

The Senior Scene

Vistas de los Mayores



"Follows the Mountain," Sculpture Made Possible by Contributions
from:

Craig Goseyun, Artist

IAIA

GROW SFCC Foundation

RV North Community Association

Drs. Judy & Dennis Reinhartz

Photos by Don Bell

February 2013

Programs and Activities for Older Adults



Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

To learn more about the City of Santa Fe's Division of Senior Services or to read this newsletter online, please go to www.santafenm.gov

- You will be on the City of Santa Fe's website Home Page.
- Click on the words "A to Z index" in the upper left corner of the City's Home Page. A new page will appear.
- Scroll down to the letter "S" and click on "Senior Services".
- You will now be on the Senior Services Home Page with the newsletter, program information, staff contacts, and enrollment forms for Senior Services Membership card and for the RSVP Volunteer Program.

If you have any questions or comments about the Senior Services web pages, please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or 505-955-4760.

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
 Maggie Coffey, Receptionist 955-4758

Nutrition

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

Meals On Wheels

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

Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711
 Christine Sanchez-Warren, Prog. Coordinator 955-4715
 Ventana de Vida, M.E.G. Center
 Cristina Villa, Program Coordinator 955-4725
 Pasatiempo, Luisa, Villa Consuelo

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Transportation Ride Reservations **955-4700**

Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada-Ortiz, Administrative Secretary 955-4756

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

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

Senior Membership Registration

Brenda Ortiz, Database Specialist 955-4722

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

Miscellaneous

Lobby Area 955-4735
 Craft Room 955-4736
 Pool Room 955-4737
 FAX Machine - Administration 955-4797
 Board/Conference Room 955-4757
 FAX Machine - Nutrition 955-4794

Newsletter Production

Kristin Slater-Huff, Editor/Distribution 955-4760
 Email: kwslater-huff@santafenm.gov
 Brian Ferns, Graphic Artist
 Jeannie Rae and Judy Valdez, Copy Editors

CITY OF SANTA FE - RUN SENIOR CENTERS

LUISA 1500 Luisa St. (enter from Columbia St.) Santa Fe, New Mexico 87505	955-4717	VENTANA DE VIDA (Pacheco) 1500 Pacheco St. Santa Fe, New Mexico 87505	955-6731
MARY ESTHER GONZALES (M.E.G.) 1121 Alto St. Santa Fe, New Mexico 87501	955-4721	VILLA CONSUELO 1200 Camino Consuelo Santa Fe, New Mexico 87507	474-5431
PASATIEMPO 664 Alta Vista St. Santa Fe, New Mexico 87505	955-6433	COUNTY INFORMATION COUNTY TRANSPORTATION	992-3094 992-3069

DIRECTOR'S REPORT

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 our programs over the years. Without you, our mission and purpose would not exist! In addition, I would like to welcome new participants and extend a personal invitation and encourage you to access the many services we offer.

As many of you know, we offer a vast array of comprehensive services to our seniors. Currently the most utilized are our Nutrition (congregate meals and home delivery), Transportation and In-Home Support (home management and respite). Of these three, our Nutrition and Transportation sections rely on donations, from our participants. Suggested donation signs are posted to remind clients of the importance of donations as well as how much they impact our budgets to maintain our quality services for you. Your generous donation, even if it is not the suggested amount, assists us in purchasing the materials necessary to provide these services for you. Please be assured we take all donations seriously and safeguard your contributions by having them placed in locked boxes to ensure that your money is going directly to the program/service of your choice.

With regard to our Nutrition program, we have 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 \$12.50 thereby saving \$2.50. Meal tickets may be purchased at any of our meal sites, from the Meals-on-Wheels driver, and/or Nutrition office staff. These donations are then used to help us purchase food, beverages, gasoline, and various supplies needed to operate and enhance our meal services. Many of you who can afford to contribute help compensate and offset for those who regrettably cannot contribute at all.

With respect to our Transportation program, we have established a suggested donation of \$.50 per ride (one-way-trip). When we compared this with other state programs the average suggested donation was \$2.00. These donations help with increased gasoline costs, provide vehicle maintenance assistance and assist with overtime expenditures. Many regular riders have elected to purchase a transportation ride ticket, valid for 25 rides for a donation of only \$10.00 thereby saving \$2.50. These ride tickets may be purchased from any of our Transit Operators/Drivers and/or Transportation office staff.

As a reminder, two of our other annual programs have begun. Our local Senior Olympics competition registration began on January 7th and late registration will run from February 4th through the 8th. 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 as well as at 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 many of you at our various senior centers. Hope you have a Happy Valentine's Day!



SENIOR SERVICES PROGRAM INFORMATION

Senior Center Membership Card

Anyone who makes use of the programs, transportation, activities or congregate meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. Tracking the card enables us to receive vital funding for our programs.

If you do not have a card, please come to MEG center to get one. The card only costs \$2 and \$1 for a reprint. **Please bring exact change.** You will need an emergency contact name and phone #, the last 4 digits of your Social Security number and your date of birth for your card.

To qualify for DSS Services. The following criteria or exceptions must be met:

1. Be sixty years of age or older per the Older American Americans Act; and/or
2. Be the legal spouse of a member sixty years of age or older; and/or
3. Be disabled and living in Luisa, Pasatiempo or Villa Consuelo senior housing regardless of age (for meals only); and must
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For details call Brenda Ortiz at 955-4722.

Cards are not official identification. To obtain an official New Mexico identification card, you must go to the Motor Vehicle Division. Senior Membership Cards are only for use in City of Santa Fe Senior Centers.



We will print cards on the following days:

**Tuesdays, February 12, 19 and 26
March 12, 19 and 26
9:00am to 1:00pm**

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 within S.F. County but outside city limits, 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.

Closures: There are no closures this month.

SENIOR SERVICES MONTHLY EVENTS

FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Bob Meinershagen is 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, 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.

You must make an appointment ahead of time. To reserve an appointment for a free, individual, half hour counseling session at the Mary Esther Gonzales Senior Center (1121 Alto St.), call 955-4721.

Wednesdays	February 6, 13, 20, and 27	8:00 - 11:45 a.m.
Thursdays	February 7 and 21	12:30 - 3:30 p.m.

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

CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	February 5	8:30 a.m.
Pasatiempo	Monday	February 4	1:00 p.m.
Ventana de Vida	Friday	March 1	9:30 a.m.
Villa Consuelo	Monday	February 4	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	February 20	9:30 a.m.
Travel Committee (Now third Thurs.)	Thursday	February 21	8:45 a.m.
Senior Activity Corp. (Now third Thurs.)	Thursday	February 21	10:00 a.m.
Transportation/Nutrition	Tuesday	April 9	9:00 a.m.
Senior Olympics	Wednesday	February 13	9:30 a.m.
RSVP	Tuesday	March 26	10:00 a.m.

BLOOD PRESSURES, 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 - Second and Third Tuesday	Feb. 12 & 19	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	Feb. 7	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	Feb. 14	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	Feb. 19	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	Feb. 21	11:00 a.m. to 12:00 noon



NEWS & VIEWS

Listening Horse Therapeutic Riding

Listening Horse Therapeutic Riding is located in Santa Fe and serves northern and central New Mexico. They are a tax-exempt member center of the Professional Association of Therapeutic Horsemanship International (PATH Intl.).



They offer recreational therapy with horses for people facing the challenges of: Post-Traumatic Stress Disorder; Physical Injuries; Traumatic Brain Injuries; Spinal Cord Injury; Visual & Auditory Impairment; Amputation; Cancer Treatment & Recovery; Autism; Downs Syndrome; Emotional & Behavioral Difficulties; At-Risk Youth; Substance Abuse Recovery; Grief; Fear of Horses. No previous experience with horses is necessary. They match rider and horse, with the safety and comfort of both always first and foremost. Sessions begin with grooming and groundwork, which establish the human as the leader and creates a bond of trust between horse and rider. This helps riders improve focus for themselves and the horse and to communicate with sensitivity and patience. During these exercises, the horse helps the human learn to live in the present, rather than remain stuck in fear, pain, anger and other difficult emotions.

For those with physical challenges, horseback therapy offers great outdoor exercise that helps build overall strength. An increase particularly in core strength greatly improves gait, flexibility and physical balance. When riding, the human body's reaction to a horse's gait is the same as it would be if the person were actually walking themselves. This motion is highly beneficial to the human, as it increases brain activity, muscle activity and strength, and oxygen distribution. These are benefits that our participants may not be able to achieve without the assistance of the horse, and it's fun!

They are seeking volunteers to help in any portion of their services. You may contact them at www.listeninghorse.org or (505) 424-9924 or P.O. Box 8960 Santa Fe, NM 87504.

Seniors Reaching Out Lunch

Join other seniors for Nosh 'n Noggins on Wednesday, February 20th 11:30am to 1:00pm at Temple Beth Shalom, 205 E. Barcelona Road. This event is sponsored by Seniors Reaching Out (SRO) and is a monthly program for seniors to get together for education, social interaction, entertainment, and lunch.

Meet, mix and mingle with new and old friends. Lunch will be provided – this month they will be offering a baked potato bar, salad & hamantaschen. The program will be Dancing with the Stars! Their Executive Director, Dorothea Migliori, will teach a folk dance or two.

There is no charge, but they do need your reservation. Please call or email Amy Schiffer no later than Friday, February 15th at 982-1376 or email to info@sftbs.org. Please let Amy know if you need transportation; if you have any dietary or physical restrictions; if you would like to bring a friend, or if you can't attend this month, but want to be put on/kept on the mailing list. SRO is partially funded by the Jewish Federation of New Mexico.

Handyman (and his wife) Available to Help

The Division of Senior Services is delighted to announce that we have an additional volunteer handyman available to assist seniors who might have a difficult time paying for a full-price repair service.



This gentleman and his wife have cleared a background check and are ready to assist you. He is a professional maintenance man but has offered to volunteer to do basic carpentry, electrical and plumbing repair, painting and yard work free of charge. You would, of course, pay for any needed materials, but the gentleman and his wife will do minor work for free.

Please call Kristin in the volunteer program at 955-4760 to see if he is able to assist you with your needs.

NEWS & VIEWS

Flora's Corner

Inspirational words collected by senior Flora Leyba

"Golden Gems"

We only see a little of the ocean,
A few miles distance from the rocky shore.
But oh! Out there beyond-
Beyond the eye's horizon
There's more-there's more.
We only see a little of God's loving,
A few rich treasures from His mighty store;
But oh! Out there beyond-
Beyond our life's horizon
There's more-there's more.

- Author unknown

Another Winter...Let's Talk About It

With Lillian Alexander

Although winter snow is a beautiful site, it sometimes causes us to hibernate. Instead, we should try something different. Those of us who have found our way to Santa Fe have discovered a new way of life. There is more activity at the MEG Center than any other Center. Every senior in Santa Fe has his or her choice for a variety of activities. One may attend dance lessons, art class, or ceramics class. And one must try our wonderful dining rooms. All centers have the same menus. Monday through Friday, lunch is prepared by outstanding cooks. Best of all, if you no longer drive, senior vans are available.

As for having lunch, the greeting given us is as good as the meal. What more could we ask for? Especially since we do not have to wash the dishes. The point is to be active during winter, all the while enjoying it.

Thanks to all the hard working cooks who prepare the meals that keep us in good shape. Here is a word from one of them.

BRENDA TAPIA

"I feel blessed that I can work with such a great group of people. Each and every one brings something new and exciting to me every day. I feel that we are all one big family."

TWO QUESTIONS FOR YOU

1. Do you enjoy winter?
2. Do you take advantage of what is offered

"Faces of the Elderly"

Santa Fe photographer Hal Kahn is seeking volunteers to be photographed for his "Faces of the Elderly" project, a spiritual-artistic effort to document the faces and life stories of older New Mexicans.

Hal is working on a book that describes the "perils and pleasures" of aging in today's world. Hal believes every face has a story to tell. Volunteers have ranged in age from 52 to 104. Hal is interested in hearing about pivotal events in his subjects' lives and, specifically, their feelings about aging in today's world.

All volunteers receive a CD of their images for their personal use. Many local families have embraced the project as a way to preserve memories of their loved ones. There is no fee or charge of any kind. To make an appointment or get further information, please email Hal at: FacesoftheElderly@gmail.com or call him in Santa Fe at 505-795-9585.

Thank you to Home Instead



To us, it's personalSM

On behalf of the Division of Senior Services, we extend a heartfelt "Thank you" to Chico Marquez from Home Instead Senior Care for another successful year of "Be a Santa to a Senior".

Because of his efforts, four hundred frail, homebound individuals living at home or residing at Santa Fe Care Center received a Christmas gift. This was the only present that many of them received during this holiday season. Thank you also to Christus St. Vincent Hospital, two Santa Fe Wal-Mart Stores, all of you who generously purchased gifts, and those who participated in gift wrapping and/or delivering of Christmas presents to our seniors.

Each of you truly made a difference in the lives of our senior community!

NEWS & VIEWS

50+ Senior Olympics

Let the Games begin!

Tuesday, February 19th marks the opening of the 2013 Santa Fe 50+ Senior Olympics local competition.



Eligible Senior Olympic participants will be given a 15-punch pass (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 Mid-May.

February Olympic events are as follows:

- February 19-20 Air Pistol/Air Rifle
At Santa Fe County Animal Barn
- February 23-24 Racquetball
At GCCC
- February 26 Basketball free-throw
At Ft. Marcy
- February 27-28 Shuffleboard practice
At Ft. Marcy

Also, if you are registered for Air Rifle/Air Pistol match you must contact Bill Black (505) 757-6044 or Len Trimmer (505) 471-3294 to be scheduled. Only 8 people can shoot at one time. We will need to know if you will be using your personal air gun or if you will need to borrow one of ours.

I received the results from State games this past year in July. I would like to mention a few athletes who broke records in 2012:

Archery Recurve	
Sam Tuma	783
Field Discus	
Barbara Hutchison	061'06"
Field Javelin	
Barbara Hutchison	049'11"
Field Shot Put	
Barbara Hutchison	024'08.75"
Road Race	
Vivian Reinikainen	0:28:12.0
Swimming 50 back	
Chris Fletcher	33.71
Swimming 100 back	
Ann Aceves	2:02.75

Swimming 200 back	
Ann Aceves	04:26.91
Swimming 200 breast	
Vivian Reinikainen	3:43.21
Swimming 50 Fly	
Vivian Reinikainen	00.43.03
Swimming 100 Fly	
Vivian Reinikainen	01:44.65
Swimming 50 Free	
Vivian Reinikainen	00.36.82
Swimming 500 Free	
Vivian Reinikainen	07:37.00
Swimming 100 IM	
Vivian Reinikainen	01:36.66
Swimming 200 IM	
Vivian Reinikainen	03:24.38

Congratulations athletes!

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 p.m. or 3:00 p.m. - 5:00 p.m., or also an email at cavilla@santafenm.gov. Or, leave a message and I will call back.

Good Luck Olympians! Till next month!

- Cristina Villa

ECHO Commodities Food Distribution

Commodities (including cheese, cereal and canned foods) are available to income-eligible seniors age 60+ on the third Tuesday of each month, 9:30a.m. - 12:30 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road.



Please call 1-(505) 242-6777 for details.

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

Grace De Aguero	2/15
Olivia Banta	2/16
Mariana Bornholdt	2/18
Margie Gurule	2/28



NEWS & VIEWS

Santa Fe County Mobile Health Van

Dates and Locations for February:

Sat. 2nd 10am-2pm

Lamy Train Station

Sun. 3rd 10am-2pm

Agora Supermarket Eldorado

Tues. 5th 9:30am-3pm

Ventana de Vida

Wed. 6th 10am-2pm

El Rancho Senior Center

Sat. 9th 10am-2pm

Pojoaque Supermarket

Sun. 10th 10am-2pm

Encino Villa Housing

Tues. 12th 9:30am-2:30pm

Pasatiempo Senior Center

Wed. 13th 9:30am-2:30pm

MEG Senior Center

Sat. 16th 10am-2pm

Bee Hive Assisted Living Edgewood

Sun. 17th 10am-2pm

Casa Rufina Housing

Tues. 19th 10am-2:30pm

Edgewood S.C

Wed. 20th 10am-2:30pm

Eldorado/Adam Senior Center

Sat. 23rd 10am-2pm

Southside Library SF

Sun. 24th TBA

Tues. 26th 9:30am-2:30pm

Santa Cruz Senior Centwer

Wed. 27th 9:30am-2:30pm

Chimayo Senior Center



Sage-ing Intensive Workshop

The Conscious Aging Network is offering the Sage-ing Intensive workshop, "Say Yes! to Life," in Albuquerque on March 2nd and 3rd. Whether you're looking for personal growth, planning to enter Sage-ing training, wanting to meet others who are on their journey to find meaning or brushing up on your Sage-ing skills, a Sage-ing Intensive workshop is an opportunity for personal and professional growth as well as community building. Additionally, if you are a counselor or social worker, CEUs are available for this workshop.

Facilitated by Drs. Gary and Charlotte Carlson, this workshop has received high marks from past participants. Both Gary and Charlotte are Certified Sage-ing Leaders as well as Sage-ing Circle Facilitators. Gary is a long-time leader of Sage-ing International, and Charlotte is a Jungian Psychoanalyst who has extensively studied Carl Jung's pioneering ideas of meaning in the second half of life. They especially recommend attending this workshop with a spouse or partner, having found personally that sharing Sage-ing work with each other has enriched their lives greatly.

For more information or to register for this Intensive, consult the SI website (<http://sage-ing.org/schedule-of-events/>) or download the attached flyer. This workshop has filled early in previous years, so get your registration in soon! You may also contact Gary Carlson, PhD, CSL, SCF with Sage-ing® International at 413 La Comunidad NW in Albuquerque, NM 87114 or call (505) 897-1850 or email cannmgary@aol.com

Thoughts from a 90-year-old Woman

(Submitted by Carlos Aguirre)

What other people think of you is none of your business.

Don't audit life. Show up and make the most of it now.

All that truly matters in the end is that you loved. Get outside every day. Miracles are waiting everywhere.

However good or bad a situation is, it will change.



NEWS & VIEWS

These FAQs from the City can help prepare homeowners in case residential water pipes freeze:



What can I do to prevent my pipes from freezing? There are many ways to help prevent your water pipes from freezing in extreme weather. Some suggestions include:

- Wrap exposed water pipes, especially those in unheated areas such as a basement or crawl space, with insulation and/or heat tape.
- If your kitchen or bathroom sink is located against an outside wall, insulate the wall.
- Providing ventilation to pipes will allow warmer air to circulate around the pipes, such as opening the cabinet door below the sink.
- For mobile homes, make sure the skirting is in place.
- Water pipes under the mobile home can be wrapped with insulation and heat tape.
- Disconnect garden hoses from all outdoor faucets to allow frost-free faucets to drain.
- Never completely shut off the heat when you are away, lower the thermostat, but never shut it off.
- Disconnect and drain swamp cooler lines.
- Make sure openings or cracks which allow cold outside air and wind near the pipes are sealed.
- Can I put insulation and a heater or heat lamp in the meter pit to keep my meter from freezing?

The water meter and meter pit are the property of and responsibility of the city.

Customers are not allowed to enter the meter pit. Check this link for Snow and Ice Removal: <http://www.santafenm.gov/index.aspx?nid=1423> The homeowner's or business owner's responsibility is to keep sidewalks shoveled and free from ice build-up. For more information contact the Streets Division, 955-2411.

2013 ASA Aging in America Conference

Aging in America is the largest multi-disciplinary annual conference on aging and is presented by the American Society on Aging. This year's conference will take place in Chicago, March 12th -16th.

Each year Aging in America brings together relevant content, innovations, best practices and replicable models, and develops thought leadership on the most critical issues in the field of aging. Learn from the experts and network with other professionals who share your passion for serving an aging society. There's no better professional development opportunity for the people and organizations whose missions support quality of life and care for older adults.

Among the timely topics to be addressed will be care transitions, global aging, post-election implications, transforming retirement, diversity, financial competence, brain health and much more.

Registration is now open. Visit www.asaging.org/aia13 for more information

Watch for and Prevent Flu

(From the City of S.F Emergency Manager)

Flu season is in overdrive across most of the country, including New Mexico. Influenza, or the flu, can include the following symptoms: abrupt onset of fever, muscle pain, sneeze, headache, nausea, vomiting, and diarrhea

Help prevent the spread of the flu by taking the following steps:

- Get the flu vaccine
- Avoid contact with sick people
- Wash your hands frequently with soap and water
- Cover your mouth and nose with a tissue when you sneeze throw it in the garbage.

For the nearest flu shot clinic to you, call the NM Nurse Advice Hot Line at 1-866-681-5872.



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 NM state rebate.**

FREE Direct Deposit of Refund in 8-10 days

Friday, February 1st to Monday, April 15th

Santa Fe Community College, West Atrium

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

Closed for Spring Break at SFCC from March 18 to 25 and Easter March 29-30

Pasatiempo Senior Center- Do not Call the Senior Center

664 Alta Vista Street, Santa Fe

Monday - Friday 9-1

Closed for Easter March 29-30

NEW THIS YEAR: Self employed small business owners are welcome.
Claim Earned Income Credits for up to 3 kids still in school.
Claim College Credits up to \$2500 per student.

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 WorkForce 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 and Charity Donations: Bring a list of everything. Keep the Receipts or canceled checks at home for 3 years.

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

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 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.

Española Valley Humane Society

Volunteers for Espanola Valley Humane Society are needed for a wide variety of tasks both at the shelter in Española and at mobile adoption and fundraising events.



ESPAÑOLA VALLEY
HUMANE SOCIETY

Volunteers should be comfortable working with cats or dogs (or both!) and are needed primarily for animal handling- walking, brushing, cleaning and grooming- but also to assist with paperwork or other office-type tasks.

Another great area of need is for volunteer foster parents to care for animals who need a safe, loving place to stay for 1-4 weeks until they are either old enough to go up for adoption at the shelter or can go to an adoption event. The shelter provides all food and medical care for the duration of their fostering.

Santa Fe Care Center

Santa Fe Care Center is more than just a nursing home... they have entertainment, crafts, social visits, outings, games, activities, and more. After a background check and an in-depth interview, SF Care staff matches a volunteer with an elder who has similar interests.

Volunteers assist with daily group activities, one-on-one visits with residents, or special events or field trips. Call 955-4760.

Kitchen Angels Needs Drivers

Would you be willing to spend about an hour one evening a week to deliver food in your own vehicle to homebound Santa Feans?

You will get a regular route on a certain day that works for you. You will drive to their kitchen on Siler Road and pack a cooler with the specific meals for your route. You will have written directions to each house and an overall map when you start.

Call 955-4760 to enroll in either of the above.



Interfaith Community Shelter Group

“Serving the Homeless with Compassion and Respect” is the mission of this non-profit. The



Interfaith Shelter in the old Pete’s Pets building on Cerrillos Road is a wonderful, newly remodeled place for homeless Santa Feans to get a hot shower, a homemade dinner, and a safe, warm place to spend the night during winter months.

People are homeless for any number of reasons. Whatever the cause, many faith communities and groups of concerned citizens in Santa Fe have been moved to help them survive and hope for a better life. The group became aware of the plight of the homeless one winter when twenty-five people died on our streets. Existing agencies were overwhelmed. As a result, a community effort brought about a largely volunteer shelter that currently operates from fall through spring. Their purpose is to provide hospitable shelter for homeless men, women and children of Santa Fe.

There is now also a resource center operating in the building during the day where the homeless can get legal assistance, employment and social service guidance, haircuts, medical services, clothing and more.

It takes a huge number of volunteers to provide all of these vital services. Would you like to be one of those volunteers? Help is sometimes needed to cook a meal or help serve and tidy up after the meal, assist with intake or help with sleeping area logistics.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Santa Fe Habitat for Humanity

Santa Fe Habitat for Humanity promotes affordable home ownership for



Santa Fe area residents by constructing simple, adequate houses through the cooperative efforts of volunteers, partner families, donors and staff.

Volunteer opportunities include physically fit construction; office assistance; administrative volunteers who work one-on-one with families; and creative volunteers (think fundraising, graphic design, etc.)

Many Mothers

Many Mothers strengthens communities by providing vital support at the pivotal time when a new baby joins a family. Skilled volunteers share



their expertise to help a family with its practical, educational and emotional concerns. Mothers are physically renewed and psychologically empowered to meet the daily challenges of raising a family. Family members are supported in forming attachments and in bonding which is critical to a child's life-long physical and emotional development. Many Mothers' "village" approach to family support creates a brighter future for our children and our communities.

The primary responsibility of the volunteer is to nurture the new mother so she is revitalized and psychologically empowered to meet the daily challenges of caring for her infant(s). Depending on the needs of the mother and what the volunteer is capable of doing, there are a variety of services that might be offered to the family.

For details on any of these or other volunteer opportunities, please call the RSVP office at 955-4760.

Love your life-volunteer!



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of

February

Irlin Corn	2/01	Mela Chavez	2/16
Julia C. Faber	2/01	Susan A. Cover	2/16
Dolores R. Valdez	2/01	Nora Pompeo	2/17
Ellie Blossom	2/02	Mariana Bornholdt	2/18
Henry E. Gonzales	2/02	Celina Montano	2/18
Lynn Devore	2/03	Robert P. Pacheco	2/18
Anastacio Garcia	2/03	John J. Armijo	2/19
Cathy M. Lomax	2/03	Sheila Cowing	2/19
Nancy Gehman	2/04	Rita L. Solomon	2/20
Linda Palmer	2/05	Teresina G. Lucero	2/21
Roger Goldhamer	2/08	Doug Schocke	2/21
Don W. Leffelbein	2/09	Louis Baca	2/22
Mary V. Thompson	2/09	Alan G. Kalman	2/22
Merejildo V. Ortega	2/10	Ross M. Quintana	2/22
Ana Marie Maritnez	2/11	Jose B. Archuleta	2/23
Juanita L. Quintana	2/11	Connie R. Kinsey	2/23
Edward L. Angus	2/12	Terry C. Meyer	2/23
Orlando Watson	2/12	Larry L. Brainerd	2/25
Janice D. Hayward	2/13	Doreen A. Sansom	2/25
Yolanda Cruz	2/14	Ann Lindsay	2/26
Edward E. Mose Sr.	2/14	William Beardsley	2/27
Irene Moyes	2/14	Elias B. Gallegos	2/29
Sheila Epstein	2/15	Benita Rodriguez	2/29
Valerie Frost	2/15		

ACTIVITIES

All activities are open to eligible seniors with a Senior Membership card (see pg. 4). Classes are held at City of Santa Fe Senior Centers. (See inside cover.) Subject to change.

Ongoing Activities by Senior Center

Luisa Senior Center

Pool Tables	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along-Spanish	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

Mary Esther Gonzales Center

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open	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
Quilting/Sewing	Tuesdays	12:30 pm
Yoga (Dahn)	Thursday	9:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
No Class on 3rd Thurs. of Month		
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings
Zumba Dance	Friday	9:30 am

Pasatiempo Senior Center

Pool/Ping Pong	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Line Dance-Adv.	Tuesday	1:00 pm
Wood/Straw	Wednesday	9:30 am
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Line Dance - Beginner	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

Ventana de Vida Senior Center

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

Villa Consuelo Senior Center

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
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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

Pasatiempo	Monday	12:30 pm
Ventana de Vida	Sunday	1:00 pm

CERAMICS/CLAY

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

COMPUTER

MEG Classes	For info. call	955-4721
MEG Open Use	Mon. - Fri.	1 pm - 4:30pm

DANCE 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	Friday	9:30 am

EXERCISE CLASSES/FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:40pm
Pasatiempo Open Use	Mon. - Fri.	8:00 am
Luisa Open Use	Mon. - Fri.	7:00 am
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
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SEWING/QUILTING/KNITTING

MEG-Sew/Quilt	Tuesday	12:30 pm
MEG-Knitting	Friday	2:00 pm

SING-ALONG

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

TAI-CHI

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

WOOD/STRAW APPLIQUÉ

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

YOGA

MEG (Dahn Yoga)	Tuesday	9:15 am
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ACTIVITIES for this month

Trip to Biloxi and New Orleans

April 6-14, 2013

Diamond Tours will take seniors by motorcoach on this exciting trip including:

- 8 nights lodging (4 at a casino hotel)
- 8 breakfasts and 6 dinners
- Spectacular gulf coast gaming
- A guided tour of the bay of St. Louis
- A guided tour of New Orleans including St. Rose de Lima Church
- Free time in New Orleans' French Quarter
- A visit to a second gulf coast casino \$820.00 per person double occupancy \$1090.00 per person single occupancy There is a 10% for trip cancellation.



For reservations and information, call Cecilia at 204-9527 or Chuck at 988-2958.

"The Princess Bride"

Movie Day at the M.E.G. Senior Center
Friday, February 15th at 1:00 p.m.

A kindly grandfather sits down with his ill grandson and reads him a story. The story is one that has been passed down from father to son for generations. As the grandfather reads the story, the action comes alive. The story is a classic tale of love and adventure as the beautiful Buttercup, engaged to the odious Prince Humperdinck, is kidnapped and held against her will in order to start a war. It is up to Westley (her childhood beau, now returned as the Dread Pirate Roberts) to save her. On the way he meets an accomplished swordsman and a huge, super strong giant, both of whom become Westley's companions in his quest and a thief he outwits. This is a clever and very funny love story.



T'ai Chi for Advanced Students

A new class for advanced students of T'ai Chi Chuan (Taijquan) martial arts will take place on Mondays at 9:15 a.m., right after the regular practice sessions which will continue Mondays through Thursdays at 8:15 a.m. off the MEG Center dining room.



Free Hair Cuts at MEG & Pasatiempo

This month, our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:00am to 2:00 pm. Please note: haircut sign-in begins at 9:00 am.



MEG Senior Center Feb 6th and 13th

Pasatiempo Senior Center Feb 20th and 27th

MEG Sewing Class now Tuesdays

The day for the MEG sewing class has changed from Thursdays to Tuesday starting at 12:30 p.m.

Arts & Crafts Workshop at MEG Center

You are invited to join us for Arts & Crafts workshops at the Mary Esther Gonzales Senior Center. Each month will feature a special project to celebrate the season and will be hosted by Patti Merrill. Workshops are from 10:00 to 11:00a.m. in the Board room at the MEG Senior Center. Bring a friend and join the fun!

This month's focus will St. Patrick's Day and will take place on Tuesday, February 19th.

Free Acupuncture Clinic for Veterans

A free ear acupuncture clinic is being offered for all military veterans and their families at the MEG Senior Center on Thursdays 2:00-4:00p.m. The acupuncture points used have been shown to help with sleep, anxiety, anger issues and PTSD. Treatments are administered by Carolyn Bleakely, Doctor of Oriental Medicine. Come, get a free treatment, ask questions and relax.

Note: The clinic will be closed on holidays and snow days. No appointments necessary.

ACTIVITIES for this month

Weekend Bingo at Pasatiempo-Win \$100

The Pasatiempo Senior Center at 664 Alta Vista Street will host a Bingo on Sunday, February 24th 1:00-4:00p.m. A Bingo pack is \$12 with three specials at \$1 each. Plan to buy Frito pie and a drink for \$5.00. Proceeds benefit the Pasatiempo Senior Center.

MEG Yoga Class –New Day

Dahn (Energy) Yoga class will be held on Thursdays at the Mary Esther Gonzales Senior Center starting at 9:30a.m. Please join us.

Weekend Bingo at Luisa - Win \$100

The Luisa Senior Center at 1500 Luisa St will be hosting a Bingo on Sunday, February 10, 2013 from 1:00 p.m.–4:00 p.m. The cost is \$12.00 for a package with 4 specials - \$4.00

Black out - \$2.00. \$100.00 jackpot. We will serve chicken strips, coleslaw and a drink for \$5.00. Please bring small bills. Everyone is welcome.

AARP Driver Safety Program

Sign up for the next AARP Driver Safety Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (registration) to 5:00 p.m. The volunteer instructor 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 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 \$14.00. If you are an AARP member the cost is only \$12.00, although your AARP card or number must be presented the day of the class.

To register for the AARP class, please call the volunteer instructor of that class:

- February 12th Alan Kalman 629-0752
- March 12th Tricia Penn 438-0460

“Boynton Beach Club”

Movie Day at Luisa Senior Center
February 21st at 1:00 p.m.



A romantic comedy about our amazing capacity to rebound and fall in love at any age. Lois, Harry, Marilyn, Sandy and Jack live in an "Active Adult" community in Boynton Beach, Florida. Their lives intersect when they meet at a local Bereavement Club where they go to find emotional support after the loss of a loved one.

Special Cabaret Performance!

Bob Sinn, veteran singer and performer, and pianist David Geist will present a selection of songs by the great composers of Broadway. Mr. Sinn is originally from Virginia and moved to Santa Fe in 1965 and was always inspired by the music of Broadway. Mr. Geist had a twenty year career playing piano in Broadway orchestras before moving to Santa Fe seven years ago. Bob and David have performed together at Pranzo and Vanessie over the past six years.

Join us on Thursday, February 12th at the Pasatiempo Senior Center at 664 Alta Vista St. from 12:00 noon to 1:00 p.m.

Ash Wednesday at Luisa Center

On Wednesday, February 13th, Deacon Montoya will be giving ashes at:
Luisa Senior Center at 10:00a.m.
1500 Luisa St (enter from Columbia)

Mardi Gras/Valentines Dance February 12th

Join us in celebrating Mardi Gras and Valentines Day with a dance on Thursday, February 12th from 1:00 p.m. – 4:00 p.m. at the Fraternal Order of Eagles on Early St. Dance to live music by Banda Alegre. Light refreshments will be served.



Admission is \$2.00. Please bring your Senior Membership card.

HEALTH & SAFETY

Nutrition Education

(From “Cook it Safe” from USDA)

Every year, one in six Americans will fall ill due to some form of food poisoning. Many times it's the result of not cooking food to the correct temperature. In fact, bacteria can multiply the quickest when food is between 40o F and 140o F. Follow these simple steps when preparing food to keep you and your family safe.



Read and Follow Package Cooking Instructions. When you're hungry and want to eat something fast, it's easy to grab a prepared convenience meal and zap it in the microwave without taking time to read the cooking instructions. Because these commercially prepared convenience foods can be purchased refrigerated, frozen, or off the shelf, it's important to carefully read and follow package cooking instructions. Most prepared convenience foods are not ready to eat right out of the container. Reading the product label should tell you if it's ready to eat. The label may state, for example, that the product contains uncooked ingredients and must be cooked in a conventional oven thoroughly.

Unfortunately, not following package cooking instructions can result in undercooked food, which can lead to foodborne illness because it's not cooked to a high enough temperature to kill bacteria that might be present.

Know When to Use a Microwave or Conventional Oven. Sometimes proper cooking requires the use of a conventional oven, not a microwave. The instructions may call for cooking in a conventional oven, convection oven or toaster oven. Package cooking instructions are calibrated for a specific type of appliance and may not be applicable to all ovens. Additionally, some prepared convenience foods are shaped irregularly or are thicker in some areas, creating opportunities for cold spots or uneven cooking in a microwave oven, where harmful bacteria can survive. For this reason, it is important to use the appliance recommended on the label.

Emergency Planning

(extracted from: www.ready.gov, AMA CitizenReady guide and other sources)

Emergencies can be experienced by the whole community or be specific to you. Organize at least a three-day to one week supply of basic items you may need. Here's a partial list of important items to have on hand, and put aside, before an emergency arises.

- A gallon of water per day per person & pet.
- Non-perishable foods, such as canned goods, crackers, peanut butter, bottled drinks, powdered milk, pet foods and litter.
- Nonelectric can opener, paper cups & plates.
- Flash light and extra batteries, a battery operated radio, waterproof matches, and a whistle to signal for help.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- All medications and treatment information. Ask your pharmacist for an extended 30 day supply to put aside for your emergency kit. Extra oxygen, eye glasses, contact lens solution, hearing aid batteries, special salves or creams. Pet medications.
- First Aid Kit, which will include bandages, tape, antiseptic solution, tweezers, small scissors, latex gloves, etc.
- Wrench or pliers so you or someone else can turn off utilities, if there is a leak.
- Household chlorine bleach with no scents or added cleaners to use as a disinfectant or to treat drinking water (16 drops per gallon).

In the event that you may need to leave your home, be ready to “Grab and Go” from your emergency supplies. Have important personal papers or copies set aside such as Medicare card, driver's license, bank account info, insurance papers, and a list of family and medical phone numbers. Keep all important papers (or copies) in one place!

There is no one way to feel during or after an emergency situation. Think about your abilities and capabilities. Resolve to be ready for as many types of events as possible.

PUZZLES

USA Presidents Word Search

Find and circle all of the United States Presidents that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.

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

WASHINGTON
 J ADAMS
 JEFFERSON
 MADISON
 MONROE
 J Q ADAMS
 JACKSON
 VAN BUREN
 W HARRISON
 TYLER
 POLK

TAYLOR
 FILLMORE
 PIERCE
 BUCHANAN
 LINCOLN
 A JOHNSON
 GRANT
 HAYES
 GARFIELD
 ARTHUR
 CLEVELAND

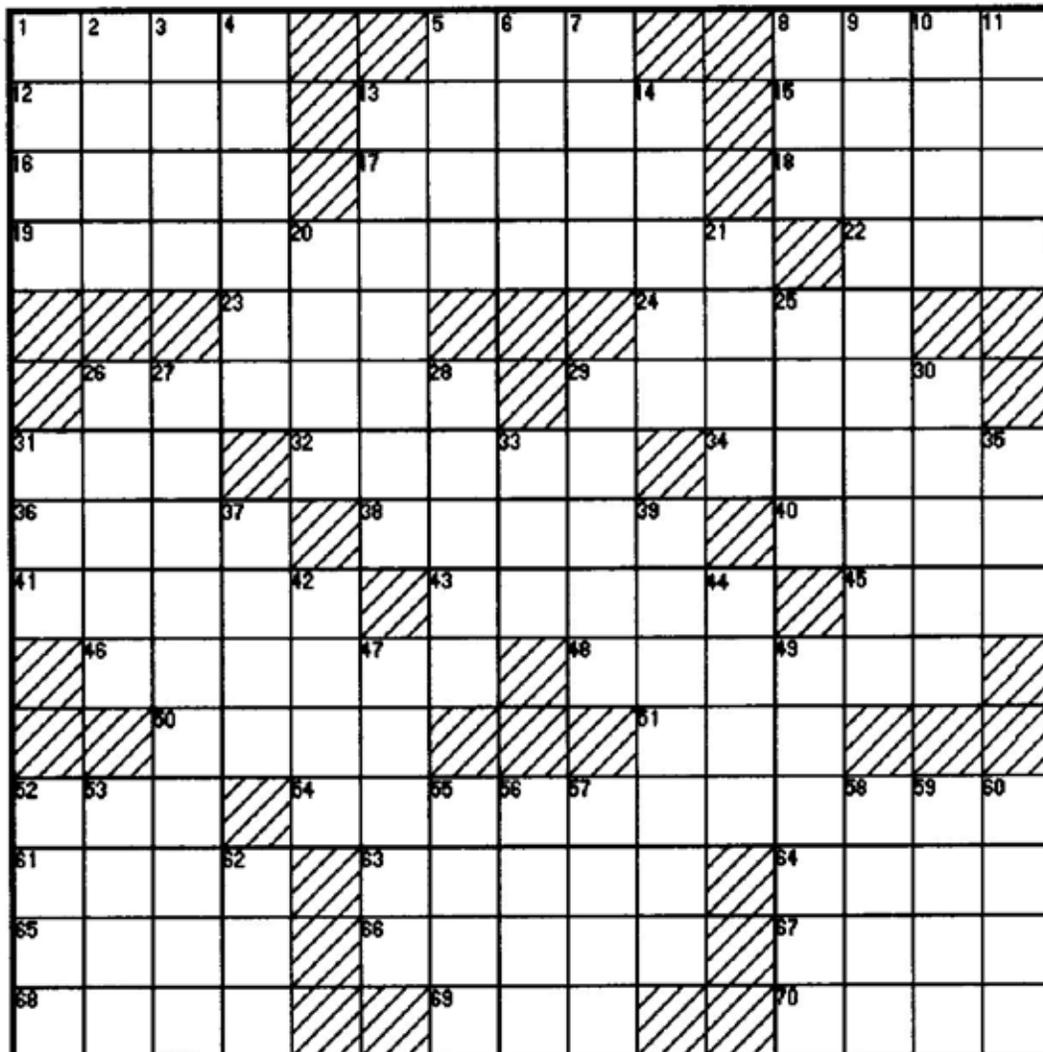
B HARRISON
 MCKINLEY
 T ROOSEVELT
 TAFT
 WILSON
 HARDING
 COOLIDGE
 HOOVER
 F D ROOSEVELT
 TRUMAN
 EISENHOWER

KENNEDY
 L JOHNSON
 NIXON
 FORD
 CARTER
 REAGAN
 G H W BUSH
 CLINTON
 G W BUSH
 OBAMA

PUZZLES

ACROSS

1. Move rapidly
5. Stitch
8. Musical instrument
12. Italian currency
13. Oared
15. Knot
16. To not include
17. German for "eagle"
18. A distinct article
19. Office garbage pail
22. Tablespoons (abbrev.)
23. Sphere
24. Assistant
26. "Damn!"
29. Carries blood from the heart
31. Beer
32. Unable to move
34. Locked containers
36. Group of cattle
38. Conceited smile
40. Light springing rhythm
41. Uncle of Muhammad
43. Native of Australia
45. Clever
46. Fibrous; Like a tendon
48. Semi-divine spirits
50. ____ Lynn, WW2 singer
51. Even
52. Portuguese for "saint"
54. Varieties
61. Unadulterated
63. Terrace or courtyard
64. Stronghold
65. French for "summers"
66. Heir
67. Inter-____, legal term
68. Price
69. Supersonic transport
70. Footwear



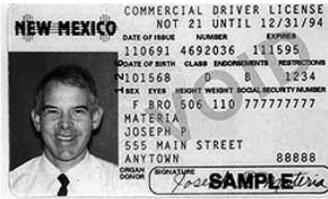
DOWN

- | | | |
|-------------------------------------|--------------------------------|----------------------------------|
| 1. Current | 20. Cupid | 44. Muslim leader |
| 2. Capital of Peru | 21. Small birds | 47. Stinging insects |
| 3. Colored part of eye | 25. Arrangement or agreement | 49. Factory-built construction |
| 4. Dermal artwork | 26. Commoners (slang) | 52. Specification or speculation |
| 5. Soft drink | 27. Plant eaters | 53. Car |
| 6. "Wise" birds | 28. Delicious (slang) | 55. Bags |
| 7. Seven days | 29. Ohio city | 56. Elevator inventor |
| 8. "____-wan Kenobi" | 30. Screams | 57. Disturbance |
| 9. Slippery bony fishes | 31. Cry of surprise or triumph | 58. ____ contendre |
| 10. Prince of Midian | 33. American spy agency | 59. Threesome |
| 11. Trees, of the Ulmaceae family | 35. Eyelid inflammation | 60. Immediately (medical) |
| 13. Rectangular grooves | 37. Citizen of Denmark | 61. Eastern Standard Time |
| 14. Evoking cheerlessness and gloom | 39. Superman's planet | |
| | 42. Antitoxins | |

Non-Driver Photo ID Cards

(From the MVD website)

Santa Fe Senior Services Membership Cards are not official identification. If you don't have a valid driver's license, you may need a New Mexico identification card. With this official identification card you can open a bank account, write a check, travel, use the library and anything else where a driver's license might be required. The New Mexico Department of Motor Vehicles (DMV/MVD) issues these picture ID cards and they have two locations:



Santa Fe MVD

2546 Camino Entrada (near Kohl's)

Santa Fe MVD Express Office

850 St. Michael's Drive

(505) 476-1501 (505) 474-0337

You must go in person to the MVD office. Here's what you need to bring with you:

A picture ID such as an old driver's license (from any state), passport, military id, etc., that shows your date of birth.

If you don't have a picture ID, bring an original birth certificate.

Also bring your Social Security card and two (2) sources of proof of New Mexico residency (bills, etc.).

A photograph will be taken of you for the identification card and your thumbprint and signature will be required.

If you've had a card and lost it, the same identification requirements as above will be needed for a replacement card.

Fees are: \$5.00 for a four-year card and \$10.00 for an eight-year card. No fee is required if you are 75 years of age or older.

You will first be issued a temporary card. A permanent card will be mailed to you. If you already have a valid driver's license that you currently use as identification, you cannot also receive a state ID card- one or the other.

Scams Targeting Seniors

(From the Aging and Long-Term Services Dept)

There are many scams which target senior citizens, including identity theft, health care and insurance fraud, telemarketing fraud, Internet scams and sweepstakes scams.

How can consumers protect themselves from scammers? Be cautious and:

Do not wire money to anyone unless you are absolutely sure it is someone you know and trust. Once wired funds are picked up, there is very little law enforcement can do to retrieve the money.

Unless you made the contact, do not give out your personal information.

Do not send a check, cash, or money order to anyone insisting upfront immediate payment before a service is rendered and never give out your account information.

When selling anything online, beware of anyone who wants to overpay and asks you to reimburse the difference.

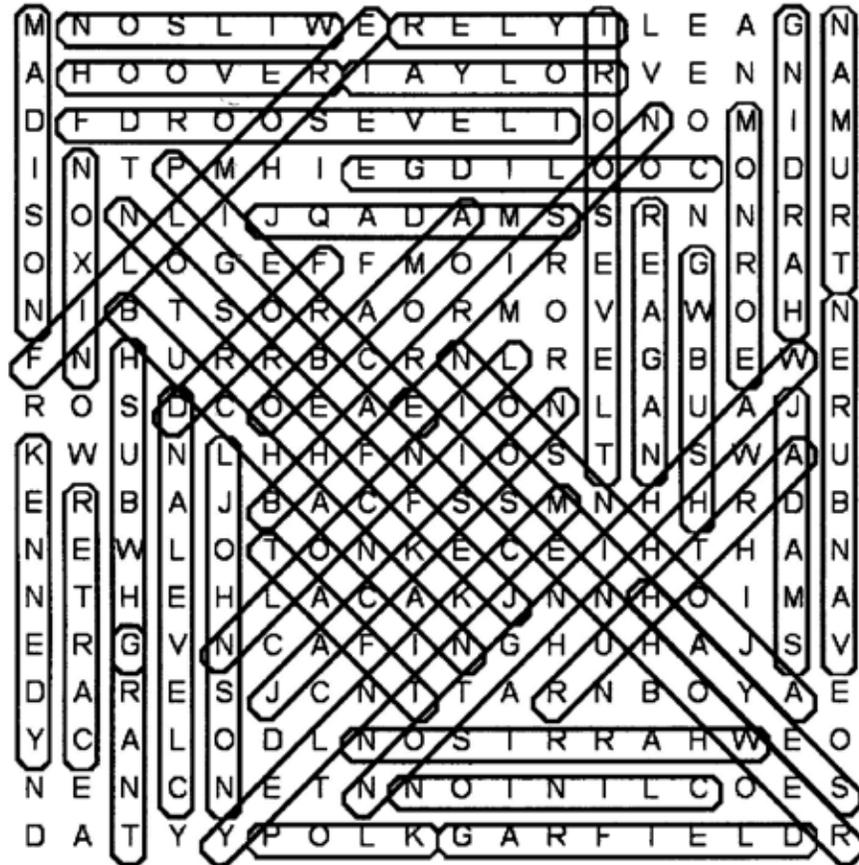
Relay New Mexico Hearing Resources



Relay New Mexico /ATS HEAR BETTER – SEE BETTER @ ATS RESOURCES has moved their offices to 3301 Menaul Blvd NE, Suite 21, Albuquerque (west of Carlisle, next to American Furniture) or call (877) 287-0608.

They have some hearing and seeing devices at reduced prices. ComTek ChatPack marked down 10% to \$985. FM amplification system includes a ChatPack desktop speaker, a receiver, a transmitter, and a headset. Microphone will transmit 200' – 300'. http://www.atsresources.org/shop/index.php?main_page=product_info&products_id=1601 . Vocatex Magnifier & OCR CCTV 26" marked down 21% to \$5,800. Combines a HD Video Magnifier, TV, and Reading Machine. Also available with a 32" and 37" screen. http://www.atsresources.org/shop/index.php?main_page=product_info&products_id=906

PUZZLE ANSWERS



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

BREAKFAST MENU

SENIOR CENTER BREAKFAST MENU FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is Served at MEG, Luisa and Pasatiempo Senior Centers. Serving Times Are: 7:30am till 8:30am Monday thru Friday	Senior Breakfast Meal Donation=\$1.00 Non-Senior Mandatory Breakfast Fee:\$5.32 (59 years of age or younger)			1 Grilled Ham Salsa Tortilla Margarine Milk
4 Boiled Eggs Salsa Small Roll Margarine Milk	5 Sausage Cheese Red Chile Small Roll Margarine Milk	6 Ham & Cheese Biscuit w/ Ham Cheese Salsa Jelly Milk	7 Breakfast Burrito w/ Scrambled Egg Cheese Green Chile Tortilla Bacon Milk	8 Cottage Cheese Tomato Juice Hot Cereal Margarine Milk
11 Peanut Butter Tomato Juice Cold Cereal Small Roll Jelly Milk	12 Scrambled Egg Cheese Green Chile Hashbrowns Bacon Milk	13 ASH WEDNESDAY Grilled Ham Salsa Peppers Small Roll Jelly Milk	14 Scrambled Egg Cheese Red Chile Potatoes Margarine Milk	15 Sausage Salsa Hashbrowns Small Roll Margarine Milk
18 Grilled Ham Red Chile Hasbrowns Margarine Milk	19 Breakfast Burrito w/ Scrambled Egg Cheese Salsa Tortilla Bacon Milk	20 Cottage Cheese Tomato Juice Hot Cereal Margarine Milk	21 Scrambled Egg Cheese Salsa Hashbrowns Bacon Milk	22 Peanut Butter Tomato Juice Cold Cereal Small Roll Jelly Milk
25 Sausage Cheese Green Chile Potatoes Margarine Milk	26 Scramble Egg Cheese Salsa Tortilla Bacon Milk	27 Sausage Tomato Juice Pancakes Maple Syrup Milk	28 Breakfast Burrito w/ Scrambled Egg Sausage Cheese, Tortilla Salsa Milk	

Please Note: Senior Meal Suggested Donations: Breakfast \$1.00

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$5.32 Lunch \$5.32

LUNCH MENU

SENIOR CENTER LUNCH MENU FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Lunch Hours: All Senior Center Serving Times: 11:00 am till 12:30 pm Monday thru Friday		1 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll Chilled Pears Milk
4 Pepper Steak Baked Sweet Potatoes California Veggies Whole Wheat Roll Cherry Cobbler Milk	5 Chicken Taco w/ Garnish & Salsa Pinto Beans Calabacitas Jell-O w /Mixed Fruit Milk	6 Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus Whole Wheat Roll Chilled Applesauce Milk	7 Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/ Fruit / Milk	8 Hot Turkey Sandwich Mashed Potatoes w/ Brown Gravy Peas & Carrots Tapioca Pudding Milk
11 BBQ Chicken Thighs Creamy Coleslaw Steamed Green Beans Whole Wheat Roll Chocolate Pudding w/ Topping Milk	12 Frito Pie w/ Garnish & Red Chile Sauce Pinto Beans Chilled Apricots & Angel Food Cake Milk	Ash Wed 13 Baked Fish Fillet w/ Tartar Sauce German Slaw Mixed Vegetables Hushpuppies Banana Pudding Milk	14 Pork Posole Spinach Salad Pinto Beans Flour Tortilla (1) Fruit Cocktail Milk	15 Fish Sandwich w/ Tartar Sauce Lima Beans Carrot Sticks Chilled Plums Milk
18 Chicken Fried Steak Mash Potatoes w/Gravy Steamed Carrots WW Roll Chilled Peaches Milk	19 Chicken Fajitas w/ Garnish(Cheese & Salsa) Tortilla (1) Chile Beans Jell-O w / Mandarin Oranges Milk	20 Grilled Pork Chop Mashed Potatoes w/ Brown Gravy Steamed Peas WW Roll Cherry Cobbler Milk	21 Chicken w/ Noodles and Gravy Sauce Carrot & Green Peas Cornbread w/ Margarine Fruit Salad Milk	22 Baked Fish Fillet w/ Tartar Sauce Baked Tater Tots Chilled Coleslaw Dinner Roll w/ Butter Chilled Apricots Milk
25 Chile Relleno w/ Green Chile Topping Tossed Salad w/Dressing Pinto Beans /Crackers Mixed Fruit / Milk	26 Philly Steak Sandwich French Fries Spinach Salad Chilled Apricots Milk	27 Tuna w/ Marconi Tossed Green Salad Saltine Crackers Chilled Peaches Milk	28 Hamburger Steak w/ Mushroom Gravy Mashed Potatoes Green Beans / WW Roll Pineapple Bits / Milk	

Please Note: Senior Meal Suggested Donations: Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$5.32 Lunch \$5.32