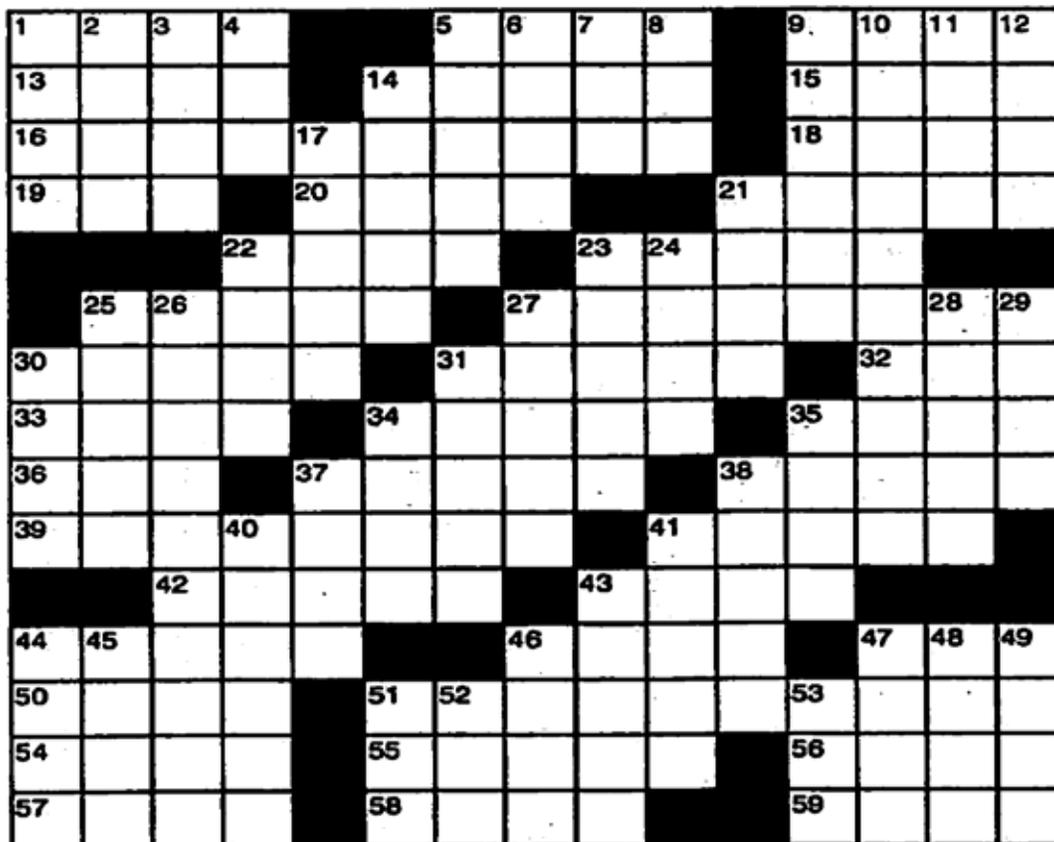
- 27. Meat dish: 2 wds.
- 30. Characteristic
- 31. Calvary sword
- 32. Meadow
- 33. Wolfs down
- 34. Soupy ____
- 35. Winter vehicle
- 36. Fire residue
- 37. Unit of length
- 38. Attention getters
- 39. Taped
- 41. Looks over
- 42. Snoops
- 43. Minute particle
- 44. Greek mount

- 46. Wound mark
- 47. Nav. rank
- 50. Signify
- 51. Continental Army leader
- 54. Capri, e.g.
- 55. Change
- 56. Lab heater
- 57. Suffix with mob
- 58. Backtalk
- 59. British turnip

- 8. Exist
- 9. Night club
- 10. Green Mountain Boys leader: 2 wds.
- 11. Highlander
- 12. Quaker word
- 14. Cut off
- 17. Rent again
- 21. Painful
- 22. Elevator man
- 23. Grave
- 24. Football positions: abbr.
- 25. Obliterate
- 26. Revolutionary spy: 2 wds.
- 27. Lost color
- 28. Appears
- 29. Children
- 30. Chargers, e.g.
- 31. Satisfies
- 34. Withered
- 35. Fake
- 37. Make untidy
- 38. Fruit of the oak
- 40. Oklahoman
- 41. Step
- 43. Yearns
- 44. Kingsley ____
- 45. Trial
- 46. Fast jets
- 47. Female suffix
- 48. Zilch
- 49. Break off
- 51. As I ____ saying
- 52. Southern state: abbr.
- 53. Officer: abbr.

DOWN

- 1. Lasso
- 2. Actor Jack
- 3. And
- 4. Gal of song
- 5. Rescues
- 6. Kiln
- 7. Favoring



Glass Act

The 1950s saw the dawn of the cocktail party and with it, a yen for the very latest in serving dishes and glassware. Glassware from that decade reflected a variety of bright colors, such as turquoise, with items often painted with geometric shapes.

- | | | |
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| <input type="checkbox"/> BOWL | <input type="checkbox"/> DESIGN | <input type="checkbox"/> GOBLET |
| <input type="checkbox"/> CANISTER | <input type="checkbox"/> DISHES | <input type="checkbox"/> ICE BUCKET |
| <input type="checkbox"/> CASSEROLE | <input type="checkbox"/> DISPLAY | <input type="checkbox"/> KITCHEN |
| <input type="checkbox"/> COLORS | <input type="checkbox"/> ETCHED | <input type="checkbox"/> MOLDED |
| <input type="checkbox"/> DECANTER | <input type="checkbox"/> FROSTED | <input type="checkbox"/> MOTIFS |
| <input type="checkbox"/> DECORATIVE | <input type="checkbox"/> GLASS | <input type="checkbox"/> MUG |
| | | <input type="checkbox"/> OVENPROOF |

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

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| <input type="checkbox"/> PITCHER |
| <input type="checkbox"/> PLATTER |
| <input type="checkbox"/> PRINTS |
| <input type="checkbox"/> RIBBED |
| <input type="checkbox"/> SAUCER |
| <input type="checkbox"/> SET |
| <input type="checkbox"/> SHAPES |
| <input type="checkbox"/> TEACUP |
| <input type="checkbox"/> TRAY |
| <input type="checkbox"/> TUMBLER |
| <input type="checkbox"/> VASE |

PUZZLE ANSWERS

MAY-2016

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | E | P | S | | | S | O | F | A | | B | E | S | T |
| O | L | L | A | | S | A | V | O | R | | I | T | C | H |
| P | A | U | L | R | E | V | E | R | E | | S | H | O | E |
| E | M | S | | E | V | E | N | | | S | T | A | T | E |
| | | | O | L | E | S | | S | C | O | R | N | | |
| | E | N | T | E | R | | P | O | T | R | O | A | S | T |
| T | R | A | I | T | | S | A | B | R | E | | L | E | A |
| E | A | T | S | | S | A | L | E | S | | S | L | E | D |
| A | S | H | | M | E | T | E | R | | A | H | E | M | S |
| M | E | A | S | U | R | E | D | | S | C | A | N | S | |
| | | N | O | S | E | S | | A | T | O | M | | | |
| A | T | H | O | S | | | S | C | A | R | | E | N | S |
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| S | T | E | R | | S | A | S | S | | | N | E | E | P |

85

BREAKFAST MENU

MAY-2016

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Pasatiempo, and Ventana de Vida senior centers. There is a suggested donation of \$1 for seniors 60 and over and a \$5.42 fee for non-seniors (59 and younger). Please print your name clearly on our meal sheets when eating at any of the centers. *NOTE: Milk is served with every meal.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| 2 Scrambled egg, sausage, red chile Hash browns Tortilla w/margarine | 3 Scrambled egg, bacon, cheese Tortilla Salsa | 4 Pancakes w/maple syrup Sausage Tomato juice | 5 Breakfast burrito w/scrambled egg, cheese, red chile, hash browns, bacon | 6 Grilled ham Potatoes w/red chile Whole wheat toast Jelly |
| 9 Boiled eggs Salsa Small roll w/margarine | 10 Sausage Cheese, red chile Small roll w/margarine | 11 Cold cereal Whole wheat toast w/peanut butter & jelly, tomato juice | 12 Breakfast burrito w/scrambled egg, sausage, green chile, hash browns Margarine | 13 Hot cereal Cottage cheese Tomato juice Margarine |
| 16 Ham & cheese biscuit Jelly Tomato juice | 17 Scrambled egg cheese, bacon Green chile Hash browns | 18 Grilled ham Salsa & peppers Small roll w/jelly | 19 Scrambled egg w/red chile & cheese Potatoes Margarine | 20 Sausage w/salsa Hash browns Small roll w/margarine |
| 23 Grilled ham Red chile Hash browns Margarine | 24 Breakfast burrito w/scrambled egg, cheese, salsa, bacon, & hash browns | 25 Hot cereal Cottage cheese Tomato juice Margarine | 26 Scrambled egg w/salsa, cheese, hash browns & bacon Whole wheat toast | 27 Cold cereal Small roll w/jelly & peanut butter Tomato juice |
| 30 All senior centers closed in observance of Memorial Day | 31 Scrambled egg w/red chile, cheese, bacon & hash browns | June 1 Pancakes w/maple syrup Sausage Tomato juice | June 2 Breakfast burrito w/scrambled egg, cheese, red chile, hash browns | June 3 Grilled ham Potatoes w/salsa Whole wheat toast w/jelly |

NUTRITION EDUCATION

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

Just not hungry?

Maybe you can't eat very much. Changes to your body as you age can cause some people to feel full sooner than they did when younger. Or lack of appetite might be the side effect of a medicine you are taking—your doctor might be able to suggest a different medication.

Try being more physically active. In addition to all the other benefits of exercise and physical activity, it may make you hungrier. If you aren't hungry because food just isn't appealing, there are ways to make it more interesting. Make sure your foods are seasoned well, but **not with extra salt**. Try using lemon juice, vinegar, or herbs to boost the flavor of your food.

Vary the shape, color, and texture of foods you eat. When you go shopping, look for a new vegetable,

fruit, or seafood you haven't tried before or one you haven't eaten in a while. Sometimes grocery stores have recipe cards near items. Or ask the produce staff or meat or seafood department staff for suggestions about preparing the new food. Find recipes online. Type the name of a food and the word "recipes" into a search window to look for ideas.

Foods that are overcooked tend to have less flavor. Try cooking or steaming your vegetables for a shorter time and see if that gives them a crunch that will help spark your interest.



MAY SENIOR CENTER LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| Sweet & Sour Pork Steamed Rice Steamed Carrots Whole Wheat Roll w/butter Fresh Orange | Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/Fruit | Italian Meat Lasagna Garden Salad Mixed Vegetables Whole Wheat Roll Fruit Cobbler | Baked Chicken Wild Rice Carrot Raisin Salad Baked Biscuit w/butter Mandarin Oranges | Open Face Hot Roast Beef Sandwich Mashed Potatoes w/brown gravy Carrots & Peppers Chilled Pears |
| 9 | 10 | 11 | 12 | 13 |
| Baked Chicken w/noodles & sauce Carrots and Green Peas Cornbread w/margarine Fruit Salad | Beef Pot Roast Mashed Potatoes w/brown gravy Steamed Green Beans Whole Wheat Roll w/butter Cake | Baked Chicken Breast Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll w/margarine Jell-O w/peaches | Glazed Ham Baked Yams with marshmallow topping Green Beans Cornbread w/butter Fruit Salad | BBQ Bonanza - chicken, sausage, and brisket Creamy Coleslaw Pinto Beans Whole Wheat Roll Cookie |
| 16 | 17 | 18 | 19 | 20 |
| Bean Burrito Spanish Rice Salsa Corn Tossed Salad w/dressing Chilled Applesauce | Baked Round Steak w/mushroom gravy Steamed Broccoli Baked Potato Whole Wheat Roll w/butter Banana Pudding | Baked Chicken w/veggie sauce Steamed Mustard Greens Baked Biscuit Chilled Mixed Fruit | Pork Posole w/red chile Tossed Salad Mustard Greens Tortilla (1) Baked Cookie | Pork Ribs Baked Potato Green Salad Potluck Roll Strawberries and Bananas |
| 23 | 24 | 25 | 26 | 27 |
| Baked Fish Fillet w/tartar sauce topping German Coleslaw Mixed Vegetables Hushpuppies Banana Pudding | Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce | Roasted Turkey w/turkey gravy Baked Sweet Potatoes Steamed Green Beans Cornbread w/butter Sugar Cookie | Baked Pork Chop w/veggie sauce Seasoned Pasta Buttered Carrots French Bread w/butter Mandarin Oranges | Beef Brisket Pinto Beans Coleslaw Garlic Toast Apple Crisp |
| 30 | 31 | 01-Jun | 02-Jun | LUNCH MENU IS SUBJECT TO CHANGE |
| All senior centers CLOSED in observance of Memorial Day  | Beef Taco (1) w/garnish & salsa Spanish Rice Salsa Corn Jell-O w/apricots | Glazed Ham Mashed Potatoes Steamed Green Beans Whole Wheat Roll w/margarine Sugar Cookie | Italian Spaghetti w/meat sauce Steamed Broccoli w/cheese topping Garlic Bread Chilled Peaches | LUNCH MENU IS SUBJECT TO CHANGE *Note: Milk is served with every meal.* |

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50
 Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$5.42 --- Lunch \$5.42

Lunch is served at MEG, Ventana de Vida & Pasatiempo Centers 11 a.m. -12:30 p.m. M-F

* 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

Closed thru June 2016
 Luisa (505) 955-4717
 1500 Luisa Street
 (entrance on Columbia St.)

Closed thru June 2016
 Villa Consuelo (505) 474-5431
 1200 Camino Consuelo

