

The Senior Scene

JULY 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

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

07/2014

Welcome,

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

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

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

- Kristin Slater-Huff, Senior Scene Editor



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Luisa, Pasatiempo, Villa Consuelo

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Homemaker, Non-Medical Personal Care

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Craft Room 955-4736

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Santa Fe County Information 992-3094

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DIRECTOR'S REPORT

07/2014

Dear Patrons,

As you may know, the City of Santa Fe, Division of Senior Services, provides a variety of programs and activities for older adults. These include Nutrition Services (congregate and home-delivered meals), Transportation (door to door) service, In-Home Support (homemaker and respite) services, volunteer (FGP, SCP and RSVP) programs and many scheduled activities to satisfy your individual interests. Our goal is to ensure that Santa Fe's older adult centers operate in a positive, healthy manner and offer an enjoyable environment for all.

July 1, 2014 is the beginning of our new fiscal year. For Fiscal Year 2014/15 our operating budget consists of \$3,504,763 which includes City, State and Federal funding. The following reflects our projected program goals for the upcoming fiscal year:

<u>Services</u>	<u>Units of Services</u>
Congregate Meals	62,281 Meals
Home Delivered Meals	137,483 Meals
Transportation	42,113 Rides
Homemaker	9,361 Hours
Respite Care	9,090 Hours

Our qualified and knowledgeable staff is dedicated to ensuring that our projected program units of services are accomplished during this fiscal year.

On another note, on behalf of the Division of Senior Services, I would like to take this opportunity to announce the resignation of Kristin Slater-Huff, RSVP Community Relations Administrator, effective August 1, 2014. Throughout the past thirteen years, Kristin has built a highly respected and recognized volunteer program in our community. Her dedication to our seniors and her exceptional public relations skills have been invaluable to our division. Every month, Kristin is also responsible for editing and distributing The Senior Scene newsletter which has become an instrumental tool in disseminating important news and announcements to thousands of senior clients each month. Finding someone to "fill her shoes" will definitely be difficult. We wish Kristin the best of luck in her future endeavors and thank her for being a remarkable coworker and friend to us all.



Have a safe and enjoyable Independence Day, honoring the birthday of the United States of America. Centers will be closed Friday, July 4th in celebration of this holiday.

Sincerely,

Ron J. Vialpando,
DSS Director



SENIOR SERVICES PROGRAM INFORMATION

07/2014

SENIOR SERVICES REGISTRATION

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

Registration is held at the Mary Esther Gonzales Senior Center (MEG) located at 1121 Alto Street, Monday to Friday from 8:30 am to 4:30 pm. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2. We will notify you when you should come in to renew/update your registration. Please note that cards are not official identification.

Eligibility for Senior Services Registration

Participants must meet the following criteria, per the Older Americans Act:
Be sixty (60) years of age; or Be the legal spouse of a member age 60 or over, residing at the same address; or For meals only, be disabled and living at Luisa, Pasatiempo, or Villa Consuelo (senior housing).

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

SENIOR TRANSPORTATION INFORMATION

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

Let's Grow

“Let’s Grow!”, a monthly education series for the home gardener is offered by the Santa Fe Master Gardener Association. It is a free and public event that requires no registration.

Restoring an Old Garden

Fri., July 25, 5 -7 p.m. (During Last Friday Art Walk)
Garden at El Zaguán on Canyon Road

Tour the garden at El Zaguán with a detailed explanation of the Master Gardeners’ plan to restore this old garden.

Planning & Achieving a Xeric Landscape

Sat., Aug. 9, 10 a.m. – Noon (During County Fair)
Fairgrounds Xeric Garden

Learn to make a wish list, site inventory and plan, install and maintain a xeric garden. With take-home resources.

Harvesting & Propagating Herbs

Sat., Sept. 20, 9 - 11 a.m.

Fairgrounds Herb Garden

After a brief talk on propagating herbs, participants may plant herb seeds, divisions or cuttings in pots to take home.

Get to Know your new Police Chief

(From www.santafenm.gov)

Santa Fe has a new Chief of Police: Eric F. Garcia. Sworn in on June 16th, Mr. Garcia comes to the position with 24 years of law enforcement experience. He has been the Public Safety Director for the City of Espanola for the past two years. Previously, he served 18 years with the New Mexico State Police and four years as a police officer with the United States Air Force, serving during Operation Desert Storm. He is affiliated with the International Association of Chiefs of Police, New Mexico Municipal League and the New Mexico Broadcasters’ Association. He lives in Santa Fe with his wife and two children.



Center Closures

All senior centers will be closed on Friday, July 4th, in observance of Independence Day. All City-run fitness facilities, libraries and other non-emergency services will be closed as well.



Santa Fe International Folk Art Market

The International Folk Art Alliance (IFAA) is a nonprofit on a mission to foster economic and cultural sustainability for folk artists and folk art worldwide and to create intercultural exchange opportunities that unite the peoples of the world.

This global gathering is being held July 11th, 12th, & 13th and will feature the incredible work of 150 master folk artists from 60 countries. Come and enjoy our international food bazaar, dance to live performances of world music, meet the artists and change lives with your purchases.

What is Folk Art? According to the IFAA, “folk art is rooted in traditions that come from community and culture – expressing cultural identity by conveying shared community values and aesthetics. It encompasses a range of utilitarian and decorative media, including cloth, wood, paper, clay, metal and more. It is made by individuals whose creative skills convey their community’s authentic cultural identity, rather than an individual or idiosyncratic artistic identity. Folk artists traditionally learn skills and techniques through apprenticeships in informal community settings, though they may also be formally educated.”

This year’s main market runs July 12th and 13th at Museum Hill, 9:00 a.m. to 5:00 p.m. with additional events in various venues the preceding week. Market tickets are \$15 in advance and \$20 at the door. You can get tickets and learn much more at www.folkartalliance.org or call 992-7600.

NEWS & VIEWS

07/2014

Flora's Corner

(Inspiration from Flora Leyba)

Growing Old

**We get the sweetest comfort
when we wear the oldest shoe.**

**We love the old friends better
than we'll ever love the new.**

**Old songs are more appealing
to the wearied heart...and so
we find the sweetest music
in the tunes of long ago.**

**There's a kind of mellow sweetness
in a good thing growing old.**

**Each year that rolls around it
leaves an added touch of gold.**

-Divine World Missionaries

**"Always do what is right. This will gratify a
few people and astonish the rest."**

-Mark Twain

Thank you, Joanne Valdez

Since March of 2000, Joanne M. Valdez, RN, BSN has been taking blood pressures and measuring blood sugar and oxygen levels for senior citizens at all five Santa Fe senior centers. Perhaps equally important were the private, informative and compassionate free medical consultations she gave, based on the test results.

Joanne knew countless seniors by name and face and kept everyone on a healthy path.

Mrs. Valdez has decided to retire from her nursing duties at Senior Services. We wish her peace and joy and will dearly miss her skills and the way she took care of our seniors.

Muchas gracias, Joanne.



Escort to Medical Appointments

Sometimes, a senior will need to go to a medical appointment but the doctor requires that they have someone to drive them, sit in the lobby during the procedure and drive them home. Sometimes, the senior has nobody who can do that for them and they have to cancel the appointment.



We now have a wonderful volunteer who has cleared a criminal background check and has offered to drive seniors, wait there and drive them home.

If you need an escort to the doctor who must stay there, take you home and if you have no family or friends or other resources, we can help you for free.

Call Kristin in the RSVP office 955-4760 as far in advance of your appointment as possible and we will try to arrange a ride with our volunteer, William ⁶

Need Help Accessing Benefits?

The New Mexico Area Agency on Aging (AAA) can assist you with:

- Paying your medical expenses
- Paying for your Medicare hospital insurance or medical insurance
- Affording the food you need
- Paying for your utilities
- Let the AAA help determine if you qualify for benefits such as these through the N.M. Human Services Department.

For assistance, call Jessica Martinez with the Non-Metro Area Agency on Aging at (888) 676-8192.

Nosotros le Podemos Ayudar

- Necesita ayuda con sus costos Medicos?
- Necesita ayuda para pagar su seguro de hospital Medicare Parte A or su seguro medico Medicare Parte B?
- Necesita ayuda para comprar Alimentos?
- Necesita ayuda para pagar sus utilidades?
- Van a ayudarle a determinar si usted califica para beneficios importantes del Departamento de Servicios Humanos.

Contacte a su centro de adultos local o llame a Jessica Martinez a (575) 461-7817.

NEWS & VIEWS

07/2014

End Hunger in New Mexico Summit

Mission Statement: Building the awareness of hunger in the State of New Mexico by supporting underlying solutions that inspire self-sufficiency and community empowerment and support for a hunger-free tomorrow.

The End Hunger in New Mexico Summit offers a wide variety of topics dealing with hunger issues in the State of New Mexico. Presenters will include experts on the subject of hunger. Workshops will include solutions, resources and connections to services throughout the state.

The conference runs July 17-18, 2014 at Isleta Resort & Casino in Albuquerque. For more information Carlos Martinez at (866) 699-4927 or email him at: aaa@ncnmedd.com. We hope you will make plans to participate.

Hunger Facts

At least 40,000 New Mexicans are seeking food assistance each week.

- 40% of New Mexicans who are served food assistance are children under the age of 18.
- Seven percent of those New Mexican children are under the age of five.
- Thirteen percent of the people seeking food assistance in New Mexico are senior citizens.

Myth:

People needing food assistance are homeless or out of work.

Reality:

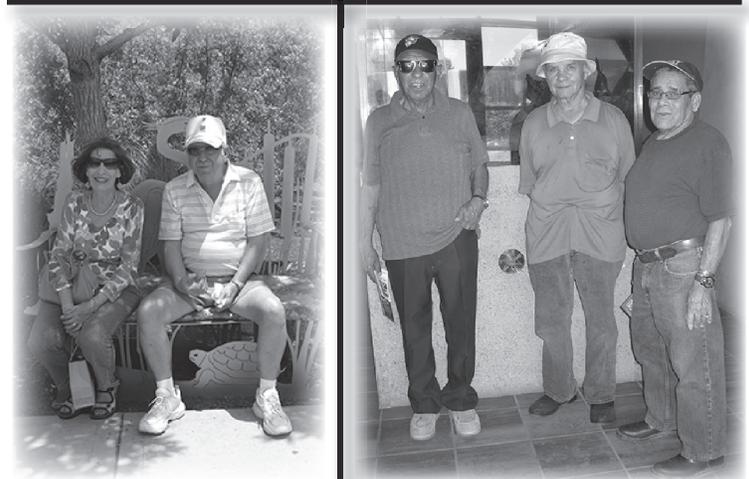
- New Mexico is one of the highest States facing food insecurity at 21.2%.
- 31.7% of persons under the age of 18 live in poverty.
- Thirty-two percent of households seeking emergency food assistance include at least one employed adult.
- Eight percent of the people seeking assistance are homeless.
- While thousands of New Mexicans receive monthly assistance through SNAP (Supplemental Nutritional Assistance Program), those funds only provide 2.3 weeks of groceries.
- New Mexico ranks 2nd in the Nation on Senior Hunger.



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, 9:30 a.m. – 1:00 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road. Please call (505) 242-6777 for details.

Trip to the Albuquerque Zoo and Aquarium



RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

07/2014

Community Needs

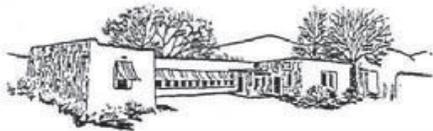


The following are volunteer positions, and each comes with training from the volunteer "station" and support from the Retired Senior Volunteer Program.

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

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

Villa Therese Catholic Clinic



The Villa Therese Catholic Clinic is a private organization under religious auspices offering its services to the poor of Santa Fe, regardless of age, race, creed, gender, ethnicity or national origin, sexual orientation or disability.

Their mission is to meet basic medical and social well-being needs...the main outreach being toward children.

What are your talents and interests? Their volunteer needs include administrative tasks, help with special events and projects and professional or technical needs.

Call the RSVP office at 955-4760 to sign up. Speaking Spanish is a real plus for this volunteer location, but it is not mandatory.

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 Kristin in the RSVP program at 955-4760.

Ambercare Hospice of Santa Fe

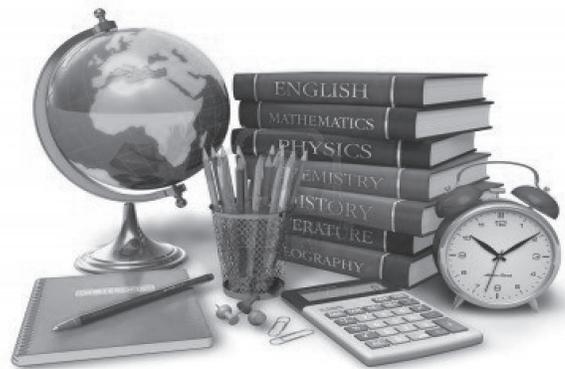
Ambercare Hospice is seeking compassionate and reliable volunteers to visit hospice patients. Volunteers provide a positive and supportive presence, as well as companionship for patients and/or their grieving loved ones. Volunteers might also help with pet care, light household tasks, reading/letter writing, and/or might participate in hospice vigils.

Opportunities are available for veteran volunteers wishing to serve veteran patients.

They also have opportunities to join a volunteer singing group that visits patients in their homes or nursing facilities to share their love of music. They welcome music volunteers of all kinds.

All volunteers must first pass criminal background checks and must complete hospice training, which will be provided.

Call Hannah Whitmore (505) 982-4098 for more info and to register to serve through Ambercare.



Helping One Student to Succeed (HOSTS)

HOSTS is school-year, one-to-one tutorial in reading at César Chavez Elementary School on Jaguar Drive. After passing a criminal background check and receiving orientation, volunteers are paired with students who have been recommended into the program by their teachers.

Volunteers typically donate one hour per week, although they have several people who give them more time. Volunteers are provided with an easy to follow lesson plan and all necessary materials. No preparation is necessary. All you need to do is come!

Call Kristin in the RSVP office at 955-4760 to

learn more.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Randall Davey Audubon Center

Volunteers are needed at the Randall Davey Audubon Center for all sorts of activities.



Spend a few hours a week at an idyllic 135 acre wildlife sanctuary nestled in the foothills of the Sangre de Cristo Mountains. Because there are children onsite, a standard background check is required by National Audubon. The following are ways that you can help them protect, teach about and enhance this amazing environmental education and conservation center:

- Visitors' Center/Nature Store
- Historic Randall Davey House Docents
- Gardening, Landscaping and Trail Maintenance
- Clerical, Graphics and Office Work
- Education
- Special Events

Call Kristin at 955-4760 in July to sign up to volunteer with Audubon and RSVP.

Bienvenidos Outreach, Inc.

The mission of Bienvenidos is "To provide food and clothing to those in need". To do that, they need volunteers to pick up food donations (for which you would need to use your own truck or SUV), to assist in the clothing room, to prepare the food boxes or lunch bags; or as backup at the front desk. Call Kristin at 95504760.

Thank you, and Farewell

After more than thirteen years in the best job I can think of, it is time for me to say goodbye to all of you. It has truly been a pleasure working with and for you all.

As many of you know, I have been torn between Santa Fe and Boston, Massachusetts for the last few years, checking in on my increasingly frail parents. Now, they could use a hand on a daily basis, so my family and I are relocating to the Boston area. August 1st will be my last day at Senior Services.

Thank you for all of your compassion and efforts to strengthen our community. Please keep up the great work!

-Kristin Slater-Huff,
RSVP Community Relations Administrator



RSVP volunteers born in JULY!

James Tate	7/02	Frank Sena	7/18
Alice Vargas	7/02	Graciela Thorpe-Powers	7/19
Lorna Dyer	7/03	Vivian Heye	7/20
Thomas K Pedersen	7/03	Willie J Horne	7/20
Roberta Carter	7/04	Susana A. Montoya	7/20
David Reffert	7/05	Christine Evertsz	7/21
Lorraine Graham	7/06	Beatrice Garcia	7/21
Marvin Lachman	7/06	Christine Hickman	7/21
Donna Sellers	7/06	Lillian McConnell	7/22
Sue Ann Spoonhoward	7/07	Barbara Mellers	7/22
Michaela Gallagher-Gonzales	7/08	Rudolf Hunziker	7/24
Anita Alarid	7/09	Abdi Iyow	7/24
John Dowdle	7/09	Ann Aceves	7/25
Esequiel Marquez	7/09	Doris Patton	7/25
Maria E. Naranjo	7/09	Lillian M. Martinez	7/26
Rod Hasson	7/10	Peter B. Quintana	7/26
Nancy R. Nofield	7/10	Carole Silva	7/26
Yvonne Prior	7/10	Pauline Candee	7/27
Mary Ellen Underwood	7/12	Ellen Rosell	7/27
Eleanor L. Riser	7/13	Joan Carroll	7/28
Tessie Horne	7/14	David L. Raab	7/28
Geniva Lopez	7/17	Michaela Shelley Valencia	7/29
Tillie Garcia	7/18	Consuelo Garcia	7/30
Helen R. Lujan	7/18	Jo An Riter	7/30

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

FGP/SCP Foster Grandparent / Senior Companion Programs

07/2014

Foster Grandparents Needed...

The Foster Grandparent Program is currently recruiting for the new school year, which begins in late August. Our local public schools are always in need of volunteers for one-on-one assistance in grades Kindergarten through Third grade. There are also several new Pre-kindergarten classes being formed and assistance with those young children is needed. Foster Grandparents typically volunteer up to 20 hours per week and if eligible, may receive a modest tax-free stipend, mileage reimbursement and other great benefits. If you are interested in making a difference in the life of a special child, call Melanie at 955-4761.

Twenty-eight Foster Grandparents just completed the school year and watched their assigned children move on to the next grade level. The following are comments off of evaluations from the recent school year submitted by teachers about their assigned Foster Grandparents.

- "Grandma is a huge help in our class. She really helped the students become better readers by working with them one-on-one."
- "She is an excellent volunteer. I really want her back next year!"
- "Our volunteer is truly an asset to our class. She brings so much and is great to work with."
- "She is the greatest grandma ever! It was a hard year and she made it an easier year."
- "Our Foster Grandparent has worked in my classroom for several years. She is a great asset. She is a hard worker, very loving and kind to the students. The students love her very much."
- "Grandpa has my highest rating possible. He is so highly regarded at my school by students and staff. We definitely want him back next year."

- "It has been a pleasure to have our Foster Grandparent in our classroom. She has been a positive role model in our classroom."

- "Our assigned volunteer really connected with the kids. She is a great motivator!"

The heart of the program continues to be the one-to-one daily attention that Foster Grandparents provide and the sense of hope they foster in the hearts of children. Think about joining today!

Attention Foster Grandparents

The Santa Fe Public Schools will begin school on Monday, August 18, 2014. It is customary to give the teachers and children at least one week to acquaint themselves with the school and each other before we send in our Foster Grandparents to assist. Therefore, Foster Grandparents will kick off the new school year on Monday, August 25, 2014.

Fourth of July

In observance of Independence Day, volunteers are not required to volunteer their regular schedule on Friday, July 4th. Enjoy your day off.

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

Celia Roman	7/2	Geniva Lopez	7/17
Sue Ann Spoonhoward	7/7	Isidra Pacheco	7/21
Joan Baca	7/9	Rosina Tapia	7/24
Carmen Montoya	7/16	Catalina Ortiz	7/24



ACTIVITY

07/2014

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

Luisa Senior Center 955-4725

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

Mary Esther Gonzales (MEG) Senior Center 955-4715

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

Chair Yoga Resumes Oct. 2nd.

Zumba Gold	Friday	9:30 am
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm

Pasatiempo Senior Center 955-4725

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

Ventana de Vida Senior Center 955-4715

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

Villa Consuelo Senior Center 955-4725

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

ART

Ventana-Class	Tuesday	1:00 pm
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BINGO

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

BRIDGE GAMES & PUZZLES

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

CERAMICS

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

COMPUTER

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

FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm

EXERCISE & MOVEMENT CLASSES

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

MEG Chair Yoga Resumes Oct. 2nd.

Ventana Class	M/W/F	9:00 am
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TAI-CHI

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

GUITAR CLASS (Beginner)

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

JEWELRY MAKING

MEG Center	Tuesday	9:00 am
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SEWING/KNITTING

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

SING-ALONG

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

WOOD/STRAW APPLIQUÉ

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

ACTIVITY

07/2014



Senior Activity Corporation Trip To Florida, including: Amelia Island, St. Augustine & Jacksonville September 26- October 6, 2014

Join other seniors on this exciting adventure for ten nights and eleven days! The trip fee includes:

- Motorcoach transportation
- Ten nights' lodging, including four consecutive nights in Florida
- Eight dinners and ten breakfasts
- A visit to the Fountain of Youth
- A visit to the historic Kingsley Plantation
- A narrated cruise on the St. John's River
- Guided tours of Amelia Island, St. Augustine and Jacksonville
- An exclusive Diamond Tours dinner party with entertainment
- Driver gratuity and travel insurance
- And much more

Single Rooms: \$1350.00 per person

Double Rooms: \$1025.00 per person

Note: There is a 10% cancellation fee.

Call Cecilia at 204-9527 or
Alice at 473-1716

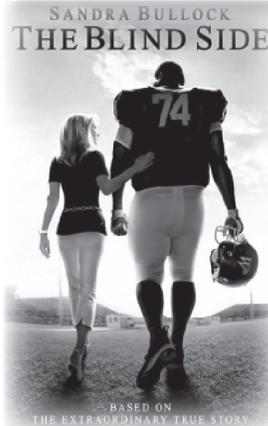


Seeking Volunteer Ceramics Teacher

The Pasatiempo Senior Center is looking for a volunteer who can teach ceramics to seniors any day Monday to Friday, starting at 9:00 a.m. If you are interested, please call Lugi at 955-4711.

MEG Movie Day "The Blind Side"

Tuesday, July 29 1:00 p.m.



Micheal Oher (Quinton Aaron) knows little of family and football, only the streets and project of Memphis. Well-to-do Leigh Anne Tuohy knows little about his world. Yet when she and Micheal meet, he finds a home. This true story of family and of Micheal's growth into a blue-chip football star will have you cheering. Share the remarkable journey of the college All-American and first-round draft pick who was a winner before he ever stepped onto the playing field.

Luisa Movie Day "Philomena"

Wednesday, July 9th at 1:00pm



Philomena Lee, an Irishwoman in her 70s, became pregnant as a teenager in 1952. Her family abandoned her out of shame and sent her to a convent. Three years later the nuns made her give up her son for adoption in America. Lee, who was forced to sign a document promising "never to seek to know" what happened to her son, later moved to England where she married and had a family. Through a lucky set of circumstances, she happens to meet Martin Sixsmith, an ex-BBC reporter. When Philomena tells Martin about her long search for her son, he realizes that hers is a remarkable story. He arranges for the two of them to visit the United States to find out what happened to Anthony. Rated PG-13. Starring Dame Judi Dench.

Luisa Bake Sale

Come fill your tummies with yummys! Seniors make the best baked goods. Proceeds go the Luisa Senior Center. Join us on Tuesday, July 8th from 9:00 a.m. until all the goodies are gone.



ACTIVITY

07/2014

July Barbecues- Join Us!

July 11: Pasatiempo BBQ & Music

The Pasatiempo Senior Center, at 664 Alta Vista, will host their annual BBQ on Friday, July 11th. Our cook, Eliseo, will be serving hamburgers, pork and beans, watermelon and drink from 11:00 a.m. to 12:30 p.m., for a suggested donation of \$1.50 for seniors age 60+. Music by: Grupo Cielo Azul



July 18: Ventana de Vida Summer Barbecue

You're invited to come out and join the seniors at Ventana de Vida, at 1500 Pacheco St, on Friday, July 18th. Our cook, Brenda, will serve a delicious hamburger, chips, watermelon and a drink for a suggested donation of \$1.50 for seniors age 60+ from 11:00-12:30. Hope to see you all there.

July 31: Luisa Annual BBQ & Dance

The Luisa Senior Center, at 1500 Luisa St., invites you to their annual BBQ on Thursday, July 31st. Their cook, Toya, will grill hamburgers, and serve pork and beans and watermelon. Join us from 11:00 a.m. to 12:30 p.m. for a suggested donation of \$1.50 for seniors age 60+.

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

Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St (enter on Columbia) will host a Bingo on Sunday, July 13th from 1:00 p.m.-4:00 p.m.

The cost is \$12.00 for package and four specials at \$1 each. The blackout game is \$2.00. The jackpot winner goes home with \$100.00! **Please bring small bills.** We will serve nachos, dessert and drink for just \$4.00.

Everyone is welcome- join us!



Summer Dance July 24

Join us for an afternoon of summer fun on Thursday July 24th 2014 from 1:00 to 4:00 at the Fraternal Order of Eagles. Dance to the live music of Cuarenta y Cinco. Light refreshments will be served.

This dance is sponsored by the Pasatiempo Center. There will be a \$2.00 entrance fee. The Fraternal Order of Eagles is located at 833 Early Street. See you there!

AARP "Smart Driver" Course

Sign up for the new, completely revamped AARP course now called "Smart Driver".

Classes are held monthly in the dining room at the MEG Senior Center, located at 1121 Alto Street. The mini course is

from 12:30 (check-in) to 5:00 p.m. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road.



New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the entire four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

Classes are held on the second Tuesday of each month. You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00. If you are an AARP member the cost is only \$15.00, although your AARP card or membership number must be presented the day of the class.

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

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

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

July 8th Stewart Farley 603-4543
August 12th Tricia Penn 438-0460

Acupuncture Dates in July

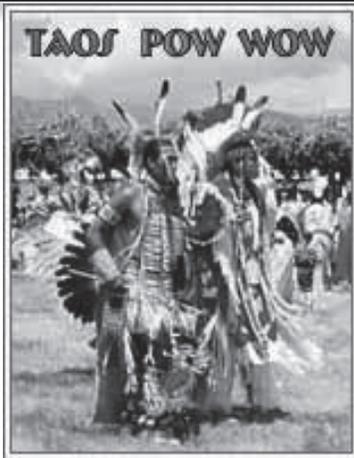
There will be ear acupuncture for veterans and 13 their families only on July 3rd, 10th and 31st.

ACTIVITY

07/2014

Day Trip to Taos Pow Wow

Come out and enjoy a wonderful day in Taos on Saturday July 12th. We will listen to traditional music and watch some good dancing. The cost for the trip is \$20.00 per person. The bus will depart from Mary Esther Gonzales Senior Center at 9:00a.m. and return at 5:30p.m. Everyone is on their own for their meals.



If you are interested in going, please call:

Don Bell 982-2707
Barbara Arlen 428-0124

Day Trip to Tinkertown Museum

Invite a friend and let's spend a day touring and shopping at the Sandia Mountains' Tinkertown Museum on Tuesday July 22nd. The cost is \$10.00 per person. We will depart from M.E.G center at 9:00 a.m. and return around 3:00 p.m. We will provide a sack lunch. Please bring walking shoes and water.



Registration is on a first come, first served basis and limited to 25 participants.

Please call Cindy at 955-4715.

Monthly DSS Senior Center Meetings

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

Ventana de Vida: Monday, July 7 at 9:40 a.m.
Villa Consuelo: Monday, July 7 at 10:00 a.m.
Pasatiempo: Monday, July 7 at 1:00 a.m.
Luisa Center: Tuesday, July 8 at 9:00 a.m.

Free Hair Cuts at MEG & Pasatiempo

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



Note: She will only give 20 haircuts each day. At the MEG Center, haircut sign-in begins at 9:00 a.m. in the Program Coordinator's office.

MEG Center July 2nd
Pasatiempo Center July 23rd

Monthly DSS Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition July 8th 9:00 am
- Senior Olympics July 9th 9:30 am
- Advisory Board July 23rd 9:30 am
- Travel Committee July 24th 8:45 am
- Senior Activity Corp July 24th 10:00 am
- RSVP July 22nd 10:30 am

Oil Painting and Acrylics Class

Learn how to work with oil and acrylic paints. Artist Anita West will be starting a painting class on Fridays at Ventana de Vida Senior Center. For additional information please call Anita at (505) 577-0113.

No Chair Yoga until October

Please be advised that the Thursday chair yoga class at M.E.G. center will be cancelled from, July through September. The class will resume on Thursday October 2nd. Sorry for the inconvenience.

Let's Celebrate Your Birthday

Humana will serve cake and ice cream at the Mary Esther Gonzales senior center on Wednesday, July 2nd in honor of all July birthdays. So come out and celebrate with us.



HEALTH & SAFETY

07/2014

What is Silversneakers?

The SilverSneakers Fitness® program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events for free. You can lose weight, increase your energy and improve your overall well-being. When you join SilverSneakers, you join a community of nearly 2 million active older adults who will give you the support you need.

What do SilverSneakers members receive?

SilverSneakers members have access to a wide variety of benefits, including:

- A basic fitness membership at any participating location around the country, with access to all amenities usually included with a basic membership;
- A trained Program AdvisorSM at each fitness location to introduce you to SilverSneakers, show you around the location and help you get started in SilverSneakers classes;
- HealthwaysFIT.com to help you track your health progress;
- Go outside with FLEX™, which includes classes and activities at parks, recreation centers and other local venues;
- Health education seminars and other events.

Some specialty services not included in a “basic” fitness location membership (such as massages, tanning or personal trainers) may incur additional charges.

Is SilverSneakers a credible program?

More than 65 Medicare health plans offer the program as a benefit to members across the nation. Regular participation in the program has been proven to help older adults manage their health and increase strength, balance and endurance.

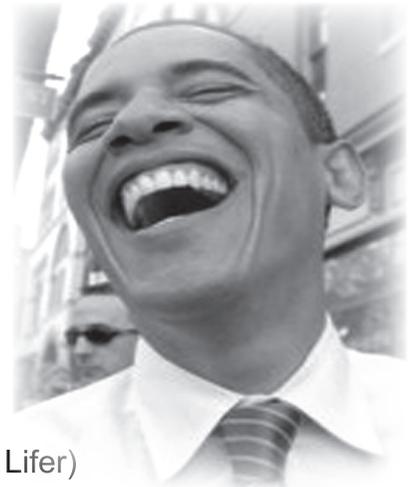
If you're a group retiree or part of a Medicare health plan, you may already have a SilverSneakers membership. For details, call (888) 423-4632.

The following fitness facilities in Santa Fe currently participate in the Silversneakers program. Call before you visit:

Anytime Fitness
720 St. Michael's Drive Suite 2H
Phone: (505) 424-0500
Website: www.anytimefitness.com

Anytime Fitness
4641 Airport Road, Ste. 9
Phone: (505) 424-9770
Website: www.anytimefitness.com

Fitness Plus Women's Gym
1119 Calle del Cielo
Phone: (505) 473-7315
Website: www.fitnessplussantafe.com



Laughing Matters

(From AARP Bulletin, Feb/March 2012 By Holly St. Lifer)

The muscular exertion required to let out a good guffaw releases endorphins, those feel-good brain chemicals that boost mood and can also reduce pain. Other studies have found that laughing lowers your blood pressure and improves the immune system. The one caveat: You should be “laughing till it hurts” as opposed to a slight titter, says lead author Robin Dunbar, Ph.D., an Oxford psychologist.

In recent years laughter-therapy workshops — in which instructors teach participants how to produce those deep belly laughs— have proliferated, most notably in cancer centers. Want a home remedy? Forget the bowl of hot chicken soup and watch “Duck Soup” instead.

HEALTH & SAFETY

07/2014

Know Your Numbers, Change Your Numbers, Change Your Life!

(From www.nmaging.state.nm.us)

The New Mexico Aging and Long-Term Services Department's Healthy Aging Campaign explains that four numbers – your waist circumference, your body mass index, your blood pressure and your blood glucose levels provides a wealth of information about your health status. This helps you understand your risk of developing type II diabetes, heart disease, cancer, Alzheimer's, arthritis and a host of other conditions that shorten or diminish quality of life.

But it's not enough just to know your numbers: taking action to change your numbers can significantly improve health and reduce the chances of dying early or having a poor quality of life for many years.

Here's the good news: Reducing waist circumference and Body Mass Index through healthy eating and exercise almost always decreases glucose and blood pressure, frequently reducing or eliminating the need for medication.

What numbers are we aiming for?

The goal is a waist circumference of less than 40 inches for men, and less than 35 for women.

Body Mass Index (BMI), a simple method used to measure body fat based on a person's height and weight, provides a way to estimate the effect of weight on health. The risk of hypertension (high blood pressure), heart disease, stroke, arthritis, cancer and type II diabetes increases as body mass increases. A BMI of 18.5-24.9 is considered normal, 25-29.9 is considered overweight, and 30 or higher is considered obese.

To calculate your BMI, square your height in inches (ex: $67 \times 67 = 4489$). Multiply your weight in pounds by 703 (ex: $150 \times 703 = 105,450$). Divide your multiplied weight by your squared height (ex: $105,450/4489 = 23.49$ BMI).

Normal blood pressure is systolic pressure less than 120 and diastolic pressure less than 80 mmHg (systolic: pressure of blood against the artery walls as your heart beats; diastolic: blood pressure between heartbeats). Long-term high blood pressure damages veins and arteries and is associated with many serious health conditions, including heart disease, stroke, kidney disease and eye disease.

Normal blood glucose levels range from 64.8 to 104.4 mg/dL, with fluctuations throughout the day. Consistently higher levels of glucose (above 104.4 mg/dL) are evidence of insulin resistance and possible type II diabetes.

Small changes add up over time: adding just 10 minutes of brisk walking daily, eating more fresh fruits and vegetables, and reducing or eliminating high sugar snacks and sodas can result in weight loss of up to 24 pounds in the course of a year. And for many people, that amount of weight loss can have a significant impact on waist circumference, body mass index, blood glucose levels and blood pressure. Making even bigger changes in exercise and eating habits will produce change at a faster rate. You will feel better, look better and, most importantly, increase your chances of living a long and healthy life.

Move to Improve! The human body is meant to move, often and vigorously! Benefits of regular physical activity include improvements in mobility, muscle mass, mood, stamina, strength, waist circumference, BMI, blood glucose levels and blood pressure and the odds of living a long and independent life.

What can you do to improve your health? Walk at least 10,000 steps per day, or do another physical activity that raises your heart rate for at least 30 minutes daily. Take strength training exercises, 20 minutes at least two times weekly. Or do dance, do housework, bike, swim, garden or do anything that uses your muscles and gets your heart going!



SENIOR OLYMPICS

07/2014

SENIOR OLYMPICS SPOTLIGHT



Our Golf Event took place on Wednesday, May 14th at the Marty Sanchez Golf Links. Eloy Ulibarri, 4th year Event Manager, did a great job. The sun was out, but the air was brisk and windy. We had 27 men and 2 women. The staff members at Marty Sanchez were a great help. The top scorer was Al Ferguson with a score of 83. Our most senior competitor is Lee Sanchez, age 87, who scored a 100. Job well done!

Horseshoes took place on Thursday, May 15th for Singles and Friday, May 16th, for Doubles. We had a total of 28 participants compete. It was great weather to pitch horseshoes. We had eight women pitching shoes in the morning and the men in the afternoon. Barbara Cohen, Event Manager, did a terrific job with help from Johnny Roybal, our former Event Manager. The athletes all pitched in, in taking score for each match. This year there were two 80-year-olds pitching shoes. Great Job, George Simon and Hutch Hutchison.



On Friday, May 23rd, we had Cycling in Pojoaque, which was a new location for the event. There were about 13 cyclists. This year we had a few new faces: two gentlemen from Los Alamos and two women from Santa Fe. A big shout-out to Diane Hardy for an outstanding time on the 40km of a 1:15:23. This young woman is in really great shape. Great job Diane! Karin Roth, the event manager, did a wonderful job as always scheduling the races. This year we had the sheriff department there and also volunteers helping time the races.

The Racewalk, took place at Santa Fe High School on Thursday, May 29th. We had six who participated in the event this year. Walkers raced around the field, knees locked, fists softly clenched and hips swerving from side to side. Congratulations to all of you who participated, especially Wabanang Kuczek who did all three events. Special thanks to Art Fuldauer of the New Mexico Race walkers who took time off from work and drove up from Albuquerque to help out. Event Manager Richard McLean did a great job coordinating this event.

Also, on Thursday, May 29th the Field Event took place at SFHS. The events consisted of discus, javelin, long jump running, long jump standing and shotput. There were a total of 13 athletes. It was great to see those sharing techniques with fellow athletes. Arlene Mayer, Event Manager did an outstanding job running this event.

On Friday, May 30th, runners of all ages from 50's to 80's took to the field and ran from 50 yard dash to 10K races. We started off with the 5k and the 10k. While running the 5k we had an injury. EMT and paramedics were called and took the athlete to the emergency room. It was sad for this athlete as this was his first year participating and he got hurt. I think a lot had to do with the change in altitude. He was running a great speed and only needed two more laps before his accident. We also had another athlete pull his calf muscle. He sat out a few races and decided to walk a few of them, He got the strength and endurance to complete the race. A round of applause goes out Alfonso Sanchez age 86, who ran the 50 yard dash, 100m and 200m. Age is just a number. This man can still run! Great job Al! All the athletes did an amazing job.

Good Luck athletes at State Games! I will be there cheering you on.

Until next month

-Cristina Villa-



**Social Security Disability
(By Marta Nystrom)**

You've seen the television advertisements by law firms who help those with disabilities file for Social Security benefits. What you may not know is that in some instances you don't need the assistance of an attorney to obtain Social Security Disability benefits.

It used to be that some people with serious disabilities would die before the Social Security Administration finally approved their application for disability benefits. However, since 2008, the Administration has had in place a program that "fast tracks" the review of applicants who can prove that they have one of 225 medical conditions named in the program's "compassionate allowances" program.

An applicant with one of these conditions can obtain approval of his application within 15 days. The list includes various cancers, heart disease and immune system and neurological disorders. A full list can be obtained at www.ssa.gov/compassionateallowances.

Nearly 95% of compassionate allowance applications are approved. The remaining 5% are placed on an expedited appeals process.

When an individual submits an application for disability benefits under the compassionate allowances program, special software alerts the Social Security Administration that the case needs to be "fast tracked." Applicants must provide the documentation necessary to back the claim.

The applicant must also provide authorization to the SSA to follow up on necessary medical reports and tests to confirm the diagnosis. Social Security adjudicators will contact the applicant's doctors for information if medical records are incomplete.

For the quickest results, the SSA suggests that you apply immediately after a diagnosis. Make sure that your doctors send all related medical information quickly.

Remember, this program is for those with dire medical conditions that appear on the compassionate allowances list. For other types of disabilities, the average processing time for an initial claim is 86 days. If an appeal is required after an initial rejection, that process adds an additional 450 days to the wait period.

Ms. Nystrom is a Certified Retirement Financial Advisor and can be reached at (505) 473-9572.

**Help for Mortgage Borrowers
Facing Payment Problems**

Consumers who expect to have trouble making their mortgage payments are reminded to contact their loan servicer as soon as possible to explore options for avoiding foreclosure.

In a recent development, the Federal Housing Finance Agency announced that Fannie Mae and Freddie Mac will extend the Home Affordable Modification Program (HAMP) from year-end 2013 through December 31, 2015. Under HAMP, mortgage companies work with eligible borrowers to lower monthly payments by modifying loan terms and reducing interest rates.

For more information, visit www.makinghomeaffordable.gov. To speak to a counselor about avoiding foreclosure, call 1-888-995-HOPE (4673).



Consumer Tips from the Dept. of Justice

Join the Do Not Call registry to cut down on unwanted telemarketing calls. To sign up, call 1-888-382-1222 from the number you wish to register or visit www.donotcall.gov. Once you're on the list, report Do No Call violators to the Attorney General's Office.

Check your credit report regularly. You're entitled to one free credit report per year from each nationwide credit bureau.

To access your free credit reports, go online to www.annualcreditreport.com or call 1-877-322-8228.

PUZZLE

07/2014

PUZZLE 46

ACROSS

1. Big bash
5. ___ boom
10. Radio buffs
14. Love, in Leon
15. Poetry Muse
16. Mr. Kazan
17. Bombay wraparound
18. Less common
19. Called
20. Beatty film
23. Verb suffix
24. Conger
25. Beginner
29. "___ Lost"
34. Upper crust
35. Beeper
36. Unearth
37. Scrams, out West
38. Yawning
39. Textile worker
40. One Gabor
41. Pitchers' no-nos
42. See 36 Across
43. Happy spot for heroes
45. Bolshoi, e.g.
46. Museum wing
47. Chinese dynasty
48. Paris way
55. Blockhead
56. Dijon lane
57. Smear
59. Talk wildy
60. Juan Carlos, e.g.
61. Being

62. Hebrew measure

63. English poet
64. Spiffy

DOWN

1. Cooking fuel
2. Canton nursemaid
3. Traditional belief
4. Carmen's song
5. Tranquil
6. Primate
7. Fed
8. Virginia willow
9. Trapped
10. Harbinger
11. Asian range
12. Julep herb

13. Slump

21. Police squad

22. Last

25. Mideast desert

26. Tony of baseball

27. ___ statistic

28. ___ a boy!

29. Arctic jacket

30. "Rock of ___"

31. Pastoral poem

32. Leaky vessel

33. White heron

35. Canvass

38. Diamond locale

39. Eastern st.

41. Soother

42. Speaker's platform

44. Dive

45. Customers

47. Winter problem

48. Silent one

49. Raised, asea

50. Veer

51. Miss Cinders

52. Blissful place

53. Relaxation

54. Darius's palace was here

55. ___ -Magnon

58. Take a risk

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			
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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			

PUZZLE

07/2014

Pack It Up

Pack up your troubles in your old gripsack, a small suitcase, and enjoy solving this puzzle about luggage and cases.

Solution on the next page

ATTACHE

case

BACKPACK

BANDBOX

CARPETBAG

CLUTCH bag

COSMETIC

case

DITTY bag

DUFFEL

bag

FABRIC

GARMENT

bag

GLAD-

STONE bag

GRIPSACK

HANDBAG

HANDLE

HARD-

SIDED

luggage

HAVERSACK

LEATHER

LINING

MUSETTE

PORTFOLIO

POUCH

PULLMAN

PURSE

RETICULE

SATCHEL

SOFT-SIDED

luggage

STRAPS

SUITCASE

TOTE bag

TRUNK

VALISE

WHEELS

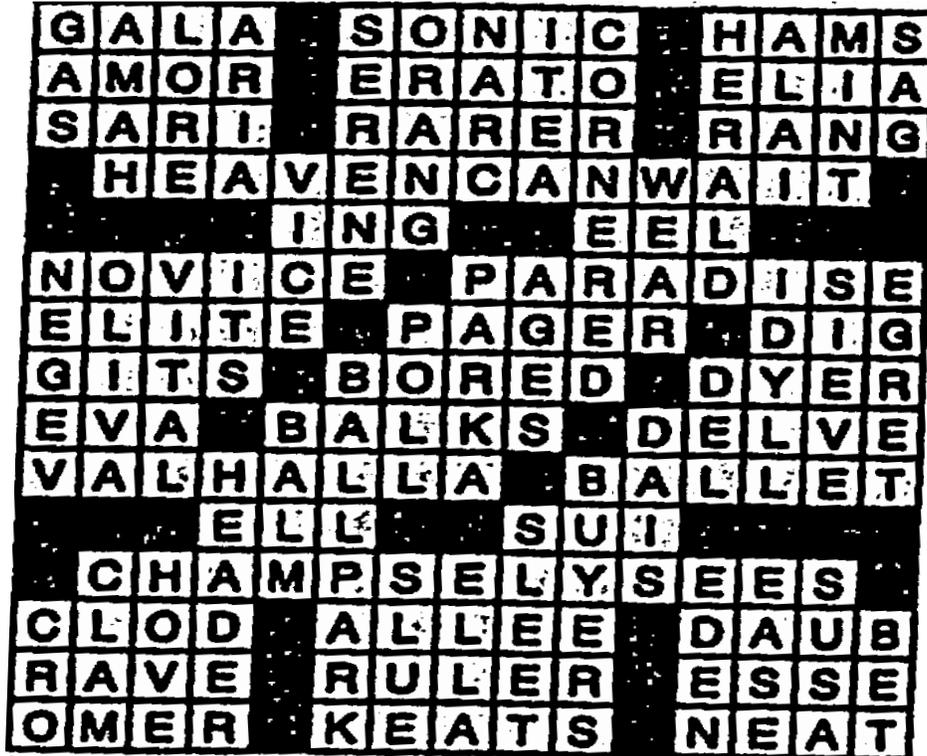
ZIPPER

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

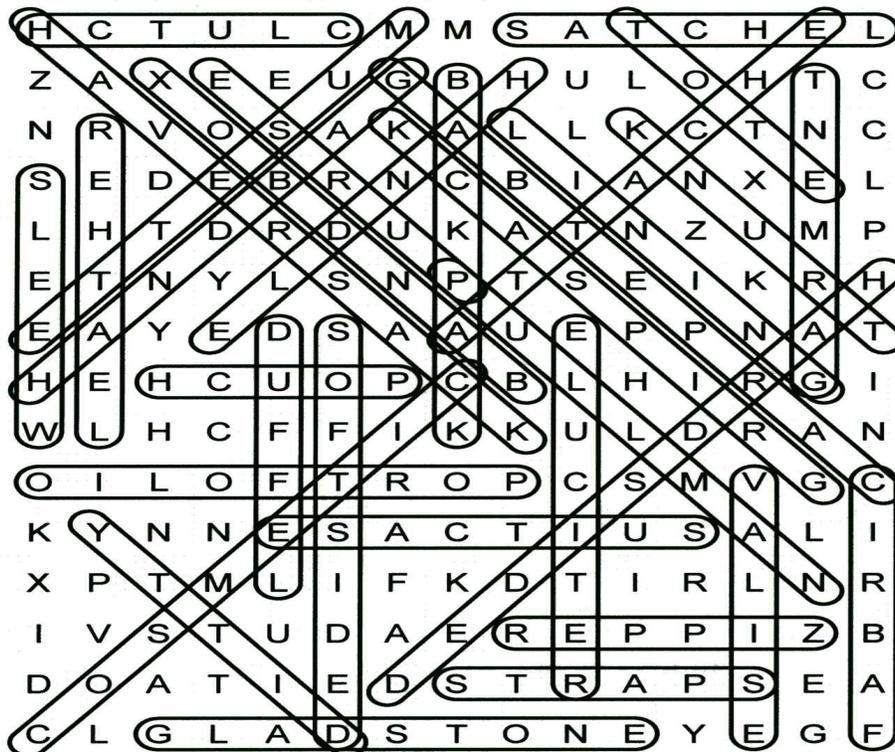
PUZZLE ANSWERS

07/2014

PUZZLE 46



WORD SEEK PUZZLE SOLUTION



BREAKFAST MENU

07/2014

Senior Center Breakfast Menu for July 2014

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

1st	Sausage, cheese, red chile, small roll, margarine, milk
2nd	Ham and cheese on a biscuit with margarine, salsa, jelly, milk
3rd	Boiled eggs, salsa, small roll, margarine, milk
4th	ALL SENIOR CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY
7 th	Sausage, salsa, hashbrowns, small roll, jelly, milk
8th	Scrambled egg, cheese, grilled peppers, potatoes, margarine, milk
9th	Grilled ham, salsa, small roll, jelly, milk
10th	French toast, maple syrup, scrambled egg, sausage, tomato juice, milk
11th	Cold cereal, peanut butter, jelly, small roll, tomato juice, milk
14th	Grilled ham, cheese, salsa, small roll, jelly, milk
15th	Breakfast burrito: scrambled egg, cheese, red chile, bacon on a tortilla, milk
16th	Pancakes, maple syrup, sausage, tomato juice, milk
17th	Scrambled egg, salsa, hashbrowns, jelly, milk
18th	Ham and cheese on a large biscuit, salsa, jelly, milk
21st	Scrambled egg, cheese, grilled peppers, hashbrowns, bacon, milk
22nd	Sausage, cheese, green chile, potatoes, margarine, milk
23rd	French toast, maple syrup, scrambled egg, sausage, tomato juice, milk
24th	Diced ham, cheese, peppers, onions, small roll, margarine, milk
25th	Tortilla, bacon, cheese, salsa, milk
28th	Cold cereal, peanut butter, jelly, small roll, tomato juice, milk
29th	Scrambled egg, cheese, peppers, potatoes, bacon, milk
30th	English muffin, sausage, cheese, margarine, salsa, milk
31st	Breakfast burrito: scrambled egg, cheese, green chile, bacon on a tortilla, milk

Nutrition Education: Save More at the Store

From the USDA

Eat before you shop. Grocery shopping when you are hungry can lead to impulse buying and unhealthy food choices.

Read the sales flyer. Sales flyers are usually released mid-week and can be found at the store's entrance, in the newspaper, or on their website.

Use coupons – but only for items that you know you'll use. If you don't need an item right away, save the coupon and see if it goes on sale.

Look up and down for savings. Stores often stock the priciest items at eye level. You can save big by looking at the upper and lower shelves too.

Check for store brands. Most stores offer their own brand of products that often cost less than name brands.

Grab from the back. Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items especially in the produce, dairy, and meat aisles.

Ask for a rain check. If a sale item has run out, ask the store for a rain check. This allows you to pay the sale price after the item is restocked.



JULY SENIOR LUNCH MENU

072014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fettuccini Buttered Carrots & Peppers Garlic Bread Chilled Pears Milk	2 Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans WW Roll w/ Butter Apple Cobbler Milk	3 Philly Cheese Steak Sandwich Grilled Peppers & Onions Tomato Salad Baked French Fries Fresh Cantaloupe Milk	4 ALL CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY
7	8	9	10	11
Chicken Tetrazzini w/ Seasoned Pasta California Vegetables Crackers Apple Crisp Milk	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Butter Fruit Salad Milk	Red Chile Burrito Supreme Spanish Rice Tossed Green Salad Chilled Apricots Milk	Baked Pork Chop Carrot & Zucchini w/ Tomato WW Roll Baked Apples Milk	Classic Lasagna w/ Meat Sauce Tossed Green Salad Mixed Vegetables French Bread Fruit Cobbler Milk
14	15	16	17	18
Classic Spaghetti w/ Meat Sauce Steamed Broccoli w/ Cheese Topping Garlic Bread Chilled Peaches Milk	Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/ Apricots Milk	Pork Stir Fry Stir Fry Vegetables Tossed Green Salad WW Roll w/ Butter Apple Cobbler Milk	BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie Milk	Baked Chicken w/ Mushroom Cream Sauce Sweet Potato Wedges Baked Biscuit Chilled Pears Milk
21	22	23	24	25
Roast Beef Mashed Potatoes w/Gravy Vegetable Salad California Vegetables WW Roll Cherry Cobbler Milk	Pork Posole Tossed Green Salad Mustard Greens Garlic Bread Baked Cookie Milk	Baked Chicken Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad WW Roll w/ Butter Jell-O w/ Peaches Milk	Red Chile Frito Pie w/ Garnishment Pinto Beans Angel Food Cake w/ Apricot Topping Milk	Roasted Turkey Sandwich w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Tapioca Pudding Milk
28	29	30	31	
Pueblo Red Chile Beef Stew Steamed Carrot Coins Tossed Green Salad Buttered Cornbread Fresh Pear Milk	Roasted Pork Roast Mashed Potatoes w/ Gravy Steamed Asparagus WW Roll w/ Butter Chilled Applesauce Milk	Baked Chicken w/ Pasta & Cream Sauce Buttered Carrots WW Roll w/ Butter Fresh Orange Milk	Chile Dog w/ Garnishment Baked Potato Wedges Buttered Mixed Veggies Chilled Pineapple Bits Milk	Menu is Subject to Change

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

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast / lunch \$4.20

Lunch is Served at:

MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers

11:00am till 12:30pm 23 Monday thru Friday



Senior Center Locations



Legend

- City Senior Center Location
- Down Town
- City Limits

Mary Esther Gonzales (MEG)
(505) 955-4721
1121 Alto Street

Pasatiempo
(505) 955-6433
664 Alta Vista Street

Ventana de Vida
(505) 955-6731
1500 Pacheco Street

Luisa
(505) 955-4717
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

