

# The Senior Scene



Photo by Don Bell

## February 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

02/2014

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](http://www.santafenm.gov) enter "Senior Scene" in the keyword search box at the top. Then click the blue underlined words "Senior Scene Newsletter". Or, you may find it on the Retired Senior Volunteer Program's website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

- Kristin Slater-Huff, Senior Scene Editor

## Front Desk Reception

From Santa Fe **955-4721**  
From outside Santa Fe (toll-free) 1-866-824-8714

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

## Administration

Cristy Montoya, Administrative Secretary 955-4721  
Sadie Marquez, Receptionist 955-4741

## Senior Services Registration

Brenda Ortiz, Database Specialist 955-4722

## Transportation Ride Reservations **955-4700**

Fran Rodriguez, Project Manager/ Dispatch 955-4702  
Linda Quesada-Ortiz, Administrative Secretary 955-4756

## Nutrition

Thomas Vigil, Program Administrator 955-4740  
Enrique DeLora, Inventory Supervisor 955-4750

## Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor 955-4748  
Yvette Sweeney, Administrative Assistant 955-4739  
Robert Duran, MOW Assessments 955-4747

## Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager 955-4711  
Lugi Gonzales, Temp. Coordinator 955-4711  
M.E.G. Center, Ventana de Vida Center  
Cristina Villa, Program Coordinator 955-4725  
Luisa, Pasatiempo, Villa Consuelo

## In Home Support Services, Respite Care

### Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745  
Katie Ortiz, Clerk Typist 955-4746

### Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761  
Louise Kippert, FGP/SCP Admin. Secretary 955-4744

### Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760  
Marisa Romero, Administrative Secretary 955-4743  
FAX Machine - RSVP Office 955-4765

### 50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

### Miscellaneous

Lobby Area 955-4735  
Craft Room 955-4736  
Pool Room 955-4737  
FAX Machine - Administration 955-4797  
FAX Machine - Nutrition 955-4794

### Santa Fe County Information

Information 992-3094

### Newsletter Production

Kristin Slater-Huff, Editor/Distribution 955-4760  
Email: [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov)  
Gil Martinez, Graphic Artist  
Maggie Coffey, Veet Deha  
Jeannie Rae, Copy Editors

# DIRECTOR'S REPORT

02/2014

Dear Patrons:

I would like to take this opportunity to extend a personal thank you to each of you for your continued patronage and utilization of our programs over the years. As many of you know, we offer a vast array of comprehensive services to our seniors. Currently the most utilized are our Nutrition (congregate and home delivery), Transportation and In-Home Support (home management and respite).

Our Nutrition and Transportation sections rely on donations from our participants and suggested donation signs are placed to remind clients of how much donations impact our budgets to maintain our quality services for you.

Our Nutrition program has established a suggested donation of \$1.00 for breakfast and \$1.50 for lunch. Many of you have elected to purchase our meal tickets that offer 10 meals for a suggested donation of \$12.50, saving \$2.50. Meal tickets may be purchased at any of our meal sites and/or Nutrition office staff.

With respect to our Transportation program, we have established a suggested donation of \$.50 per ride (one-way-trip). Numerous regular riders have elected to purchase a transportation ride ticket, valid for 25 rides for a suggested donation of \$10.00, saving \$2.50. Ride tickets may be purchased from any of our Transit Operators/Drivers and/or Transportation office staff.

Your generous donation, even if it is not the suggested amount, assists us in purchasing quality food products, auto parts, gasoline, vehicle maintenance, etc. Please be assured we take all donations seriously and safeguard your contributions by having them placed in locked boxes thereby ensuring that your money is going directly to the program/service of your choice.

Please mark your calendar to attend our annual Public Hearing on Wednesday, February 12th, at 9:00 a.m. at the Mary Esther Gonzales Senior Center. Your presence truly makes a difference because it allows us to obtain your input, thereby enabling us to continue to tailor our services to meet your needs. Our Transportation service will be available to provide rides to and from this meeting. Please call 955-4700 at least 24 hours in advance to schedule your ride.

As a reminder, two of our other annual programs have begun. Our local Senior Olympics competition registration began on January 13th and Late Registration will be from March 3rd through the 7th. Please contact Cristina Villa at 955-4725 for more information. Also, once again AARP will have Tax Aide volunteers available from February 1st through April 15th at the Santa Fe Community College and the Pasatiempo Senior Center. For more information along with contact names and numbers, please refer to the respective topics covered in more detail later in this issue.

Again, thank you for your continued patronage and I look forward to seeing you at our Public Hearing. Hope you have a Happy Valentine's Day!

Ron J. Vialbando. Director



# SENIOR SERVICES PROGRAM INFORMATION

02/2014

## SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers or utilizes the Division of Senior Services curriculum including, but not limited to, our transportation, nutrition, in-home support, volunteer opportunities, fitness activities, etc., 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 a \$2 fee as well as provide you with notification as to 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](mailto:bmortiz@santafenm.gov)

## SENIOR TRANSPORTATION INFORMATION

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**

Ride reservations can be made up to five business days in advance.

When scheduling a ride, please specify if you require a wheelchair lift van.

To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)

You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.

Schedule: Rides are available 8:15 a.m. to 4:30 p.m. Monday through Friday.

Rides to medical appointments are given priority over all other rides.

Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00pm.

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick up time. No more than four one-way trips per person, per day.**

County: For rides outside city limits but within Santa Fe County, call 992-3069.

SF Ride: Persons under age 60 who who are paratransit-eligible **must** use Santa Fe Ride.

Call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride.

For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip. SF Ride operates 6:15am - 9:15pm Mon. - Fri. and 8:15am - 7:15pm Saturday and 8:15am to 6:15pm Sunday.

Closures: There are no Senior Center closures in February.

On the first Tuesday of every month, last call for pick up will be 3:15pm.

# SENIOR SERVICES MONTHLY EVENTS

02/2014

## FREE BENEFITS CONSULTATIONS

The Division of Senior Services is proud to offer this free service. Robert Meinershagen is a volunteer trained by the N.M. Aging and Long-Term Services Department in determining whether seniors are receiving all the benefits to which they are entitled. Benefits cover such areas as managed care, Medicare, Medicaid, prescription drug coverage, low cost health and dental care, eyeglasses, hearing aids, low cost housing and residents' rights, Social Security, utility bill payment assistance, and more.

**You must make an appointment ahead of time.** To schedule a free, individual 30-minute consultation at the MEG Senior Center (1121 Alto St) call 955-4721.

### **Mr. Meinershagen will resume appointments mid March.**

If you cannot wait for an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at 476-4846 or 1 (800) 432-2080.



## 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)	February 4, 11 & 18	11:00am – Noon
Luisa Center (First Thursday)	February 6	11:00am – Noon
Villa Consuelo Center (Second Thursday)	February 13	10:00am-11:00am
Ventana de Vida Center (Third Thursday)	February 20	11:00am -- Noon

## CITY OF SANTA FE SENIOR CENTER MEETINGS

These meetings are open to all seniors. Come give your input. Addresses on back cover.

Villa Consuelo Center	Monday	February 3	10:00a.m.
Pasatiempo Center	Monday	February 3	1:00 p.m.
Luisa Center	Tuesday	February 4	8:30 a.m.
Ventana de Vida Center	Monday	February 3	9:45 a.m.

## SENIOR SERVICES COMMITTEE MEETINGS

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

Advisory Board	Wednesday	February 19	9:30a.m.
Travel Committee	Thursday	February 20	8:45 a.m.
Senior Activity Corp	Thursday	February 20	10:00 a.m.
Transportation/Nutrition	Tuesday	March 11	9:00a.m.
Senior Olympics	Wednesday	February 12	9:30a.m.
RSVP	Tuesday	March 25	10:00a.m.

## Senior Olympic Spotlight

### Local Senior Olympic Games Registration

Monday, January 13th  
Friday February 28th  
Late Registration March 3rd –  
March 7th

Regular Registration fee is \$20.00  
Late Registration is \$30.00

We will be registering at the Genoveva Chavez Community Center on:

Friday, February 21st from 9:00am – 12:00pm

Or, you may register at MEG Senior Center Monday-Friday 8:00 – 4:30.

Eligible Senior Olympic participants will be given a punch card for 15 free visits to all three City of Santa Fe Recreational centers (GCCC, Ft. Marcy, and Salvador Perez). The cards will be issued in June.

### March Olympic events are as follows:

- March 25-26 Air Pistol/Air Rifle at Santa Fe County Animal Barn
- March 27 Basketball Free Throw at Ft. Marcy
- March 28 Table Tennis at Ft. Marcy
- March 29-30 Racquetball at GCCC
- March 29 Swimming at GCCC

If you have any questions, please don't hesitate to call me at 955-4725. The best time to reach me is 8:00 a.m. - 10:00 a.m. or 3:00 p.m. – 5:00 p.m., or send me an e-mail at [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov). Or leave a message and I will call back.

Good Luck Olympians!  
Till next month!

-Cristina Villa-



## **Governor Martinez Seeks to Recognize New Mexicans Celebrating 100 Years of Life**

Governor Susana Martinez announced that in 2014 she will once again be recognizing New Mexicans who are 100 years or older. The Governor will send them a signed commemorative certificate.

"It is an honor to recognize New Mexicans who are celebrating a century of life. These folks have made numerous contributions to New Mexico and I am pleased to honor them," she said.

Governor Martinez said people can send the person's name and birth date, along with an appropriate point of contact, to the Aging and Long-Term Services Department.

Requests should be submitted to the Department at least one month in advance of the recipient's birthday.

To make such a submission, contact Deputy Cabinet Secretary Myles Copeland, [myles.copeland@state.nm.us](mailto:myles.copeland@state.nm.us) or 505-476-4799.

## The Basics of Gardening in Santa Fe

On Saturday, March 8 from 8 am to 4 pm, Gardening 101: The Basics of Gardening in Santa Fe will feature sessions designed to give new or new-to-Santa Fe gardeners a primer of knowledge to deal with the special challenges of gardening in and around Santa Fe.



This class, taught by local gardening experts Tracy Neal and Arina Pittman, is ideal for beginning gardeners or those new to the area. The course fee is \$45 and the registration deadline is March 1st. Space is limited so register at [SFMGA.org](http://SFMGA.org) today. Gardening 101 is a production of Santa Fe Master Gardener Association in partnership with NMSU.

## **February is American Heart Month**

### **Centers for Disease Control and Prevention**

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable. Every journey begins with one step, whether it's climbing a mountain or preventing heart disease.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

### **Heart attack symptoms**

The five major symptoms of a heart attack are:  
Pain or discomfort in the jaw, neck, or back  
Feeling weak, light-headed, or faint  
Chest pain or discomfort  
Pain or discomfort in arms or shoulder  
Shortness of breath

If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. You can take these small steps all year long.

## **Plan for Heart Attack Prevention**

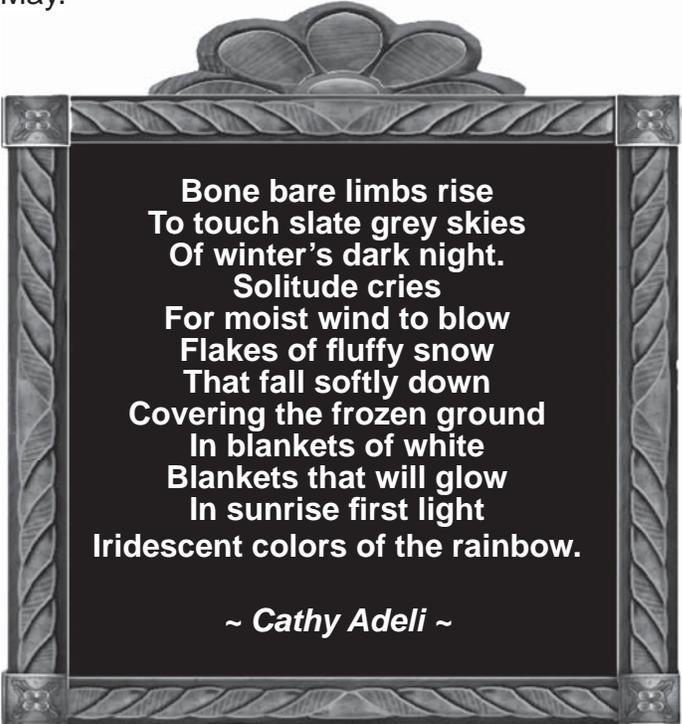
Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- \*Eat a healthy diet, Exercise regularly
- \*Monitor your blood pressure and Diabetes
- \*Don't smoke and Limit alcohol use
- \*Have your cholesterol checked.
- \*Take your medicine

## **Give a Salute to a Senior Citizen**

Home Instead Senior Care is a local company which supports Santa Fe. They are sponsoring "Salute to Senior Service", a program that seeks to inspire a positive outlook on aging by recognizing seniors who set an example through volunteering. Nominated seniors, if selected, could win upwards of \$5,000 to be donated to their favorite charity.

Nominate a senior age 65+ by March 1st. Nomination forms are at the RSVP office at the Mary Esther Gonzales Senior Center or at [www.salutetoseniorservice.com](http://www.salutetoseniorservice.com). Nominees do not have to volunteer through any volunteer program, or for a specific organization- just people who do good work for others. Winners will be announced at the Senior Volunteer Recognition banquet in May.



**Bone bare limbs rise  
To touch slate grey skies  
Of winter's dark night.  
Solitude cries  
For moist wind to blow  
Flakes of fluffy snow  
That fall softly down  
Covering the frozen ground  
In blankets of white  
Blankets that will glow  
In sunrise first light  
Iridescent colors of the rainbow.**

**~ Cathy Adeli ~**

## ***Older Americans Act to be the focus of Public Hearing February 12, 2014***

The City of Santa Fe's Division of Senior Services will host a Public Hearing on the Older Americans Act and related services covered by this Act. You are invited to attend and learn about our services and give your valuable input.

***Wednesday, February 12, 2014 at 9:00 a.m.  
at the Mary Esther Gonzales Senior Center, 1121 Alto Street.***

The Older Americans Act was enacted by Congress in 1965 to ensure provision of social services to America's elderly population. The City's Division of Senior Services administers programs which provide a comprehensive social service delivery system for senior citizens in our community. The following program services are critical to our planning and implementation process.

- Congregate Meals at our five senior centers
- Home Delivered Meals (Meals on Wheels)
- Assisted Transportation (senior vans)
- Home Management, including laundry, housekeeping, escort, non-medical personal care, etc.
- Respite (Alzheimer's) Care, including caregiver relief, support and education, as well as client companionship, non-medical personal care, etc.
- Grandparents Raising Grandchildren, including counseling, training, information and access, supplemental support, etc.
- Volunteer Programs, including Foster Grandparent Program (FGP), Senior Companion Program (SCP) and Retired Senior Volunteer Program (RSVP)
- Recreation and Fitness Options, including Senior Olympics, line dancing, exercise classes, tai chi, fitness equipment, etc.
- Capital Outlay and Legislative Request

The public's input on these programs is critical. If you are unable to attend the hearing on February 12th, written comments are encouraged and should be sent to:

City of Santa Fe  
Division of Senior Services  
Ron J. Vialpando, Director  
P.O. Box 909  
Santa Fe, NM 87504-0909

For more information, please call (505) 955-4721

# TAXES

02/2014



## Tax-Aide Santa Fe for the tax year 2012



**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

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

02/2014



## Community Needs

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired Senior Volunteer Program office, at 955-4760 or email [kwslaterhuff@santafenm.gov](mailto:kwslaterhuff@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.

## Court Appointed Special Advocates (CASA)

Help a Child Replace a Life of Hurt with One of Hope -- become a CASA Volunteer. Countless children from our neighborhoods will be removed from their homes this year because their parents have physically, emotionally or sexually abused them, neglected or even abandoned them. They need someone to make sure they don't get lost in the overburdened child welfare and legal systems, to speak up for their best interest, to help them find their way to a safe, permanent and loving home. That someone could be you. As a CASA (Court Appointed Special Advocate) volunteer you can be a powerful voice for these young victims in state custody. Just a few hours a month can make a huge difference in the life of a child. Can you spare the time?



No special background is required -- just the heart and the will to make the difference. Advocacy in the courtroom is not for everyone. You can still support CASA's work by joining CASA Amigos. Volunteer opportunities include helping out in the office, planning or staffing special events, or helping with fundraising efforts.

Learn how you can help. Call Kristin at 955-4760 to join RSVP and connect with the CASA program.

## Acequia Madre Elementary School Library



Please help those sweet children! Librarian Joan Fox could use a hand Mondays a few days a week 1:00 - 3:00 p.m. Free parking, volunteer training and many thanks are all a part of the job. Won't you step up?

Call Kristin at 955-4760 to sign up.

## Tutor Children

The Santa Fe Community Housing Trust has many at-risk children in their Village Sage (across from Capitol High School) and Stage Coach (3360 Cerrillos Road) apartments. The Housing Trust is initiating a tutoring and reading program for these children. They are in dire need of volunteers right now. The Trust is greatly indebted for your assistance. Please call Kristin at 955-4760 to enroll.

## Española Valley Humane Society

Give the animals some love! At the shelter, volunteers are needed for cuddling and grooming safe, "adoptable" animals, or to watch the animals as they are coming out of surgery, or to help landscape and garden the shelter grounds.

If you like to be out and about, you can help at their fundraising events or mobile adoption clinics. You could also hang adoption posters, take digital camera photos of the animals, or even drive some animals to Colorado for adoption clinics there.



Call 955-4760 for information

***Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'"***

**Santa Fe Care Center**

Santa Fe Care Center on Harkle Road is a busy little nursing home with a terrific Activity Director who has wonderful ideas for her residents, but not enough help to do them all. You could visit with residents, assist with games or activities, help with special events, or virtually anything else to bring more sunshine to the residents' days.

Call 955-4760 for details.

**Santa Fe Children's Museum**

Are you young at heart? If so, the Children's Museum needs you to volunteer! You could oversee the fun-filled toy shop/admissions desk, help outdoors in their beautiful gardens and greenhouse or interact with children at the ever-changing exciting museum exhibits.



The museum is located at 1050 Old Pecos Trail, and there is plenty of free parking available. Volunteer trainings are held regularly, but a background check is required prior to starting service.

**Jr. Achievement New Mexico**

Volunteers are sought to teach clear, useful lessons to students of all ages through Jr. Achievement. The 6-week courses focus on business skills and are different for every grade. It is great fun to share these lesson plans with their hand outs and positive approach.



**If you have Internet, use our Website**

Go to the wonderful RSVP website to learn about the program, and upcoming activities, see volunteer opportunities, download forms, and more. We are at [www.rsvpsantafe.org](http://www.rsvpsantafe.org). Please add the RSVP website to your "favorites" list. Thanks again to volunteer Susan Cover for designing and maintaining the site for us!

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.



**HAPPY BIRTHDAY**

**February**

Irlin Corn_____	2/01	Yolanda Cruz_____	2/14
Julia C. Faber_____	2/01	Edward E.	
Dolores R.		Mose Sr.	2/14
Valdez_____	2/01	Irene Moyes_____	2/14
Ellie Blossom_____	2/02	Sheila Epstein_____	2/15
Gloria B.		Mela Chavez_____	2/16
Quintana_____	2/02	Susan A. Cover_____	2/16
Connor Swank_____	2/02	Shirley A. Knarr_____	2/16
Lynn Devore_____	2/03	Nora Pompeo_____	2/17
Anastacio		Celina Montano_____	2/18
Garcia_____	2/03	Robert P.	
Cathy M.		Pacheco_____	2/18
Lomax_____	2/03	Jim Dorris_____	2/19
William		Sheila Cowing_____	2/19
Buckingham_____	2/04	Rita L. Solomon_____	2/20
Nancy Gehman_____	2/04	Teresina G. Lucero_____	2/21
Linda Palmer_____	2/05	Doug Schocke_____	2/21
Carolyn		Louis Baca_____	2/22
Bleakley_____	2/06	Alan G. Kalman_____	2/22
Roger		Ross M. Quintana_____	2/22
Goldhamer_____	2/08	Jose B. Archuleta_____	2/23
Don W.		Connie R. Kinsey_____	2/23
Leffelbein_____	2/09	C. Terry Meyer_____	2/23
Merejildo V.		James A.	
Ortega_____	2/10	Demarest_____	2/24
Ana Maria		Jeremiah Lawlor_____	2/25
Martinez_____	2/11	Ann Lindsay_____	2/26
Juanita L.		William E.	
Quintana_____	2/11	Beardsley_____	2/27
Edward L.		Florence R.	
Angus_____	2/12	Jimenez_____	2/28
Orlando		Elias B. Gallegos_____	2/29
Watson_____	2/12	Benita Rodriguez_____	2/29

## HE WILL BE MISSED...

Peter proudly displaying an award given to him by the school where he volunteered

Peter Crook, age 87, passed away on Wednesday, December 25, 2013 following a brief illness. Peter is survived by his wife Betty.



For the past seven years, Peter was a Foster Grandparent at Ramirez Thomas-NYE, Early Childhood Center. The school specifically works with children with demanding special needs and Peter had a true talent for working with the special little children. He even took specific training to learn how to work with their different challenges. The staff at NYE praised him and said, "Peter is essential to our program." He never missed a day of volunteering and became good friends with the other volunteers at Ramirez Thomas.

Prior to becoming a Foster Grandparent volunteer, Peter was employed with the Santa Fe Public Schools and retired from there.

Peter will be missed by all who knew him and had the opportunity to work with him.

### February In-Service

The February in-service meeting will be held on Wednesday, February 12 at 9:00 a.m. in the Mary Esther Gonzales dining room. The focus of the meeting will be for staff to present a public hearing regarding the Older Americans Act. Participants will have the opportunity to voice their concerns regarding important programs provided by the Division of Senior Services such as congregate meals, transportation, etc. You do not need to volunteer your regular schedule on this day and should plan on attending the meeting.



*Senior Companions Katie Ortiz, JoAnne Sena and Benerita Morales having lunch at their holiday recognition banquet*



*Foster Grandparents Rita Contreras, Socorro Arroyo, Bonnie Rice and Ilya Morozov enjoying lunch*

### Presidents' Day

On Monday, February 17 Foster Grandparent volunteers are not required to volunteer their regular schedules. Due to the observance of Presidents' Day, the Santa Fe Public Schools will be closed. City offices will be open; therefore Senior Companions will be on a regular schedule.

### Special Thanks

Thank you to all of the Foster Grandparent and Senior Companion volunteers who assisted in purchasing and gathering school supplies for our Adelante School Supply Drive. Your generosity is appreciated.

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

Grace De Agüero\_\_2/15  
Margie Gurule\_\_\_\_2/28



# ACTIVITIES

02/2014

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

## Ongoing Activities by Senior Center

### Luisa Senior Center 955-4725

Pool Table	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
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 955-4711

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Tai Chi class (advanced)	Monday	9:15 am
Mind/Body Movement	Thursday	9:30 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Sewing	Thursday	12:30 pm
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	Call for info.	955-4711
Zumba Gold	Friday	9:30 am
Nia Technique	1st & 3rd Tues.	1:30 pm

### Pasatiempo Senior Center 955-4725

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga	Mon. & Wed.	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Computer	Tuesday	9:00 am
Line Dance (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 955-4711

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm

### Villa Consuelo Senior Center 955-4725

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

## Ongoing Activities by Activity or Class Type

### ART

Ventana-Class	Tuesday	1:00 pm
---------------	---------	---------

### BINGO

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

### BRIDGE

Pasatiempo	Monday	12:30 pm
------------	--------	----------

### CERAMICS

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

### COMPUTER

MEG	Call for times	955-4721
Pasatiempo	Tuesday	9 am - 11 am

### MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba Gold	Friday	9:30 am
Pasatiempo Yoga	Mon. & Wed.	8:30 am
MEG Nia Technique	1st & 3rd Tues.	1:30 pm
MEG Mind/Body Movement	Thursday	9:30 am

### EXERCISE CLASSES/FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm
Ventana Class	M/W/F	9:00 am

### GUITAR CLASS (Beginner)

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

### JEWELRY MAKING

MEG Center	Monday	9:00 am
------------	--------	---------

### SEWING/KNITTING

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

### SING-ALONG

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

### TAI-CHI

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

### WOOD/STRAW APPLIQUÉ

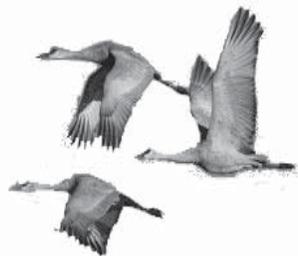
Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am



# ACTIVITIES

02/2014

## Bosque Del Apache Trip Feb 15th



Join the Senior Activities on Saturday, February 15th for a trip to Bosque Del Apache. Seniors need to arrive at the MEG center by 7:15 a.m. since the group will be leaving at 7:30 a.m. Return time

is at approximately 8:00 p.m.

To reserve your seat or for more information such as cost call Don Bell at 982-2707 or leave Don a message at 955-4711.

Note: You'll need to bring money for lunch which is on your own. Seniors going on this trip need to have their own transportation to and from the MEG Center.

## Additional Day Trips for 2014

The following one day trips are being planned for this year. Keep in mind that these trips have not been finalized and therefore the dates, times and cost need to be confirmed.

However keep your eyes on the lookout for these trips in our future newsletters.

The 2014 trips are as follows:

- El Santuario de Chimayo April 2nd and 4th
- Trinity Site, Saturday April 5th
- Taos Arts & Crafts - Saturday, May 10th
- Chaco Canyon - In May: date TBA (one van - space is very limited)
- Taos Pow Wow - July 12th
- Rio Grande Nature Center & Bio Park (this trip is being planned for June)
- Salman Raspberry Ranch - September
- State Fair - September
- Hot Air Balloon (a.m. trip) - October 9th
- Chama Toltec Railroad in October
- I-MAX Albuquerque Show - November 1st
- River of Lights Bio Park - December 13th
- Acoma Pueblo (Date needs to be determined)

## San Luis Colorado Trip

Join the Senior Activities on a trip to San Luis, Colorado (Colorado's Stations of the Cross) on Thursday, March 20th. San Luis, Colorado's



oldest town, lies just a hair north of the New Mexico border in the San Luis Valley. It's a town in process, currently transforming from a sleepy obscure village to an artists' colony.

The highlight of any trip to San Luis is the Stations of the Cross, which lies on a trail winding up a mesa on the edge of town. That hill is known locally as "La Mesa de la Piedad y de la Misericordia," the Hill of Piety and Mercy. The hike is about three-quarters of a mile, and up 300 feet, leading to a summit of about 9,000 feet above sea level. The Stations of the Cross is open year-round, with no check-in. There is no admission charge, but there is a donation box inside the chapel at the summit. The chapel is also a work of art.

On March 20th the group will leave the MEG center at 7:30 a.m. with an estimated return time of around 5:00 p.m.

Note: you'll need to bring money for lunch which is on your own. There is also a \$5.00 suggested donation for transportation. Seniors going on this trip need to make their own transportation arrangements to and from the MEG center.

To sign up for this trip, call Lugi at 955-4711. Please keep in mind that participants will be walking extensively.

## Phil Trujillo Valentine at Pasatiempo



The Pasatiempo Senior Center will host a Valentine Sweetheart Celebration on Friday, February 14th from 11:00am to 1:00pm.

Phil Trujillo will sing and play guitar for us and light refreshments will be served.

# ACTIVITIES

02/2014

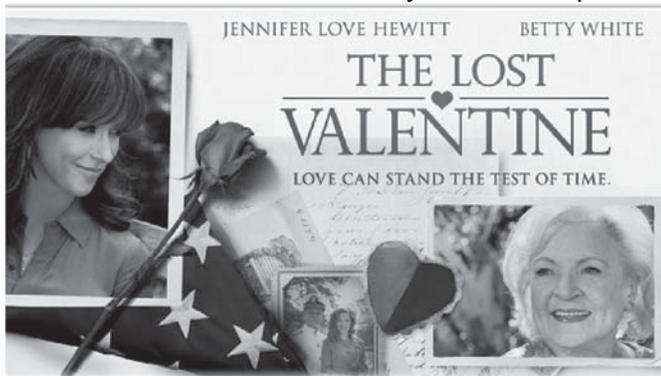
## **Weekend Bingo at Luisa \$100 Jackpot**

The Luisa Senior Center at 1500 Luisa St will be hosting Bingo on Sunday, February 9th from 1:00 to 4:00 p.m.

The cost is \$12.00 for a package; 4 specials at \$1.00 each and \$2.00 to play the jackpot. There is a \$100.00 jackpot guarantee! We will also be offering Frito Pie and a drink for just \$5.00. Please bring small bills. Everyone is welcome.

## **Free Movie Day: "The Lost Valentine"**

Luisa Senior Center on February 5th at 1:00 p.m.



A young and cynical female journalist learns that love may transcend trials and time as she discovers a story that will change her life forever. When war separates lovers on their wedding anniversary Feb. 14, 1944 at LA Union Train Station, Navy pilot Neil Thomas makes a promise he isn't sure he can keep - to return to the train station safely by their next anniversary. For sixty years, Caroline Thomas keeps her promise by waiting at the train station until her missing in action husband can finally keep his date with the "lost valentine."

## **Movie Day at MEG Center**

The MEG Center will not be showing a movie during the month of February. However the next movie day will be on Tuesday, March 25th. Please refer to the March newsletter for the title.

## **Ash Wednesday at Luisa Center**

On Wednesday, March 5th, Deacon Montoya will be giving ashes at 1:00pm at the Luisa Senior Center 1500 Luisa St (enter from Columbia.)

## **Ash Wednesday at Pasatiempo Center**



On Wednesday, March 5th they will be distributing ashes at the Pasatiempo Senior Center at 10:30am.

## **Carlos Aguirre Trio at MEG**

Join us at the MEG center for the bi-monthly performance by the talented and versatile Carlos Aguirre Trio. Enjoy old favorites and listen to a few pieces that might surprise you. They sing 40's ballads, Spanish boleros y rancheras, country and western music, jazz, and much more.



This group has devotedly entertained at the Mary Esther Gonzales Senior Center for many years. They play on the second and fourth Fridays of each month from 11:30 a.m. to 1:00 p.m. This month they will perform on the 14th (Valentine's Day) and the 28th.

We would like to take this opportunity to thank Carlos and his group for sharing their delightful music and voices with us. We sincerely appreciate you.

## **Meet Delegates from our Chinese Sister City**

Started during the presidency of Dwight D. Eisenhower, the mission of the Sister Cities program is to "promote peace through mutual respect, understanding and cooperation -- one individual, one community at a time". The Santa Fe Sister Cities program consists of a Mayor-appointed and City Councilor-approved Sister Cities Advisory Committee. We have Sister City relationships in Uzbekistan, Mexico, Spain, Italy, Japan, Cuba, China, South Korea and Zambia.

We invite you to meet a delegation of six from the city of Zhang Jia Jie, Hunan Province, The People's Republic of China.

Tuesday, Feb 18th Approx. 2:00 – 2:30p.m.  
MEG Center dining room, 1121 Alto Street  
Light refreshments will be served.

## **Game & Puzzle Day at Ventana de Vida**



The Ventana de Vida Center invites you to their Game and Puzzle Day. Games are played in the dining room of the Ventana de Vida Senior Center at 1500 Pacheco Street on Wednesday afternoons from 2:00 to 4:00 p.m. Join the fun and make new friends.

## **If You Haven't Gotten Flu Vaccine, Do so Now**

*(From the New Mexico Department of Health)*

The New Mexico Department of Health reported on January 9th that it has confirmed the state's first flu death for the 2013-2014 season. The death reported was a 76 year-old woman from Santa Fe County.

"Please remember that the best way to protect yourself and the elderly from the flu is to get vaccinated," said Department of Health Cabinet Secretary Retta Ward, MPH. "As flu activity increases in New Mexico, it's important for anyone who has not yet been vaccinated against the flu to contact their health care provider or pharmacist about getting a flu shot."

The predominant circulating flu strain in New Mexico and the United States is influenza H1N1. This strain was first identified in 2009 and may cause severe illness even in healthy young adults. The New Mexico Department of Health is urging everyone six months of age and older to get a flu vaccine. The vaccine is currently available and protects against H1N1 and other strains of flu.

## **Influenza vaccination is recommended for:**

All people over six months of age who are eligible for vaccination and especially;

- Pregnant women (any trimester)
- People of any age with certain chronic medical conditions like asthma, diabetes, lung or heart disease
- People who don't have a normal immune system
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu
- American Indians and Alaskan Natives
- People who are morbidly obese
- Health care personnel

Influenza is a highly transmittable disease whose symptoms include sudden onset of fever, muscle pain, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and nausea, vomiting, and diarrhea (more common in children than adults.)

These symptoms develop within a few days after exposure to the flu virus. There are antiviral medications to treat influenza infections. To be most effective, medication should be started quickly after you become ill.

The Department offers vaccinations for people without insurance or who are otherwise not able to get immunized. Those with Medicaid or other insurance who come to Public Health Offices are asked to present their insurance card.

To find out more about flu vaccination clinics throughout New Mexico, you can call the Immunization Hot line toll free at (866) 681-5872.

For more information about influenza, visit the website: <http://nmhealth.org/flu/index.shtml>



## **The Best Way to Wash your Hands**

*(From Consumer Reports On Health Vol. 25 #12)*

In addition to getting the flu shot, the simplest way to steer clear of the flu this year is to wash your hands – a lot - especially before eating. Doing that one thing in the correct way helps you avoid transferring influenza and other viruses to your nose, mouth or eyes. Research shows that this easy step can actually cut your flu risk by 16%.

The best way to wash? Using warm water, lather up with soap and scrub for a good 20 seconds (long enough to sing the "Happy birthday" song two times). Scrub between your fingers and under your nails, not just your palms. Alcohol sensitizers also work, but make sure yours contains at least 60% alcohol.

**Money 101 Estate Planning - Wills**

By Senior Volunteer Anke Mihalas

In a previous article for this newsletter, I wrote about mortgages and reverse mortgages. Today I would like to talk about estate planning and wills.

There is a misconception that you do not need a Will if you do not have a lot of material possessions. This is totally erroneous! Some people think you must own a fancy "estate" to do estate planning. If you have minor children (under age 18), you have to make contingency plans for a relative to step in and raise them if something happens to you.

The following story happened a few years ago to an employee at my workplace: The young woman and her husband were going to a party in Northern New Mexico on his motorcycle. Going home that night, they ran off the embankment and both were killed. They had 2 little boys and no Will or Last Testament. Just consider the ramifications in this case: getting access to bank accounts, deciding on the disposition of any material items and possessions, deciding who would raise those little boys, finding out if any life insurance was in force, even just getting the last paychecks of the parents. This was quite a wake-up call for family and friends.

Estate planning does not have to be complicated and needs to complement a last Will and Testament. You need to designate who will get what. Whether it is a family heirloom that one of your children or grandchildren always liked, jewelry, special silverware or family china and any household items, the car, the house, your pet- whatever it is, you need to write it down.

Depending on your assets, you can write down who is to get what when you die and have two people sign your document as witnesses. Or you download a simple Will from the internet for a few dollars if your "estate" is uncomplicated. If bank accounts, investments, and property are involved, get an attorney who specializes in this kind of work and consider establishment of a revocable trust. The most important thing is that you let family and/or friends know where your Will is located.

A part of Estate Planning is the physical organization of insurance policies, documents relating to ownership of material possessions, real estate and anything that you own.

I developed a simple spreadsheet, listing company names, account numbers, policy numbers, log-ins, passwords, phone numbers, any contact information, document location, etc. so my children can locate all of these documents relevant to my Last Will and Testament. The next step is to have copies of all important documents in one ring binder, so all papers can be easily located.

Having these documents in a bank safe deposit box is a little tricky, because upon your death nobody can readily access the safe deposit box unless they are already authorized users with a key. A Last Will and Testament should not be kept in the safe deposit box because it can take a long time to access. If nobody else is an authorized user of the box, you would need authorization from the probate court to access a will in a safe deposit box.

In New Mexico a will has to go through probate court, which can take 3-6 months with the last essential documents filed after a year, unless you have set up a revocable trust. In that case possessions will go to the designated beneficiary.

The New Mexico State Bar Lawyer Referral for the Elderly Program (LREP) offers free legal workshops and clinics throughout the state. Our Senior Program offers these workshops and information on a regular basis or you may call (505) 797-6068 or (800)-876-6227.

You may visit the NM State Bar website to get loads of information on wills, durable powers of attorney, and health directives. These forms are also available in Spanish. The site is [www.nmbar.org/AboutSBNM/sections/ElderLawEstateAndLegalFinancialIssues.html](http://www.nmbar.org/AboutSBNM/sections/ElderLawEstateAndLegalFinancialIssues.html)

As always, this is basic general information and is not to be construed as legal advice.



# PUZZLES

02/2014

## PUZZLE 25

### ACROSS

1. Stair
5. Ecclesiastic's title
9. Sweeper
14. Young salmon
15. Necklace item
16. Game of chance
17. New York canal
18. Attempt
19. John or Sean \_\_\_\_\_
20. \_\_\_\_\_ in it (broker's advice?)
23. Cultivate
24. Seine summer
25. Small finch

28. Chief Justice Warren
31. Knocks lightly
35. Grownups
37. Diamond \_\_\_\_\_
38. Legume
39. Command to a poet?
43. Fall mo.
44. Chou En-\_\_\_\_\_
45. Did a gardener's job
46. Baseball's Quinones et al.
48. Soap ingredients
50. Curvy letters
51. Sailor's affirmative

53. Has a piece of cake
55. Fooling Fido?
63. Borden's cow
64. Uzbek sea
65. Round of duties
66. Tangle
67. \_\_\_\_\_ Hari
68. Horse's gait
69. Propelled a boat
70. Frothy brews
71. Captain Hook's sidekick

6. Ringo Starr, e.g.
7. Actress Theda \_\_\_\_\_
8. First garden
9. Explosion
10. List
11. German king
12. Pertaining to the ear
13. Friar
21. Kind of horse
22. Primary color
25. Flavor
26. Bring out
27. Like some dirt roads
29. Michael Caine film
30. \_\_\_\_\_ Grande
32. Creatures lacking appendages
33. Flycatcher
34. Polishes
36. Brooding
40. Singer Charles
41. Dentists' concerns
42. Pie and cake
47. Irony
49. Legislative body
52. Surrender
54. Book of maps
55. Cuban coin
56. Forearm bone
57. Despot
58. Portuguese navigator Vasco da \_\_\_\_\_
59. Verbal
60. Quad building
61. Nebraska Indian
62. Fence opening

### DOWN

1. Hurried
2. Poi source
3. Emerald Isle
4. In a charming manner
5. Singer Paula \_\_\_\_\_

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21						22				
			23							24				
25	26	27				28	29	30			31	32	33	34
35					36		37					38		
39						40				41	42			
43					44				45					
46			47		48			49		50				
			51	52				53	54					
55	56	57				58	59					60	61	62
63						64					65			
66						67					68			
69						70					71			

## Early MGM Musicals

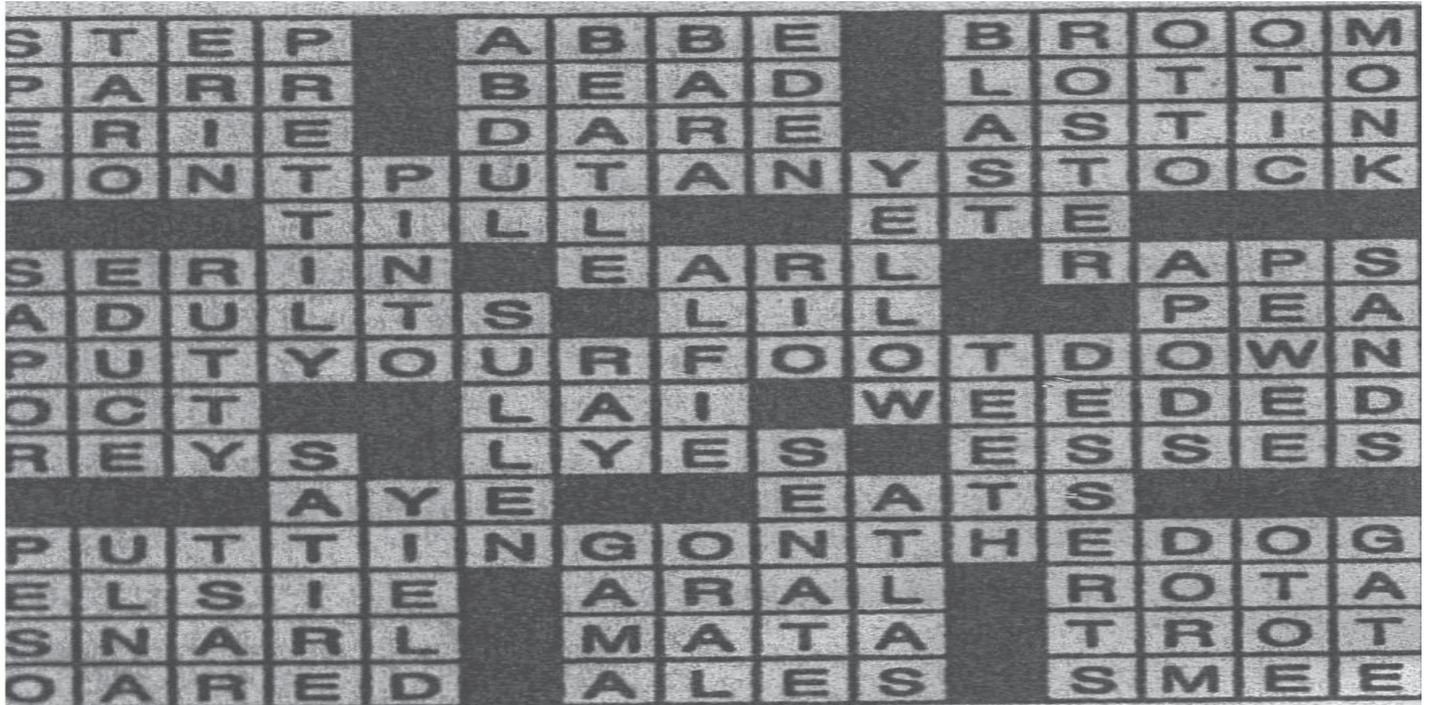
Words can go horizontally, vertically and diagonally in all eight directions.  
Words may overlap and share 1 or more letters.

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

# PUZZLE ANSWERS

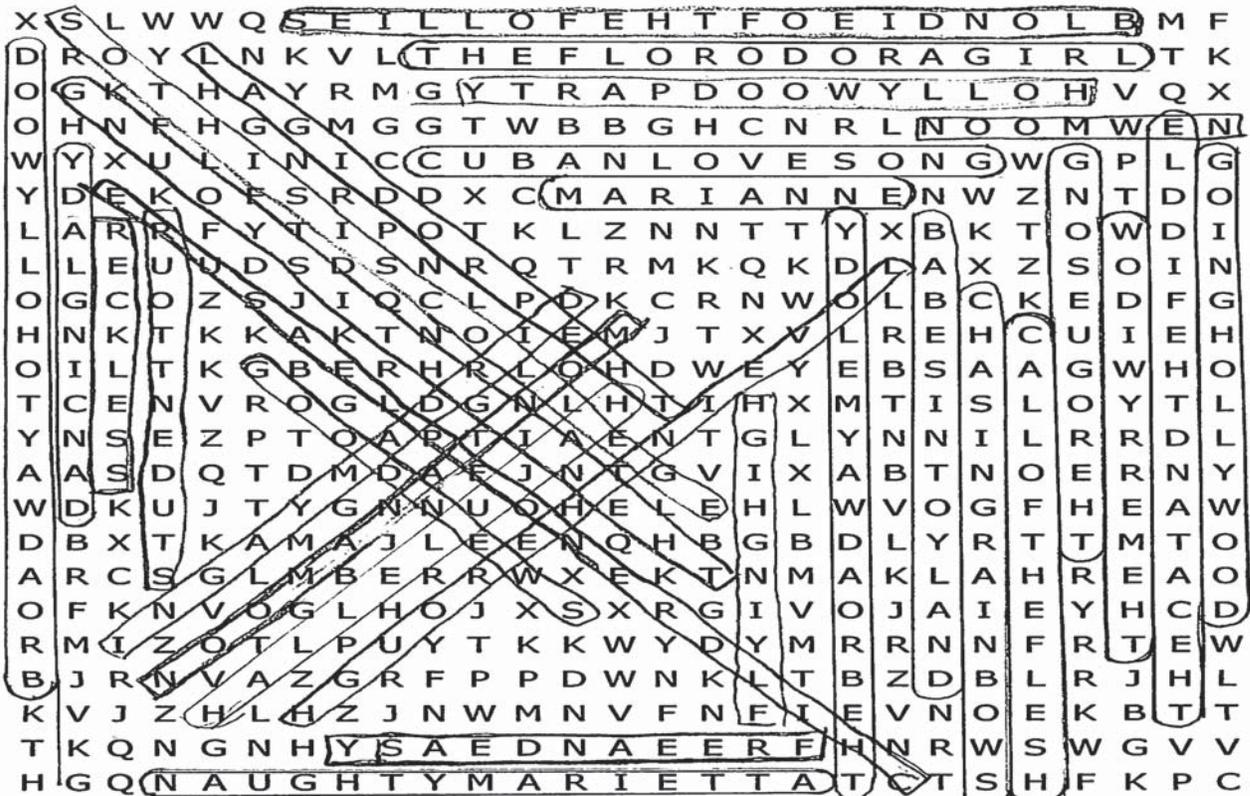
02/2014

## PUZZLE 25



## Early MGM Musicals

Words can go horizontally, vertically and diagonally in all eight directions.  
Words may overlap and share 1 or more letters.



www.puzzle-club.com

# BREAKFAST MENU

02/2014

## **Senior Center Breakfast Menu for February 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).

3rd _____	Cold cereal, small roll, peanut butter, jelly, tomato juice, milk
4th _____	French toast, maple syrup, scrambled egg, sausage, tomato juice, milk
5th _____	Grilled ham, peppers, salsa, small roll, margarine, milk
6th _____	Scrambled egg, cheese, red chile, potatoes, margarine, milk
7th _____	Sausage, salsa, hashbrowns, small roll, margarine, milk
10th _____	Grilled ham, cheese, red chile, small roll, margarine, milk
11th _____	Breakfast burrito: egg, cheese, salsa, bacon on a tortilla, hashbrowns, milk
12th _____	Waffles, maple syrup, sausage, tomato juice, milk
13th _____	Scrambled egg, salsa, hashbrowns, small roll, jelly, milk
14th _____	Ham and cheese on a large biscuit, with salsa, jelly, milk
17th _____	Scrambled egg, cheese, salsa, hashbrowns, bacon, milk
18th _____	Sausage, cheese, green chile, potatoes, margarine, milk
19th _____	Hot oatmeal, margarine, boiled eggs, tomato juice, milk
20th _____	Diced ham, cheese, peppers, small roll, margarine, milk
21st _____	Pancakes, maple syrup, margarine, scrambled eggs, tomato juice, milk
24th _____	Boiled eggs, salsa, small roll, margarine, milk
25th _____	Grilled ham, cheese, English muffin, margarine, tomato juice, milk
26th _____	Sausage, cheese, red chile, small roll, jelly, milk
27th _____	Breakfast burrito: egg, cheese, green chile, bacon on a tortilla, hashbrowns, milk
28th _____	Ham and cheese on a large biscuit, margarine, salsa, milk

### **Nutrition Education: Eating Right for Older Adults**

*(From the Academy of Nutrition and Dietetics)*

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.

**Make half your plate fruits and vegetables.** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables.

Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

**Make at least half your grains whole.** Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

**Switch to fat-free or low-fat milk, yogurt and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.



# SENIOR CENTER LUNCH MENU

02/2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------



Lunch Hours:  
All Senior Center  
Serving Times:  
11:00 am till 12:30  
pm  
Monday thru Friday



Menu is  
Subject to Change

3	4	5	6	7
Pepper Steak Baked Sweet Potatoes California Veggies Whole Wheat Roll Cherry Cobbler Milk	Chicken Taco w/ Garnish & Salsa Pinto Beans Calabacitas Jell-O w /Mixed Fruit Milk	Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus Whole Wheat Roll Chilled Applesauce Milk	Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/Fruit Milk	Hot Turkey Sandwich Mashed Potatoes w/ Brown Gravy Peas & Carrots Tapioca Pudding Milk
10	11	12	13	14
BBQ Chicken Thighs Creamy Coleslaw Steamed Green Beans Whole Wheat Roll Chocolate Pudding w/ Topping Milk	Frito Pie w/ Garnish & Red Chile Sauce Pinto Beans Chilled Apricots & Angel Food Cake Milk	Baked Fish Fillet w/ Tartar Sauce German Slaw Mixed Vegetables Hushpuppies Banana Pudding Milk	Pork Posole Spinach Salad Pinto Beans Flour Tortilla (1) Fruit Cocktail Milk	Beef Pot Roast Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll w/ Margarine White Cake Milk
17	18	19	20	21
Chicken Fried Steak Mash Potatoes w/ Gravy Steamed Carrots WW Roll Chilled Peaches Milk	Chicken Fajitas w/ Garnish(Cheese & Salsa) Tortilla (1) Chile Beans Jell-O w / Mandarin Oranges Milk	Grilled Pork Chop Mashed Potatoes w/ Brown Gravy Steamed Peas WW Roll Cherry Cobbler Milk	Chicken w/ Noodles and Gravy Sauce Carrot & Green Peas Cornbread w/ Margarine Fruit Salad Milk	Classic Meatloaf Scalloped Potatoes Steamed Green Beans WW Roll w/ Margarine Strawberry Shortcake Milk
24	25	26	27	28
Chile Relleno w/ Green Chile Topping Tossed Salad w/ Dressing Pinto Beans/Crackers Mixed Fruit Milk	Salisbury Steak w/ Gravy Mashed Potatoes Steamed Spinach WW Roll Chilled Pears Milk	Tuna w/ Marconi Tossed Green Salad Saltine Crackers Chilled Peaches Milk	Hamburger Steak w/ Mushroom Gravy Mashed Potatoes Green Beans/WW Roll Pineapple Bits Milk	Oven Baked Chicken w/ Rice Pilaf Buttered Brocoli WW Roll/Margarine Cherry Cobler w/ Ice Cream Milk

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



City of Santa Fe  
Division of Senior Services  
200 Lincoln Ave.  
Santa Fe, New Mexico 87504-0909

Presorted Standard  
U.S. Postage  
**PAID**  
SANTA FE, N.M.  
PERMIT # 285



Place Label Here

## ***WE ARE LOOKING TO CUT COSTS***

If you have Internet access, please go to [www.santafenm.gov](http://www.santafenm.gov) and read the Senior Newsletter online.

Or if you can pick one up at a library, senior center, city owned/operated fitness facilities or at Christus St. Vincent Hospital, please do so.

To remove your name from the mailing list, please call Kristin at 505-955-4760.

