

The Senior Scene



April 2014

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



offered by:
Division of Senior Services



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

04/2014

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

Welcome,

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

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

The newsletter is available at all City of Santa Fe Senior Centers, City-run fitness facilities and public libraries, and senior living communities. It is also available online at www.santafenm.gov. Enter "Senior Scene" in the keyword search box at the top. Then click the purple underlined words "Senior Scene Newsletter". Or, you may find it on the Retired Senior Volunteer Program's website at www.rsvpsantafe.org.

- Kristin Slater-Huff, Senior Scene Editor

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M.E.G. Center, Ventana de Vida Center

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DIRECTOR'S REPORT

04/2014

Dear Patrons,

On Tuesday, March 4th, the City held its Municipal elections which included nine Charter Amendments. As a result of that election, we are proud to announce and welcome our new Mayor Javier M. Gonzales who was sworn in on Monday, March 10 by the Former Supreme Court Justice Patricio M. Serna. Mayor Gonzales has followed in his father's footsteps and many of you may remember his father, George Gonzales, who served as Santa Fe Mayor from 1968 – 1972. We would also like to welcome two new Councilors, Signe I. Lindell (District 1) and Joe M. Maestas (District 2), as well as congratulate our reelected Councilors Carmichael Dominguez (District 3) and Ronald Trujillo (District 4). Listed below for your reference are the current elected City Officials:

Mayor Javier M. Gonzales

Patti J. Bushee, District 1

Peter N. Ives, Mayor Pro Tem, District 2

Carmichael A Dominguez, District 3

Bill Dimas, District 4

Signe I. Lindell, District 1

Joseph M Maestas, District 2

Christopher M. Rivera, District 3

Ronald S. Trujillo, District 4

Voters also overwhelmingly voted for each of the Charter Amendments. Therefore beginning with the March 2018, election, the Mayor will be full-time and will acquire additional authority to include supervisory duties, working with staff to prepare an annual budget, establish legislative agendas, etc.

Also, we would like to announce that Cindy Sena has returned as our Senior Services Program Coordinator for the Mary Esther Gonzales Senior Center and Ventana de Vida Senior Center. Cindy has already begun scheduling various events and activities for her respective centers. I encourage you to coordinate and share with her your ideas and/or suggestions.



*Cindy Sena,
Program Coordinator*

I would like to take this opportunity to personally welcome our newly elected officials as well as extend a formal invitation to our new Mayor and all Councilors to visit any of our senior centers.

May you and your family have a blessed Easter.

Ron J. Vialpando,
DSS Director

SENIOR SERVICES REGISTRATION

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

Registration is held at the Mary Esther Gonzales Senior Center (MEG) located at 1121 Alto Street, Monday to 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 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 and living at Luisa, Pasatiempo, or Villa Consuelo (senior housing).

For more information, contact Brenda Ortiz at 955-4722. Email bmortiz@santafenm.gov

**BLOOD PRESSURE, BLOOD SUGAR AND OXYGEN LEVEL TESTS**

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

M.E.G. Center (First, Second & Third Tuesday)	April 1, 8 & 15	11:00am – Noon
Luisa Center (First Thursday)	April 3	11:00am – Noon
Villa Consuelo Center (Second Thursday)	April 10	10:00am-11:00am
Ventana de Vida Center (Third Thursday)	April 17	11:00am -- Noon

SENIOR TRANSPORTATION INFORMATION

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**
Ride reservations can be made up to five business days in advance.
When scheduling a ride, please specify if you require a wheelchair lift van.
To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)
You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.
- Schedule: Rides are available 8:15 a.m. to 4:30 p.m. Monday through Friday.
Rides to medical appointments are given priority over all other rides.
Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00pm.
- Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**
No more than four one-way trips per person, per day.
- Closures: There are no Senior Center closures in April.
On the first Tuesday of every month, last call for pick up will be 3:15pm.
- County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

Benefits Counseling Available Again

The N.M. Aging and Long-Term Services Department offers free, unbiased information from trained volunteers to help determine whether seniors are receiving all the benefits they have earned and are entitled to. Covered benefits include managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low-cost health and dental care, and more.

Benefits Counselor volunteer Robert Meinershagen will once again be available to provide free assistance to seniors at the Mary Esther Gonzales Senior Center on Wednesday mornings, starting April 2nd.

To schedule an appointment, please call 955-4721.

Spring Garden Fair

On Saturday, May 3 from 10 am to 4pm, the Santa Fe Master Gardener Association will host the 10th annual Spring Garden Fair at the SF County Fairgrounds at 3229 Rodeo Rd.



Admission is free for this busy day of speakers, demonstrations and exhibits. There will be tool sharpening offered, food vendors to enjoy, plus their "Ask a Master Gardener" station, to answer your gardening questions. Youngsters can have fun at the Jr. Gardener Corner, while a "Garden Shop" browse might discover a treasure.

At the annual plant sale, choose from an abundance of items organized to make it easy to select companion plants that work well together and create a perfectly balanced garden. You can find rabbit-resistant plants, plants that attract pollinators, shade tolerant plants, plants for a cutting garden, and drought tolerant plants especially chosen for our changing climate. Also, look for some early season vegetables, herbs and annuals.

For more information, please visit SFMGA.org

Seeking Accounting Help

The Southwest Grassfed Livestock Alliance is a coalition of producers, land managers, conservationists and ranchers that promotes and markets grassfed livestock products in order to improve ecological, social, animal and human health. Additional information about their activities can be found on their website at www.grassfedlivestock.org.

They would like someone to help them set up and maintain a simple accounting procedure that would keep their financial affairs in good order. Their income last year was about \$70,000 which came from membership and workshop fees, grants and donations.

If you have accounting skills and would like to help them design a basic bookkeeping system, please contact their treasurer, Robert Richardson, at 466-9894 or brichsum@hotmail.com.

Of This That I Am

I hold a little adobe earth ball the size of a peach and remember* of this that I am without distinction or separation, you and me little earth in union and collaboration, my mind my body and the earth together once again making love to the world and creating world peace which is our calling and I gently ask you who reads this to feel the warmth of your heart beating and alive with me and this astonishing Earth with absolutely no separation no separation at all... at all, and is what I believe the Bible calls "heaven on earth"*called an earth prayer for world peace Robert-Francis "Mudman" Johnson

City of Santa Fe Website

If you go to www.santafenm.gov, you will see "This is the official City of Santa Fe government website, the oldest capital in the United States. This website provides information and online services for residents of, businesses in, and visitors to Santa Fe, New Mexico."

We invite you to explore it and learn about your community

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 or call 231-2382.

April 2014 Dates, Times and Locations:

1st: Interfaith Shelter 8:30a.m. -1:00p.m.
 2nd: SFCC Admin Bldg., 9:00a.m. – 3:00p.m.
 3rd: Chimayó Senior Center 10:00a.m. – 2:00p.m.
 4th: Solana Center 9:00a.m. – 2:00p.m.
 5th: Lamy Train Station 11:30a.m. – 3:30p.m.
 6th: Agora Supermarket 10:00a.m. – 2:00p.m.
 7th: Ft. Marcy Center 9:00 a.m. -2:00p.m.
 8th: St John's Methodist Church 9:00 a.m. – 1:30p.m.
 9th: El Rancho Senior Center 10:0a.m- 2:00p.m.
 10th: Santa Cruz Senior Center 9:30a.m. – 2:00p.m.
 11th: Pasatiempo Senior Center 9:30a.m. – 2:30 p.m.
 12th: Pajoaque Supermarket 10:00a.m. – 2:00p.m.
 13th: Encino Villa Housing 10:00a.m. – 2:00p.m.
 14th: Salvador Perez Pool 9:00a.m. – 2:00p.m.
 15th: Interfaith Shelter 8:30a.m. – 1:00p.m.
 16th: Eldorado Senior Center 9:30a.m. -2:30 p.m.
 17th: **Chimayó Pilgrimage** 7:30a.m. – 4:00p.m.
 18th: **Chimayó Pilgrimage** 7:30a.m. – 4:00p.m.
 19th: Southside Library 10:00a.m. – 2:00p.m.
 20th: Easter Sunday
 21st: Casa Rufina Housing 10:00a.m. – 2:00p.m.
 22nd: Ventana de Vida Sr. Center 9:30a.m. -2:30p.m.
 23rd: MEG Senior Center 9:30a.m. – 2:30p.m.
 24th: Edgewood Senior Center 10:00a.m. -2:00p.m.
 25th: GCCC Center 9:00a.m. 2:00 p.m.
 26th: **DeVargas Mall Health Fair** 9:30a.m.–4:00p.m.
 27th: Villa Consuelo Sr. Center 10:00a.m. – 2:00p.m.
 28th: Zona del Sol 3:00p.m. - 6:15p.m.
 29th: Luisa Senior Center 9:30a.m. – 2:00p.m.
 30th: Nambe Fitness Center 10:00a.m. – 2:00p.m.

Flora's Corner

Inspiration from Flora Leyba

"Getting old comes with time, but youth remains with the enjoyment we receive along life's pathway!" – *Bob Martin*

Be a Presenter at the Annual New Mexico Conference on Aging

The New Mexico Conference on Aging offers older adults, caregivers and the professionals who work with them a chance to learn and have fun in an environment that supports independence and dignity. This year's conference will be August 19th and 20th at the Isleta Resort & Casino Conference Center.



If there is a topic related to aging that you know a lot about, consider presenting a workshop on it. Conference planners will accept workshop proposals until April 29th.

For more information, please go to the New Mexico Aging and Long-Term Services' website at www.nmaging.state.nm.us.

Have a Wonderful Easter

Please note that senior centers may close at noon on April 18th, for Good Friday. The decision is up to the Mayor and he may make the call at the last minute. If centers close at noon, three will be no congregate lunch served. Either way, Meals on Wheels WILL be delivered.

Quality of Life Outreach Program

The third in a series of Quality of Life Outreach Programs will be April 19, 3-5pm at the Santa Fe Community Foundation, 501 Halona Street, Santa Fe. The topic is "Thinking Ahead – So you can stay at home even during a serious illness". These are free community talks regarding life and health issues that affect everyone as we age. These programs are sponsored by Palliative Care of Santa Fe and Nurses With Heart Home Care. The presentations will encourage thinking and planning.

Karin Thron, MD, family physician, hospice and palliative care specialist, will discuss extra levels of care during serious illness. A panel of speakers will discuss caring for yourself or a loved one at home and using the medical facilities and community healthcare agencies to stay at home.

For more information, contact Eileen Joyce of Palliative Care SF at 428-0670



Senior Olympics Spotlight

This year we had a total of 350 participants register for local games. Our first event, Air Rifle, took place on March 25th.

April Dates, Events, Locations & Managers:

- April 1, 3, 9 & 11: Bowling @ Cities of Gold
Manager: David Soveranez
- April 5: Handball @ Ft. Marcy
Manager: Rand Marco
- April 8: Badminton @ GCCC
Manager: Liz Parker
- April 10: Huachas @ County Ext Bldg.
Manager: Juan Lopez
- April 17: Eight Ball Pool @ MEG Center
Manager: Eloy Ulibarri
- April 22: Archery @ Archery Range
Manager: Ricardo Roybal
- April 24 & 25: Shuffleboard @ Ft. Marcy
Manager: TBA

Everyone is invited to come and be a spectator for any event. It is great fun and helps encourage the athletes!

I will have results for March games in May's Newsletter. For more information about Senior Olympics, or to contact event managers, please call Cristina Villa at 955-4725 or send an email at cavilla@santafenm.gov.

Good luck, Olympians! Till next month!
- Cristina Villa

ECHO Commodity Program

If you are age 60 or over and meet income guidelines (no more than \$1,211 a month if you live alone or a total of \$1,640 a month for a couple), you are entitled to receive a monthly box of supplemental food with cheese, juice, cereal, milk, canned fruit, vegetables and meat.

Bring a photo ID, your current Social Security statement and a utility bill to the County Extension Building at 3229 Rodeo Road between 9:30 a.m. and 1:00 p.m. on the third Tuesday of any month.

For details call (505) 242-6777.

New Mexico Senior Olympics All Indian Game Day

The 2014 All Indian Game Day hosted by New Mexico Senior Olympics is open to New Mexico Native American residents and will take place at the Santa Fe Indian School Pavilion Wednesday and Thursday, April 23rd & 24th. We are expecting 400 participants this year. The Days will include an opening ceremony, a parade of athletes, arts and crafts, a health fair, thirteen different sports for competition, sports clinics, tribal awards, and awards for the winners.

Come and be a spectator to cheer on the athletes!

Do you enjoy being in the thick of things? Senior Olympics needs some good, reliable **volunteers** to make the event run smoothly. All pre-registered volunteers will receive a t-shirt and lunch on the day(s) they volunteer. There will be a mandatory volunteer training on Tuesday, April 22nd at 3:00 p.m. at SFIS. If you are interested in working this event, please contact NMSO at 888-623-6676, Cristina Villa or the receptionists at the MEG Senior Center to get the volunteer sign-up form. All volunteers will be confirmed by NMSO.



Aging Network Training- Free

The N.M. Aging and Long-Term Services Department is hosting a free Aging Network Training (ANT) on April 8, 9 and 10 in Santa Fe and you are invited.

The workshops will begin in the afternoon on Tuesday, April 8 and end at lunchtime on April 10, at the Hotel Santa Fe 1501 Paseo de Peralta.

For an agenda of classes, call Crystal Lucero in Albuquerque at (505) 222-4505.

Happy Birthday, FGP and SCP Volunteers!

The Senior Volunteer Programs wish a very happy birthday to all our Foster Grandparent and Senior Companion volunteers born in the month of April:



Bonnie Rice	4/3
Prescilla Martinez	4/6
Maria Duran	4/16
Mela Delgado	4/29

Wanted: Memories of Lalo Guerrero

Eduardo "Lalo" Guerrero is known as the Father of Chicano Music, a composer, a humorist, a swing band leader, and a recipient of the National Medal of Arts from President Clinton in 1995.



Mr. Guerrero often performed in Santa Fe years ago, in concerts at Seth Hall, and participated in the nightlife scene in the 1950's.

Did you ever meet Lalo? Did you know him well? Do you know anyone who hung out with him? A gentleman in Santa Fe is seeking stories, memories and thoughts about Lalo Guerrero to compile and perhaps turn into a film.

If you can anything to contribute, please call Roman at 473-2181 or email omnibusnm@comcast.net

Ponce de Leon is Hiring Seniors

Ponce de Leon, the senior living community on Alta Vista Street, is looking for senior citizens who would like to work part-time for the Santa Fe Living Wage, assisting with their residents. They want "loving, caring and devoted individuals".

To learn more, please call Sabra Kornhaber, LPN, personalized Living Manager for Ponce de Leon, at (505) 984-8422

"Keep Santa Fe Beautiful" Keeps Busy this April!

April 26 – Great American Cleanup

On this day volunteers young and old help clean up our city streets, parks, arroyos and school campuses. You can register online at KeepSantaFeBeautiful.org or on the 26th from 7:00-9:00am at 1142 Siler Road. Cleanup is until 12 noon and then KSFB hosts a picnic to thank their many hard-working volunteers. Please let them know ahead of time if you know of a vacant lot or other place that needs to be cleaned up by calling 955-2215.

April 27- Earth Day Celebration at GCCC

"Keep Santa Fe Beautiful" and the Genoveva Chavez Community Center will celebrate Earth Day with some great fun family activities. They will also be giving away tree seedlings to the first 150 people.

April 26 & 27 - Tire Amnesty Day

On this weekend residents can take up to 8 tires to the Buckman Road Recycling & Transfers Station (BuRRT) for free!



Are you a grandparent raising or providing financial assistance to a grandchild or grandchildren?

Financial assistance is available through our Grandparents Raising Grandchildren Program!

Eligibility requirements:

- You must be 60 years of age or older;
- A resident of the City or County of Santa Fe;
- Actively raising and/or providing assistance to your grandchild or grandchildren; and
- Assisting with out-of-pocket expenses such as food, clothing, medical expenses, etc., for the child or children.

This program currently assists with an annual allowance of \$150.00 per child for expenses related to raising a grandchild(ren).

For more information contact Melanie Montoya at 955-4761



**City of Santa Fe
Division of Senior Services**



Caregiver Support Group

**“How to deal with care giving Guilt:
Warning Signs & Laughter Yoga!”**

Presented by:

Velma Arellano; MA, CALA, CDP

&

Ruth Dennis; MA, CDP, Alzheimer’s Consultant, Social Services
& Art Director,

&

Maxine Swisa, of “Grateful Optimisms”

From: **Sierra Vista Alzheimer’s Community**

Tuesday, April 15, 2014, 1:30 p.m. to 4:30 p.m.

Mary Esther Gonzales Senior Center

1121 Alto Street

This session will provide education and emotional support to adults who deal with stress associated while providing specialized care for homebound individuals. We will help you navigate the web of Alzheimer’s while extending a supportive atmosphere, so caregivers can comfort each other in meaningful ways, while getting some relaxation.

Refreshments will be provided.

New faces welcome! We look forward to seeing you!

For reservations, please call Theresa Trujillo at 955-4745

Sierra Vista

RETIREMENT COMMUNITY



Community Needs

The following are volunteer positions, and each comes with training from the volunteer "station" and support from the Retired Senior Volunteer Program.

If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the RSVP office, at 955-4760 or email kwslater-huff@santafenm.gov.

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

**Food Pantry Pick-up and Delivery**

The Santa Fe Housing Trust oversees the Stage Coach Apartments on Cerrillos Road and Village Sage Apartments across from Capital High School. They are looking for volunteers to bring food to their residents a couple of times a month, on Tuesdays or Thursdays.

This is a weekly event, but several volunteers can split the job and take turns. It entails picking up food in your own vehicle from either St. John's Church on Old Pecos Trail or Bienvenidos Outreach on Second Street; signing in on a list of pre-approved names; and picking up bags or boxes of food for up to ten families. Then you bring the food to the apartments and off-load it at a specific location.

Volunteers must have a valid license and a clean driving record, the ability to lift 20-30 lbs., and willingness to communicate with the Service Coordinator via cell phone and/or email for weekly updates.

It is only a couple of hours in a week, and it will make a large impact on the families you will serve. Call Kristin at 955-4760 to offer your services.

Happy Birthday to**RSVP volunteers born in April!**

Martha Catanach	4/01
Ramon Estrada	4/02
Charles A. Marquez	4/02
Jose D. Medina	4/02
Douglas P. Peterson	4/02
Delfin Quintana	4/02
Ken Earle	4/03
Rita Garcia	4/03
Victor E. Montoya	4/03
Jon Rudnick	4/04
Dolores Gonzales	4/06
Connie Sena	4/06
Magdalena Babuljak	4/07
Virginia M. Lucero	4/07
Matilda Rios	4/07
Justiniano A. Valdez	4/07
Robert A. Fernandez	4/08
Manuel Valdez	4/08
Carol McVeigh	4/09
Pat Chapman	4/10
Esther Ann	4-10
"Erica' Colemon	4/10
Robert Suspanic	4/10
Deborah Farson	4/11
Edna Bube	4/13
Lynne R. Coyle	4/13
Lou A. Finley	4/13
Sheila Gumerman	4/13
Bernard Preskin	4/13
Ann R. Dowdle	4/14
Clarice Getz	4/14
Benjamin Baca	4/15
Carmen J. Chavez	4/16
Maria E. Duran	4/16
Kathleen M. Farnan	4/16
Kathy Martinez	4/16
Michael Robison	4/17
Carmen M. Chavez	4/18
Maria Barton	4/19
Ann Hunziker	4/20
Susi Keller	4/22
Marsha Reindorf	4/22
Grace Whitecotten	4/22
Reynalda "Bernie" Sanchez	4/23
Ron Levy	4/26
Melanie "Libby" Dwyer	4/28
Pat E. Garrett	4/28
Rosina T. Martinez	4/28
Corrine Sanchez	4/28
Mary Ann Chrane	4/29
Mela Delgado	4/29
Sally A. Rodriguez	4/29
Nazario Roybal	4/29



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born this month. Please note these are only members of RSVP who report their hours of service to our program.

Focus on Volunteer Stations: Commodity Distribution

RSVP recruits and supports volunteers for a number of non-profit and other community organizations. Over the next few months, in these pages, we will focus on some of those organizations, known as "volunteer stations". This month, we highlight volunteers involved in commodity (box or bag of raw food) distribution.

We salute these volunteers who enable many of our neighbors the opportunity to prepare enough food for themselves and their families. If you run into any of these folks, why not tell them how much their efforts mean?



BIENVENIDOS  OUTREACH INC.
A Food Pantry

Bienvenidos Outreach, Inc.

These volunteers either pick up, sort and box, process paperwork for, or hand out boxes of food at this center off Fifth Street:

Bill Buchanan, Franziska Chandler, Ken Earle, Louise Jackson, Connie Kinsey, Doris Jean Luna, Jenny Mier, Mike Mier, Elena Montañó, Nancy Nofield, Michael Reilly, Martha Rotunno, Julius Sebastian, Joe Shain, Miguel Trujillo, Carol Turner, Pita Vasquez, Corrine Willison, Raymond Willison, Sheryl Zeigler, Patricia Zisman.



ECHO Commodities Volunteers here check clients in, call out numbers, or process paperwork at this monthly distribution at the County Extension Building:

Jimmy Griego, Karon Hanrohan, Virginia Lucero, Corrine Sanchez, Mela Sanchez, Reynalda (Bernie) Sanchez, Alex Vargas, Corrine Vargas, Cristella Vigil,

Food Depot This is the warehouse where volunteers sort and repackage bulk food to distribute to other organizations. Food Depot is located behind Food for Santa Fe, on Siler Road:

Ken Earle, Elizabeth Hinds, Earl Jaramillo, Alan Karp, Theresa Ortiz, Mary Jo Read



Food for Santa Fe This all-volunteer group packs food on Wednesdays and distributes it to passenger in the cars that drive up Thursday mornings:

Roberta Carter, Alvino Castillo, Pat Chapman, Suan Eakins, Michaela Gallagher-Gonzales, Marcus Garcia, Joseph Gonzales, Lorraine Graham, Rod Hasson, Gerald Heggen, Al Hill, Alan Karp, Ann Mary Karshis, Tom Ledwith, Eloy Madrid, Emily Marquez, Eziquiel Marquez, Claire Martinez, John Martinez, Gene Melady, Susana Montoya, Nancy Nofield, Linda Palmer, Mary Margaret Rael, Carolyn Rockenfield, Michelle Springer,, Thomas Van Kampen



Senior Center Friday Distributions Four senior centers rely on volunteers to get food donated by Food Depot out to seniors on Fridays:

Eileen C de Baca, Mela Delgado, Harold Fager, Elaina Gonzales, Barbara Mellers, Randy Murray, Tommie Ortega, Carmen Ortiz, Corrine Sanchez Wes, Sandel, Bernadette Sandoval, Sandra Squadrilli, Patricia Walker

If you are an active RSVP member who has enrolled and has been reporting volunteer hours to our program, keep an eye out in the mail for your invitation to the annual Mayor's Senior Volunteer Banquet at the Santa Fe Community Convention Center.

ACTIVITIES

04/2014

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

Luisa Senior Center 955-4725

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

Mary Esther Gonzales (MEG) Senior Center 955-4715

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Computer Classes	Call for info.	955-4711
Guitar Class	Monday	9:00 am
Tai Chi class (advanced)	Monday	9:15 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	3rd Tues.	1:30 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Mind/Body Movement	Thursday	9:30 am
Sewing	Thursday	12:30 pm
Chair Yoga	Thursday	1:00 pm
Zumba Gold	Friday	9:30 am
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm

Pasatiempo Senior Center 955-4725

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

Ventana de Vida Senior Center 955-4715

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Bridge	Sunday	1:00 pm
Game & Puzzle Day	Wednesday	2 pm-4 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
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BINGO

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

BRIDGE GAMES & PUZZLES

Pasatiempo - Bridge	Monday	12:30 pm
Ventana Games - Puzzles	Wednesdays	2 pm - 4 pm
Ventana Bridge	Sunday	1:00 pm

CERAMICS

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

COMPUTER

MEG	Mon. - Fri.	1 pm - 4:30 pm
Pasatiempo	Tuesday	9 am - 11 am

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 Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba Gold	Friday	9:30 am
Pasatiempo Yoga	Mon. & Wed.	8:30 am
MEG Nia Technique	3rd Tues.	1:30 pm
MEG Mind/Body Movement	Thursday	9:30 am
MEG Chair Yoga	Thursday	1:00 pm
Ventana Class	M/W/F	9:00 am

TAI-CHI

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

GUITAR CLASS (Beginner)

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

JEWELRY MAKING

MEG Center	Monday	9:00 am
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SEWING/KNITTING

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

SING-ALONG

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

WOOD/STRAW APPLIQUÉ

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



Day Trip to Trinity Site

A day trip to Trinity Site on the White Sands Missile Range is scheduled for Saturday, April 5th.

To reserve your seat or for additional information, please call Don Bell at 982-2707.

Senior Activity Trip Survey

Decisions, decisions, for 2014. The Travel Committee is in the planning stages for an out-of-state trip in 2014. Trips being considered are to:

Amelia Island, St. Augustine and Jacksonville, Florida (11 days)

or

Pigeon Forge and Smoky Mountains, Tennessee (9 days)

Please vote for the trip that you would be interested in taking. The trip will possibly take place in September or October 2014.

If interested please call Virginia at 983-8853 or Cecilia at 204-9527.

Upcoming Senior Activity Trips for 2014

Some of the upcoming day trips for seniors are as follows:

- Saturday, May 17th Chaco Canyon (by van)
- Saturday, June 14th Taos Arts & Craft Show
- Saturday, July 12th Taos POW WOW

Please call Don Bell at 982-2707 for your seat reservation (call between the hours of 5:30p.m. and 7:00 p.m.).

Hand of Cards

Sunday Bridge at Ventana de Vida

Bridge is played at the Ventana de Vida center on Sundays at 1:00 p.m. in the dining room. If you enjoy Bridge mark your calendar for Sundays at 1:00 p.m. See you at Ventana de Vida on Sundays.

Note: Senior Centers may close at noon on Good Friday, April 18th. Look for flyers.

Welcome, Cindy Sena

Cindy Sena has taken over as the Program Coordinator to oversee activities at the M.E.G. and Ventana de Vida Senior Centers. A familiar face at Senior Services, Cindy has been a Transportation driver for 20 years and was the program coordinator for our northern senior centers for three years as well. To reach Cindy, call 955-4715, or stop by her office at M.E.G.

Game & Puzzle Day at Ventana de Vida

Join us at Ventana de Vida for camaraderie and conversation on Wednesday afternoons from 2:00 to 4:00 p.m. We are looking for Chess players and have two Chess game sets. Additional games are as follows:

- Chess
- Mexican Train
- Cribbage
- Jig Saw puzzles
- Scrabble
- Checkers
- Rummi cube
- Beginning Bridge



MEG Movie Day

Tuesday, April 29th at 1:00 p.m.

“Bless Me, Ultima”

Based on acclaimed author Rudolfo Anaya's novel, “Bless me, Ultima” is a turbulent coming-of-age story about a young boy growing up in New Mexico during World War II.

When a curandera named Ultima moves in with his family, Antonio experiences a series of mysterious and terrifying events, which cause him to grapple with questions about his own destiny and the powers of this mystical woman.

“A masterful and richly textured work.”

“A deeply satisfying feat of storytelling.”

“Visually stunning film.”



ACTIVITIES

04/2014

Playing in the Mud

Playing in the mud and telling our Adobe/ stories! Using the cob natural building process (wet adobe).

Join Mudman on Friday, May 2nd from 11:00 a.m. to 2:00 p.m. outside the sewing room at the MEG Senior Center for a day of playing in the mud. Please call Cindy Sena, MEG Program Coordinator at 955-4715 with any questions.

Medicare Preventive Services and Extra Help

Come to an educational presentation regarding Medicare Preventive Services Covered by Part B Medicare, Medicare Fraud and learn about the Aging and Disability Resource Center.

Find out which services are covered under original Medicare, Medicare Advantage Plans, and other Medicare plans:

If you missed the presentations at Luisa on March 4th or at Pasatiempo on March 13th, please don't miss out on the presentation being offered at the MEG center. This presentation will take place at the MEG center as follows:

- Date: Wednesday, April 30th
- Time: 9:30 a.m. to 10:30 a.m.

If you have any questions, please call the Aging and Disability Resource Center at 2550 Cerrillos Road or call 1-800-432-2080.



Walking Wellness Program at MEG Center

In order to encourage healthy living, our new DSS Program Coordinator Cindy Sena will begin a walking class on Tuesday mornings at 10:00 a.m. beginning Tuesday, April 15th.

If this sounds like a healthy life style choice for you, and would like to participate in this weekly form of exercise, please call Cindy Sena (955-4715) and sign up for the weekly scenic walking route around the MEG Center area. You may choose the one mile path or the ½ mile path.

MEG Easter Egg Hunt

Join us on Thursday, April 17th at 1:00 p.m. for a good old fashioned Easter egg hunt. We will meet in the MEG dining room before heading out together to Alto Park to seek eggs.

See you there!



Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St. will host a Bingo on Sunday, April 6th from 1:00 p.m.– 4:00 p.m. The cost is \$12.00 for package and there is a \$100 jackpot guarantee.

Seniors will serve a hot dog, chips and a drink for \$3.00.

Everyone is welcome.

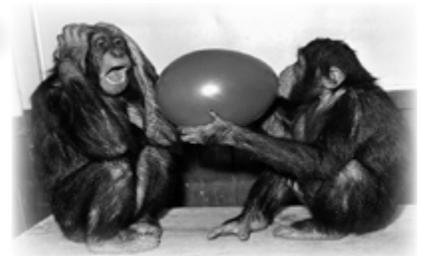
Easter Lenten Potluck Meal

The Luisa Senior Center will host a Lenten potluck dinner on Thursday, April 17th starting at 2:30 p.m. All seniors are invited. Either bring a favorite dish for everyone to enjoy or bring \$3 to defray costs.

For more information, please call Cristina at 955-4725.

Day Trip to the Albuquerque Zoo

Join others for a trip to the Zoological Park in Albuquerque on Tuesday, May 20th. For details or to reserve your space, call Cindy at 955-4715.



Your Journal in Pictures

You are invited to bring those boxes of photos and photo books sitting in your closet and begin making keepsakes for your loved ones – (or finish the ones you started a while ago). Bring a neighbor, a friend, a loved one. We'll be there with creative ideas, glue sticks, and paper.

At Pasatiempo Senior Center on Wednesdays from 1:00 to 2:30p.m. Dates: April 9 & 23, May 7 & 14. This activity is lovingly sponsored by Palliative Care of Santa Fe and Comfort Keepers.

Free Hair Cuts at MEG & Pasatiempo



Our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first served basis, on the following days at 10:00 a.m.

At the MEG center, haircut sign-in begins at 9:00 a.m. in the Program Coordinator's office. There is only one date, April 2nd, at the MEG center for April. Only 20 haircuts each day.

- MEG Center April 2nd
- Pasatiempo Center April 23rd
- Pasatiempo Center April 30th



DSS May Dance

The next dance will be held on May 22nd at the Eagles Club, in honor of Older Americans Month. This dance is free to our clients. There will not be a dance during the month of April.

Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Come and give us your input about activities at your favorite senior center. Senior center addresses are on the back cover.

- Ventana de Vida: Monday, April 7 at 9:40 a.m.
- Villa Consuelo: Monday, April 7 at 10:00 a.m.
- Pasatiempo: Monday, April 7 at 1:00 p.m.
- Luisa Center: Tuesday, April 1 at 9:00 a.m.

Acupuncture Clinic for Veterans

Licensed acupuncturist Carolyn Bleakley will continue to offer free acupuncture clinics for veterans and their families at the MEG Center from 2:00 to 4:00p.m. on the following Thursdays:

April 3th, 10th, 17th and 24th

Note: The trip to the Santuario de Chimayo in April is completely full.



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.

Classes are held on the second Tuesday of each month. 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. You must also have your driver's license or driver's license number with you.

Be prepared: temperatures fluctuate in the dining room, so please dress in layers.

The number of participants for each class will be limited to 30.

To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

- **May 13th Alan Kalman 629-0752**
- **June 10th Tricia Penn 438-0460**

Monthly Senior Services Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: April 8th 9:00a.m.
- Senior Olympics: April 9th 9:30a.m.
- Advisory Board: April 16th 9:30a.m.
- Travel Committee: April 17th 8:45a.m.
- Senior Activity Corp: April 17th 10:00a.m.
- RSVP: May 27th 10:30 a.m.

“Aging in Place”

You may have heard the names: Aging in Place, Creating a Livable Community, Staying Put -- they all mean about the same thing: creating a community that supports the idea of people remaining in their own homes as they age. Here is an article from a group called Staying Put in Somerville-Cambridge, Massachusetts.

Home Tweak Home

In the fall, a group of Staying Putters began monthly discussions about the comfort, efficiency, pleasure, and especially, the safety of our homes. We expected to come up with a handy dandy checklist to take through each room and then share with others. Instead, over a few months, the process morphed in ways that have both surprised and delighted all of us.

How did the soup pot get up there?

Stepping back to look around her kitchen, one Staying Putter realized how much effort she expended reaching for canisters, pots and other frequently used items. Some items were shelved precariously high, or inconveniently low, regardless of the amount she used them. The habitual overreaching and leaning down were beginning to take their toll.

How long, she wondered, had the kitchen been organized—or misorganized-- this way? Why had she put things, like the much used soup pot, on the top shelf in the first place? Was it once less of a stretch to reach that top shelf?

To set things right, in one weekend she rearranged the pantry and shelves to better reflect their priority and frequency of use. Staples, serving dishes and daily cooking utensils — including the soup pot -- were positioned at, above or just below waist level. Occasional and seasonal items were stored within easier reach with the stepstool. To minimize lifting and lugging, lighter items and small appliances went to lower shelves.

Unused items in good condition were set aside to donate.

Immediately, she reported, the new arrangement freed up energy to appreciate, not only the functionality but also the pleasure, of being in the kitchen with family and friends.

Questions:

Have you noticed something inconvenient that's developed in your house, like the soup pot on the top shelf?

Do you adapt your environment to make it fit your needs and capacities?

Start by scanning your kitchen while imagining your usual cooking routines. Do this on your own or with a partner or friend:

- o What kitchen tasks do you routinely perform?
- o Are the things you need within easy reach?
- o Are unused utensils taking up drawer or shelf space?
- o Is the lighting strong enough?
- o Can you picture anything that would increase your comfort or efficiency in the kitchen?

Send us a note if this exercise starts something for you, at StayingPutMa@gmail.com

Staying Put MA shares many values with the 'village movement' including: creating a wide variety of opportunities for social and community engagement, encouraging exchanges, such as pet sitting, rides to shopping, the airport or the doctor, and shared meals.

Universal Design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.

Universal Design is related to aging-in-place remodeling and a Certified Aging-in-Place Specialist (CAPS) can help you remodel your home using universal design concepts. The NAHB Remodelers in collaboration with Home Innovation Research Labs, NAHB 50+ Housing Council, and AARP developed the CAPS program to address the growing number of consumers that will soon require these modifications. While most CAPS professionals are remodelers, an increasing number are general contractors, designers, architects, and health care consultants.



Tax-Aide Santa Fe
for the tax year 2013



**We will prepare your Income Taxes
FOR FREE! No Income Limits!**



Anyone in Santa Fe with income less than \$22,000 should file for N.M. Low Income State Rebate.

Friday, January 31st to Tuesday, April 15th

Santa Fe Community College, West Atrium

Mon-Fri 8:30am - 5pm Sat 9am -1pm

Closed for Spring Break at SFCC from March 17 to 23

Pasatiempo Senior Center- Do not Call the Senior Center

664 Alta Vista Street, Santa Fe

Monday - Friday 9:00am -1:00pm

**FREE Direct Deposit of Refund in 8-10 days
Please bring a voided blank check to get direct deposit.**

Please bring the following information:

Photo ID

Social Security Cards for Parents and Children

W-2 year end wage forms from each job for each person

If you work for yourself, all the income and expenses from your work and any 1099's you receive Interest, dividends, stock or CD sales. You should bring the 1099 forms from the bank.

Social Security. You must bring the year-end statement from Social Security.

Unemployment. You must bring the W2-G form from Work Force Solutions.

Gambling: Bring the 1099 tickets and Win/Loss report from the casinos.

Pensions: Bring the 1099-R form you received from the pension payer.

Bring the list of expenses you paid for Child Care, College or Vocational Training

Medical Expenses & Charity Donations: Bring a complete list. Keep the Receipts for 3 yrs.

Mortgage Interest and Property Taxes:

Direct Deposit: Bring a blank check to get direct deposit of your refund in 8-10 days with no fees.

**Peter Doniger, District Coordinator,
AARP Tax-Aide in Santa Fe.
Cell 670-6835 or SFCC 428-1780
or
email taxhelpsantafe@gmail.com**

**Medical Alert Devices**

Medical alert devices can save lives, no question. Many seniors and individuals with a disability wear bracelets or necklaces with a button that can be pushed if the wearer falls or has a similar emergency. The button triggers a call to a loved one and, if necessary, to a 911 dispatcher. There are a wide variety of devices, prices and obligations to consider. Here are a few things to think about.

According to www.AARP.org if you're looking for a personal emergency response system, you should keep this checklist in mind:

1. Look at several systems and never agree to a plan if you're feeling forced to make a quick or uninformed decision.
2. Compare costs. Charges for equipment and services typically include a setup fee ranging from \$50 to \$200 and a monthly fee ranging from \$30 to \$60. Companies lease or sell their equipment. Private insurance or Medicare generally does not cover the devices.
3. Read through the contract carefully and understand the cancellation process.
4. Make sure the provider offers 24/7 customer care (preferably a call center) and technical support.
5. Ask how often and by what procedures they test their system.
6. Ask for a 30-day free or money back trial.

Possible Brands to Select

The **5Star** is a medical alert device that is powered by a wireless network and works at home or when you are away from home, or even away from town. It is not just for falls and similar emergencies. You can use it if you are having car trouble or witnessed an accident or gotten lost traveling. Press the button to speak with a Certified Response Agent.

According to their advertisement in the AARP Bulletin, you can purchase the **5Star** at Walmart Pharmacies. The cost is \$14.99 per month with no contract, cancellation fees or equipment to install. You can also go to www.greatcall.com/5Star or call (866) 333-1947.

Additional Options

The Consumers Advocate website, at www.ConsumersAdvocate.org compared a number of different brands and rated them mathematically by price, operating distance and contract. Here are their top five picks:

Bay Alarm Medical (877) 522-9633
www.bayalarmmedical.com
 \$21/month (with annual contract)
 1,000ft. range, waterproof pendant
 36-hour battery life
 Landline or cellular
 No mandatory contract, AARP discount

Medical Guardian (800) 310-5400
www.medicalguardian.com
 \$27/month (w/annual contract)
 600ft. range
 72-hour battery life
 Fall detection available
 No mandatory contract

LifeFone (877) 857-2837
www.lifefone.com
 \$25/month (landline); \$34.95/month (cell)
 480 ft. range standard/ extendable to 1500ft.
 60-hour battery life
 30-day money back guarantee
 Waterproof pendants, no time commitment

Rescue Alert (855) 268-8779
www.rescuealert.com
 \$20-\$28/month for standard units
 600 ft. range
 60-90-hour battery life
 Land line or cellular
 EMT certified dispatchers

LifeStation (866) 286-5518
www.lifestation.com
 \$26-\$30/month (based on plan length)
 400 ft. range
 No landline required
 A+ rating with Better Business Bureau

Note: Senior Services does not endorse or recommend any brand.

PUZZLE 61

ACROSS

1. TV host
Linkletter
4. Engraved gem
9. Jam
13. Broth
15. With full force
16. Go by car
17. Title for Grey
18. Singer
Frankie _____
19. State firmly
20. Siam visitor
21. Michigan national park
23. Twitches
25. Robert and Elizabeth

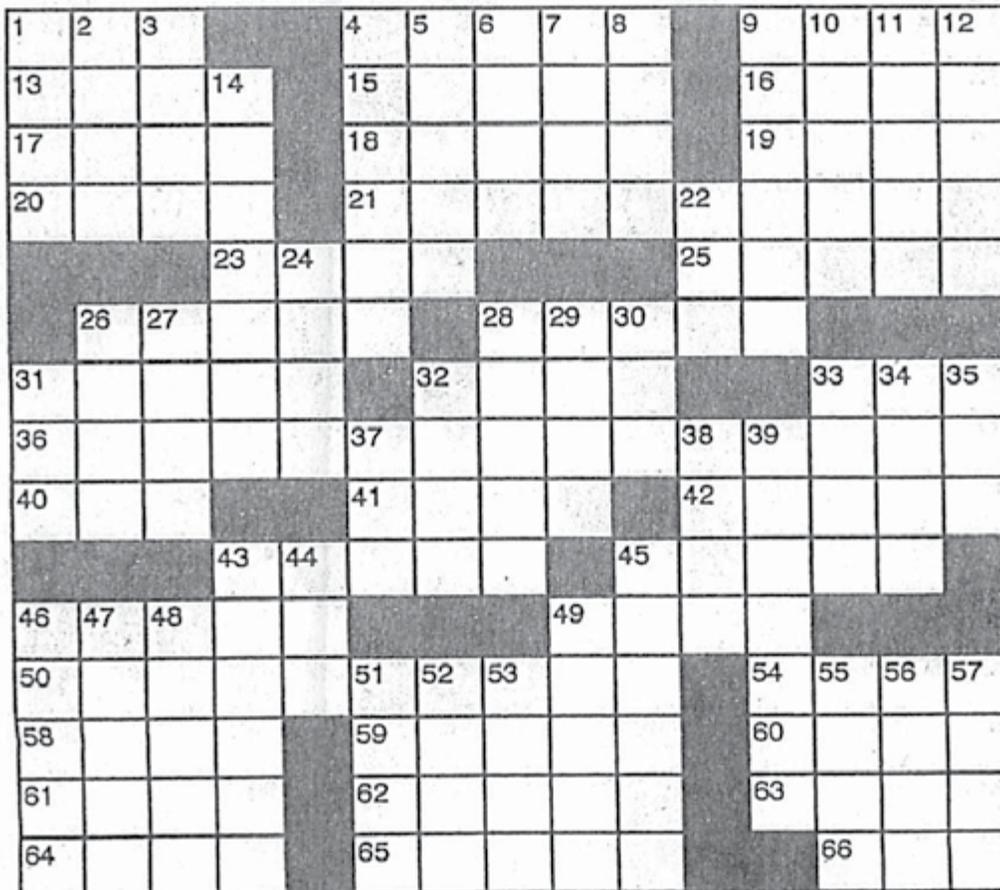
26. Office worker, for short
28. Colorado village
31. "Happy Days" actress
32. Small ox
33. Old French coin
36. St. Lawrence River sights
40. Greensward
41. Virginia dance
42. Omit a vowel
43. Beef dishes
45. Crackles
46. Garbage
49. Deep-bodied herring

50. Montreal
54. Love to excess
58. Name in fashion
59. Street show
60. Wild goat
61. Rim
62. Mimics
63. Piano novelty
64. Promontory
65. Attack
66. Shade tree

DOWN

1. On the briny
2. Morocco imitation
3. Revolution
4. Printed cotton cloth
5. Gather
6. Flexible armor

7. German article
8. Extraordinary person
9. Wax pencil
10. Competitor
11. Fred Astaire's sister
12. Parisian parents
14. Level off
22. Keats creation
24. Taverns
26. London district
27. Trudged
28. Peruvian range
29. Dirt
30. Faux _____
31. High hills: abbr.
32. Once more
33. Small cut
34. Ratio of probability
35. Application
37. Live
38. Yakutsk river
39. Magic lamp owner
43. Rubbernecks
44. Perfect number?
45. Most bashful
46. Expand
47. In reserve
48. Hits hard, in cricket
49. Cubic meter
51. Lackluster
52. Outerwear for Dracula
53. Enrages
55. Woodwind
56. Relate
57. Quiz



The Fugitive Kind

We're hot on the trail of Dr. Richard Kimble, title character of "The Fugitive," with this puzzle. The 1993 feature film was based on the 1963-67 TV series about a wrongly accused man trying to clear his name.

Solution on the next page

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> ACTION | <input type="checkbox"/> MOORE,
Julianne | <input type="checkbox"/> ROEBUCK,
Daniel |
| <input type="checkbox"/> BIGGS | <input type="checkbox"/> NEWMAN | <input type="checkbox"/> SAMUEL
Gerard |
| <input type="checkbox"/> CALDWELL,
(L.) Scott | <input type="checkbox"/> PANTOLIANO,
Joe | <input type="checkbox"/> SCENES |
| <input type="checkbox"/> CHASE | <input type="checkbox"/> PLOT | <input type="checkbox"/> STUNTS |
| <input type="checkbox"/> COSMO
Renfro | <input type="checkbox"/> POLICE | <input type="checkbox"/> SUSPENSE |
| <input type="checkbox"/> CRASH | <input type="checkbox"/> POOLE | <input type="checkbox"/> SYKES |
| <input type="checkbox"/> DAVIS,
Andrew
(director) | <input type="checkbox"/> RICHARD
Kimble | <input type="checkbox"/> THRILLER |
| <input type="checkbox"/> DOCTOR | | <input type="checkbox"/> WARD, Sela |
| <input type="checkbox"/> DR. NICHOLS | | |
| <input type="checkbox"/> ESCAPE | | |
| <input type="checkbox"/> FEDERAL
marshal | | |
| <input type="checkbox"/> FORD,
Harrison | | |
| <input type="checkbox"/> HELEN Kimble | | |
| <input type="checkbox"/> HOSPITAL | | |
| <input type="checkbox"/> INVESTIGA-
TION | | |
| <input type="checkbox"/> JONES,
Tommy Lee | | |
| <input type="checkbox"/> KATSULAS,
Andreas | | |
| <input type="checkbox"/> KRABBE,
Jeroen | | |

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



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

WORD SEEK PUZZLE SOLUTION

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

BREAKFAST MENU

04/2014

Senior Center Breakfast Menu for April 2014

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

- 1st Sausage, cheese, salsa, potatoes, margarine, milk
- 2nd Breakfast burrito: egg, cheese, red chile, bacon on a tortilla, milk
- 3rd Hot oatmeal, boiled eggs, margarine, tomato juice, milk
- 4th Sausage, cheese, red chile, hashbrowns, margarine, milk
- 7th Hot oatmeal, boiled eggs, margarine, tomato juice, milk
- 8th Breakfast burrito: egg, cheese, green chile, sausage on a tortilla, milk
- 9th Peanut butter and jelly, small roll, tomato juice, milk
- 10th Grilled ham, cheese, peppers, onions, small roll, margarine, milk
- 11th French toast, maple syrup, scrambled egg, tomato juice, milk
- 14th Diced ham, cheese, salsa, potatoes, margarine, milk
- 15th Hot oatmeal, boiled eggs, margarine, tomato juice, milk
- 16th French toast, maple syrup, scrambled egg, tomato juice, milk
- 17th Sausage patty, green chile, hashbrowns, small roll, margarine, milk
- 18th Breakfast burrito: egg, cheese, red chile, bacon on a tortilla, milk
- 21st Pancakes, maple syrup, sausage patty, tomato juice, milk
- 22nd Scrambled egg, cheese, salsa, bacon, hashbrowns, milk
- 23rd English muffin with sausage patty, scrambled egg, tomato juice, milk
- 24th Grilled ham, cheese, red chile, potatoes, margarine, milk
- 25th Breakfast burrito: egg, cheese, green chile, bacon on a tortilla, milk
- 28th Boiled egg, tortilla, salsa, bacon, milk
- 29th Grilled ham, green chile, hashbrowns, small roll, margarine, milk
- 30th Waffles, maple syrup, scrambled egg, tomato juice, milk

Nutrition Education: Eating Right for Older Adults

(Authored by Academy of Nutrition and Dietetics staff registered dietitians. Sources: U.S. Dept. of Health and Human Services, ADA Complete Food & Nutrition Guide.)



Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans and peas, as well as lean meat, poultry and eggs.

Be physically active your way. Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

Consult a registered dietitian if you have special dietary needs. A registered dietitian can create a customized eating plan for you. For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.

APRIL SENIOR CENTER LUNCH MENU

04/2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Pot Roast Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll w/ Margarine White Cake Milk	2 Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges Milk	3 Chicken Fettuccini w/ Alfredo Sauce Buttered Carrots & Peppers Garlic Bread Chilled Pears Milk	4 Tuna w/ Noodles Tossed Salad w/ Ranch Dressing Crackers Mandarin Oranges w/Pears Milk
	7 Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Chilled Mandarin Oranges Milk	8 Classic Meatloaf Scalloped Potatoes Steamed Green Beans WW Roll w/ Butter Strawberry Shortcake Milk	9 Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing WW Roll w/ Margarine Apple Cobbler Milk	10 Beef Steak w/Veggie Sauce Topping Steamed Spinach Potato Rounds WW Roll w/ Margarine Lemon Bar Milk
14 Baked Pork Chop Rice Pilaf Peas & Carrots WW Roll Jell-O w/ Mixed Fruit Milk	15 Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/ Dressing Cherry Cobbler Milk	16 Baked Chicken Breast Sandwich Celery Sticks Baked Tater Tots Cottage Cheese w/ Peaches Milk	17 Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/ Dressing WW Roll w/ Margarine Chilled Pears Milk	18 Green Chile Cheese Enchiladas Spanish Rice Pinto Beans Fruit cocktails Milk <i>This congregate lunch is subject to cancellation</i>
28 Spaghetti w/Meat Sauce Steamed Broccoli w/Cheese Sauce Garlic Bread Chilled Peaches Milk	29 Roasted Pork Roast Mashed Potatoes w/ Brown Gravy Asparagus Tips WW Roll w/ Margarine Chilled Applesauce Milk	30 Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Margarine Mandarin Oranges Milk	Menu is Subject to Change	
Chicken Taco w/ Garnish Pinto Beans Calabacitas Jell-O w/ Mixed Fruit Milk	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Margarine Tropical Fruit Salad Milk	Frito Pie w/ Garnish & Red Chile Pinto Beans Chilled Apricots & Angel Food Cake Milk	Note: On Good Friday, April 18, MOW will be delivered, but there will be no congregate meals if we close at noon.	

**Please Note: Senior Meal Suggested Donations: Lunch \$1.50
Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast / lunch \$4.20**

Lunch is Served at:
MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers
11:00am till 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

