

The Senior Scene

Vistas de los Mayores



Ballon Fiesta 2011

Photo by Don Bell

October 2012

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

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,

As our country faces the Presidential election, various candidates' debates, commercials and campaign signs strategically placed throughout our community, we are each faced with making tough decisions as to who is best qualified to lead our country. As part of this right, we should all make every effort to educate ourselves and become familiar with each candidate's platform, what they represent, their track record and issues they support, thereby enabling us to make educated decisions based upon the facts.

Also, I would like to take this opportunity to mention that during the 2012 Legislative Session we submitted and received approval to have several items included as part of the New Mexico Aging and Long-Term Services Department General Obligation Bonds (GOB) that will appear on the November 2012 ballot. The total request for all senior programs throughout New Mexico is \$10,200,500 which will enable respective programs statewide to continue to flourish and address the needs of their senior communities.

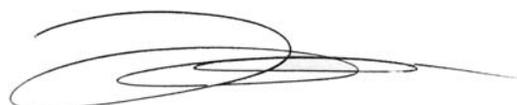
As part of this packet/process the City of Santa Fe submitted a request totaling \$1,130,800. That included \$332,630 for Luisa Center Renovations/Improvements-Code; \$434,880 for the Mary Esther Gonzales Center Renovations/Improvements-Code; \$110,890 for Villa Consuelo Center Improvements/Code; \$8,500 for Pasatiempo Improvements-Code; \$132,000 for program vehicles; and \$111,900 for kitchen equipment. I encourage each of us to keep these items in mind when going to the polls next month (November 6), as they will enable us to continue to enhance and provide quality services for each of you.

Therefore, I strongly encourage everyone to exercise their right to vote, to have your opinion documented as to who you believe are the best qualified candidates to represent America and its citizens as well as whether or not you approve of the various bonds presented to you for your discretion. If you are not currently registered to vote, Santa Fe County residents call the Santa Fe County Clerk's office at 505-986-6280.

Please be advised that the deadline for registering to vote is 28 days before the election.

So please mark your calendar for this important event. As a reminder, if you need to schedule a ride to vote, please call our Transportation Section at 955-4700 at least 24 hours in advance.

Lastly, all centers will be closed on Monday, October 8th in observation of Columbus Day. This occurrence marks the 520th anniversary of Columbus' landing in the New World. During the 400th anniversary, teachers, preachers, poets and politicians used Columbus Day rituals to teach ideals of patriotism to include the importance of loyalty to the nation and celebrating social progress. Please join our country in celebrating all that we have accomplished as a nation. I hope everyone has a safe and enjoyable holiday.



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 does not expire. **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, October 9, 16, 23 and 30
November 13, 20 and 27
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: We will be closed on Monday, October 8th for Columbus Day.

NEWS & VIEWS

He will be missed...

Ross A. Martinez of Santa Fe was born on Cinco de Mayo in the year 1941. He first came into the MEG Senior Center in the winter of 2002/2003. He looked around at the walls in the building and said "I am a muralist. Would you like me to brighten this place up a bit?" And so began the transformation of the dining room for all to enjoy. Ross spent months sketching a border around the entire room and then painting it in delicately by hand. He soon joined the ceramics classes and painted "mini murals" on his platters and in jewelry class he added to his own distinctive collection of silver and turquoise jewelry.



Ross left us suddenly in August 2012. We will all remember his easy smile, the sparkle in his eye, and the gifts of beauty he left on our walls.

Santa Fe resident **Rain Parrish** passed away on May 15th at the age of 68. Her family and friends celebrated her life in both the Navajo Way and the Presbyterian way at Westminster Presbyterian Church.

Born in Tuba City, Arizona, Rain was raised on the Navajo reservation and graduated from the University of Arizona. She became an internationally known jeweler and an annual participant in the Santa Fe Indian Market. She was also an accomplished photographer, writer and scholar.

Rain, a former curator at the Wheelwright Museum of the American Indian, was recently judged the most outstanding Navajo woman artist of the year (from among 1,500 nominees.)

Rain's father taught the Navajo language at the Massachusetts Institute of Technology (MIT) and her uncle was one of the revered Navajo Code Talkers of World war II. Rain and her family contributed much to the American Indian Culture, and to its understanding by the rest of us. Rain Parrish is missed.

-Written by Gerry Wolff

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.

Food Giveaway at St. John's

Bring a bag or box to St. John the Baptist Catholic Church at 1301 Osage Ave. and receive 10 food items every third Friday of the month October 19th from 3:00 to 4:30pm or until food runs out.



Senior Center Closure

Please note that all senior centers will be closed on Monday, October 8th in honor of Columbus Day.

Honoring Those Who Have Passed

Vistacare Hospice will host a Day of Remembrance at the Museum of International Folk Art on Sunday, October 21st at 3:00 p.m. Come and hang a star for those who have died in the past year. There will also be a silent labyrinth walk at 2:00.

Light refreshments will be served. Please RSP to 988-5331.

Domestic Violence Awareness Month

October is National Domestic Violence Awareness Month. Domestic violence is a crime and impacts one out of every four women you know. Last year, in the City and County of Santa Fe, there were over 2,500 reported incidents of violence - most violence goes unreported.

The City invites you to show your support for ending domestic violence by hanging a purple ribbon in your office or on your building. If you would like a ribbon, please call Carol A. Horwitz, Domestic and Sexual Violence Prevention Coordinator for the City of Santa Fe at 955-5018.

NEWS & VIEWS

Nutrition Assessments

It is time once again for all seniors to complete the annual Nutrition Assessment form. If you visit our senior centers for lunch, please assist us with completing your annual congregate assessment mandated by state and federal policies & regulations at the time of your visit. Your cooperation is greatly appreciated.



Nutrition Education: Home Food Safety Myth Busters!

From the Partnership for Food Safety Education

Myth: I don't need to use a food thermometer. Considering how many years I have been cooking, I can tell when my food is cooked by just looking at it or checking the temperature with my finger.

Fact: The only sure way to know food is safely cooked is to check the temperature with a food thermometer and confirm it has reached a safe internal temperature. Color, texture and steaming are not indicators that a food is safe to eat. The outside of a food might be steaming hot, but there may be cold spots inside. Temperature must be measured with a food thermometer. This will help ensure not only that a food is safely cooked, but that it is not overcooked. Remember to clean your food thermometer with soap and water after each use.

City Different Retired Educators

If you are a retired school employee living in the Santa Fe area, please consider joining the City Different Retired Educators. The purpose of the group is three-fold: social, service, and information. The group meets once a month for lunch to enjoy each other's company while working on service projects or receiving information pertinent to retirees. The emphasis of the group is on making friends and having fun.

The next meeting will be held on Tuesday, September 25th, at 12 noon at Flying Tortilla Restaurant. Annual membership dues are \$10. If you are interested or would like further information, please RSVP to Roger Greer, Membership Chair at (505) 424-1015.

Medicare Part D Open Enrollment

Medicare Prescription Drug Formularies change every year. Make sure you check next year's options during Open Enrollment on October 15th to December 7th, 2012. The Aging & Disability Resource



Center's Councilors will be available to assist Medicare Beneficiaries from 10:00a.m. to 1:00p.m at the Luisa Center on October 29th and at the Pasatiempo Center on November 30th. Bring a list of your medications, dosages and frequencies.

If you cannot make it to the site, you can call the Aging & Disability Resource Center at 1-800-432-2080 for assistance over the phone.

LIHEAP Applications Available

If you foresee needing assistance with heating costs (gas, electric, propane or wood) this winter, apply for the Low Income Heat and Energy Assistance Program (LIHEAP). Blank application are at the MEG Center front desk. After you fill it out, you must take it, along with all supporting documents, to the Income Support Division (ISD) office at 39-B Plaza La Prensa.

If you have questions about the LIHEAP program or applications, you may call ISD directly at 476-9200.

CyberNetworkNM.Org

CyberNetworkNM.Org provides affordable computer systems to the community, by recycling, updating, computer repair, and system Network installation services to the community. Please consider them when you want to get rid of an old computer.



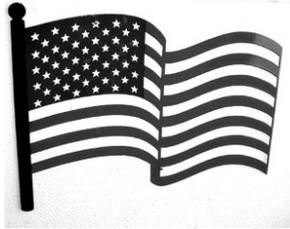
Call them at 983-2577 or visit 964 Cerrillos Road #E, at the corner of Llano.

NEWS & VIEWS

IT'S THAT TIME AGAIN LET'S TALK ABOUT IT

With Lillian Alexander

It's time to vote for president again. We can refer to this exciting event as a political occurrence that can change our government and our future.



Though voting is an important part of our government, not everyone is in agreement. When I questioned a woman, she admitted that she never tells anyone how she votes. She is quick to say "I don't think it's anyone's business." When I asked a man he boasted "I tell everyone who I'm voting for, and I feel good about it."

Rooting for a particular candidate is America at its best. All in all, there is nothing more patriotic than voting for president of our United States of America and nothing is more dramatic or exciting than awaiting the introduction of this important leader.

So whether you shout the name of whom you are voting for, or whether you keep it private, get out and vote. It is simply being a good American.

TWO QUESTIONS FOR YOU

1. Do you vote for president?
2. Why yes or why no?

Dates to Remember for the General Election

Valerie Espinoza, Santa Fe County Clerk, wants to remind voters that the General Election will be Tuesday, November 6, 2012. On Election Day, all polling places will be open from 7:00 AM to 7:00 PM. There are several dates before the election that voters should keep in mind.



Voter Registration: The last day to register is Tuesday, October 9. If you are new to the county, have changed your name, address, or political affiliation, you must re-register. If you wish the Clerk's Office to send you a Voter Registration form, call 505-986-6280.

Absentee Ballots:

You can apply for an absentee ballot now or any time up until Friday, November 2, although we encourage voters not to wait until the last minute. You must apply for every election, even if you have voted absentee in the past. By law, the earliest we can send out Absentee Ballots is Tuesday, October 9; the last day we can send out Absentee Ballots is Friday, November 2. To apply for an Absentee Ballot, you can go online (<http://www.santafecountynm.gov/userfiles/2010ABAPP.pdf>) to print an application, or call the County Clerk's Office (505-986-6280) to request an application.

Early Voting at the Clerk's Office:

You can vote early at the Clerk's Office beginning Tuesday, October 9 through November 2, Monday through Friday, 8:00 AM to 5:00 PM, including lunch hours. Voting will also occur on Saturday, November 3, from 10:00 AM to 6:00 PM.

Early Voting at Alternate Sites:

The County has early voting at the following sites:

- Edgewood Fire Station – 25 E. Frontage Rd,
- El Dorado Adam Senior Center – 16 Avenida Torreon
- Santa Fe County Fair Building – 3229 Rodeo Rd, Santa Fe
- Pojoaque County Satellite Office – 5 W. Gutierrez, Suite 9, Pojoaque

Early voting at these sites begins Saturday, October 20 and ends Saturday, November 3. Days and hours for these sites are as follows: Tuesday through Friday, from noon until 8:00 PM, and Saturdays, 10:00 AM to 6:00 PM. These sites are closed on Sundays and Mondays.

For more information, consult the County Clerk's Web page (<http://www.santafecountynm.gov/clerk>) or call the County Clerk's Office (505-986-6280).

NEWS & VIEWS

Thank you, Andrew Phelps!

In honor of September 11th Day of Remembrance, Andrew Phelps, the Emergency Manager for the City of Santa Fe, gave a wonderful presentation about emergency preparedness. We plan to follow up on the CPR/basic first aid training at senior centers, the canning food project and additional presentations, as were discussed that day. Also, several attendees asked for his contact information. Here it is:

Andrew Phelps email: ajphelps@santafenm.gov Call: 955-6537

Visit: 120 S. Federal Place, Room #308
Or mail: PO Box 909, Santa Fe, N.M. 87504

Santa Fe: The City Different, The City Prepared

Hollyberry Fair November 2nd

The Presbyterian Espanola Hospital is having their Annual Auxiliary Hollyberry Fair November 2, 2012 8:00 am to 12:30 p.m. in the hospital lobby. There will be baked goods, crafts and white elephant items. Buy your Hollyberry Fair Tickets \$1.00 Donation for a chance to win:

1st Prize – Spanish Chest by Pete Chiello; 2nd Prize – Handcrafted Quilt (Blue Ribbon Award) made by Marie Martinez; 3rd Prize – Santa Clara Pottery donated by Joe & Belle Becker; 4th Prize – Spanish Handcrafted Table by Charlie Vigil; 5th Prize – Hand woven Rug by Harry Cordova; 6th Prize – \$100.00 by Manual Valdez State Farm Agency; 7th Prize – Oil Painting by Annabel Fernandez; 8th Prize – Handcrafted Cross by Jeff Salazar

Villa Consuelo Senior Center

By Center Coordinator Cristina Villa

Villa Consuelo is the smallest senior center that the City has. It is located at 1200 Camino Consuelo right across from the old Walmart on Cerrillos Rd.



The activities offered there currently are Bingo, ceramics, wood carving and straw appliqué. I conducted a survey and asked the residents what activities they would like to see at their center.

They would like to go walking at Santa Fe Place mall, and have crafts and exercise classes, pot lucks, yard sales and trips.

I am going to try to start these activities there within the next few months. If you would like to volunteer to teach or lead a class, please call me at 955-4725.

Remember that all activities and classes at Santa Fe senior centers are open to all seniors 60+ who get a Membership Card (see page 4), no matter where you live. In the meantime, please stop by the center and meet the friendly seniors there.



Ramona Ruybalid working on ceramics at Villa Consuelo Center

Senior Olympic Spotlight

The Santa Fe Senior Olympic Committee and I are currently working on the 2013 program for upcoming local games which begin in March. Registration will begin in January.



Upcoming events:

State Basketball 3-on-3 Tournament
Genoveva Chavez Community Center
November 2nd, 3rd and 4th.

We need volunteers and an audience! Call me for details.

- Cristina Villa 955-4725

AT A GLANCE



Maria Varela is a Bingo whiz!



Edith Tichonchik
enjoys a Fiesta event



Carlos and Charlie of the
Carlos Aguirre Trio perform at
the MEG Center



Ed & Dolores Mose
a couple made in Heaven,
enjoying the Fiesta Dance



DSS Cook **Eliseo Ortiz** displays
his turtle bread



Tillie Trujillo & Reynalda
"Bernie" Sanchez
take an afternoon break at the
MEG Center



Santa Fe Emergency Manager
Andrew Phelps addresses a
crowd of seniors at Sept. 11
Day of Rememberance

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.

Acequia Madre Elementary School Library

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

Literacy Volunteers of Santa Fe

Literacy Volunteers is housed at the Santa Fe Community College. Their mission is to train and support volunteers to provide free tutoring to adults in either Basic Literacy (BL) or English as a Second Language (ESL). The next tutor training is in early October.



Able Bodies Needed at Food Distributions

All Civic Housing senior centers have distributions of groceries from the Food Depot every Friday afternoon. We need strong volunteers of any age to assist with the lifting, arranging and cleaning up of these wonderful donations.

Senior Olympics State Basketball Tournery

We need volunteers for the State Basketball 3-on-3 Tournament at the Genoveva Chavez Community Center on November 2nd, 3rd and 4th. Join us! It's a blast!



Birthdays this Month

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

October

Gene Melady	10/01	Joe E. Romero	10/18
Vikki Munkres	10/01	Reynaldo L. Chavez	10/19
Mela Sanchez	10/01	Judy Montano	10/19
Helen Maestas	10/02	Elvira Urban	10/19
Roberta Armstrong	10/03	Louie Ortiz	10/20
Maggie Brown	10/03	Anna M. Bell	10/21
Nolan Zisman	10/03	Elma V. Ortega	10/21
Lupita F. Romero	10/04	Sandra K. Smith	10/21
Jose Gonzalez	10/05	Evey Bialkowski	10/22
Carol Koetter	10/05	Phoebe Girard	10/22
Daniel Koeing	10/06	Angela D. Medina	10/22
Floraida Martinez	10/06	Jane Otten	10/22
Jeannie Rae	10/06	Navora Martinez	10/23
Joy Spaulding	10/07	Gerald Watman	10/23
Frances G. Hanners	10/08	Anna Marie	
Delfino M. Jimenez	10/08	McQuarie	10/24
Guadalupe P. Martinez		Martha Rotunno	10/24
	10/09	Doris Jeanne Luna	10/26
Mercedes Moreno	10/09	Elena Montano	10/26
Annabelle Brazeal	10/11	Mary Lee Ortiz	10/27
Cristoval Archuleta	10/15	Carmen M.	
Andreita Lydia		Rodriguez	10/27
	10/16	William J. Todino	10/28
Carol Lachman	10/16	Jessie Visarraga	10/28
John B. Trujillo	10/16	Ruth E. Vilmain	10/29
Alex Vargas	10/16	Esther Reyes	10/30
Rita Robbins	10/17	Elizabeth Slota	10/30
Theresa Sanchez	10/17	Russell Mooney	10/31
Roland Keith Austin	10/18		

FGP/SCP Foster Grandparent / Senior Companion Programs

Thank you Ruby Jo Martin...



Ruby Jo Martin and Lucia Trujillo, Director of La Comunidad de los Niños Head Start.

After ten years of volunteering with our Foster Grandparent Program, Ruby Jo Martin has decided she needs a break! Ms. Martin has been a valuable member of the Foster Grandparents and will be missed by the children and staff of La Comunidad. At her going away party, it was obvious that Ms. Martin is truly loved and appreciated by all. Hopefully she can spend more time with her family and work on the wonderful arts and crafts projects that she creates. Thank you Ruby Jo Martin for the many years that you spent with the Foster Grandparent Program and be sure to visit.

Ruby Jo Martin with children whom she mentored/tutored at La Comunidad de los Niños Head Start.



Foster Grandparents Needed...

Nye Early Childhood Center and Ramirez Thomas Head Start are in need of assistance from our Foster Grandparent Program. Nye's preschool program provides services for children who are three, four and five year old, with disabilities. Classrooms average eight students with special needs and the focus is preparing children to succeed in the Santa Fe Public School District's kindergarten classes.

Foster Grandparent 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.

Our Talented Volunteers

Foster Grandparent Bernard Nuanez poses with a replica of Cristo Rey Church that he constructed all by hand. The project, which took him approximately a year, will be raffled off with the proceeds going to a local church. Mr. Nuanez has created replicas of many of the churches in Santa Fe and always donates them to a great cause.



Photo by Don Bell

Columbus Day

Foster Grandparent and Senior Companion volunteers are not required to volunteer on Monday, October 8, 2012 in observance of Columbus Day.

Happy Birthday!

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

- Pete Abeyta 10/19
- Rita Contreras 10/22

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	Mon.-Thurs.	8:15 am
Yoga (Dahn)	1st & 3rd Tues.	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
Quilting/Sewing	Thursday	12:30 pm
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

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

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	Thursday	12:30 pm
No Class on 3rd Thurs. of Month		
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	Mon. - Thurs.	8:15 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)	1st & 3rd Tues.	9:15 am
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ACTIVITIES for this month

Pasatiempo Halloween Party

Come to the Pasatiempo Halloween party on Tuesday, October 30th from noon to 3:00 p.m. Refreshments will be served. Enjoy wonderful music by Phil Trujillo. Admission is \$2.00.



Halloween Dance & Costume Contest

Don't miss out on the annual Senior Services Halloween dance and costume contest! Join us on Wednesday, October 31st from 1:00 to 4:00 p.m. at the Fraternal Order of Eagles at 833 Early Street. The contest will begin at about 2:15. Dance to the music of Camino Oscuro and enjoy light refreshments.



Admission is just \$2 and please bring your Senior Membership card. This dance is sponsored by the Villa Consuelo Senior Center.

Movie Day at the M.E.G. Senior Center

"Secondhand Lions" October 18th at 1:00 p.m.

In this film set in the 1960s, Walter, played by Haley Joel Osment, is dropped off with his great uncles by his ditzy mom, who says she needs some time to herself. The eccentric uncles Hub (Robert Duvall) and Garth (Michael Caine) don't like having a kid around cramping their style, but eventually warm to him, and he to them.



Free Legal Help for All Ages October 13th

Come to a free legal fair on Saturday, October 13th at the MEG Senior Center, 10:00 a.m. and 1:00 p.m. Attorneys from the 1st Judicial District will provide free individual consultations on a first-come, first served basis. They can cover divorce, custody, landlord/tenant issues, bankruptcy, foreclosure, creditor/debtor problems, public benefits, guardianships, wills, power of attorney, health care directives and child support.

Free Senior Legal Fair November 8th

The State Bar of New Mexico's Lawyer Referral for the Elderly Program will present a free legal workshop for seniors on Thursday, November 8th at the MEG Senior Center. The presentation will be from 9:30 to 10:45 a.m. Family and caregivers are invited to attend. An attorney will present information regarding powers of attorney, advance health care directives, Medicaid and long-term care, probate and estate planning, transfer on death deeds, and consumer debt.



Then, free 30-minute private clinics are available from 1:30 pm to 4:00 pm. Please call Christine at 955-4715 to schedule.

Arts & Crafts Workshop at MEG Center

You are invited to join us for Arts & Crafts workshops on the fourth Tuesday of the month, Oct. 23rd from 10:00 - 11:00 in the Board Room of the MEG Center. The workshop is hosted by our very artistic volunteer, Patti Merrill.

Pasatiempo Bake Sale

Come fill your tummies with yummys! Join us on Wednesday, October 9th from 9:00 a.m. until all the goodies are gone at the Pasatiempo Senior Center, 664 Alta Vista. Proceeds go the Pasatiempo Senior Center.



Yoga Class at MEG Center Dahn (Energy)

Yoga class will be held on the first and third Tuesday of each month at the MEG Center from 9:15 to 10:00. This month's dates are:
Tuesday, Oct. 2nd
Tuesday, Oct. 16th

Medicare Part D Open Enrollment Help

The Aging & Disability Resource Center's Councilors will be at the Luisa Senior Center to assist Medicare Beneficiaries on October 29th from 10:00a.m. to 1:00p.m. Bring a list of your medications, dosages and frequencies.

ACTIVITIES *for this month*

Weekend Bingo at Luisa \$100 Jackpot!



The Luisa Senior Center at 1500 Luisa St will host a Bingo on Sunday, October 14th from 1:00– 4:00 p.m. The cost is \$12.00 for package and the jackpot is \$100.00. Plan on lunch: get posole, a dinner roll, and a drink for just \$5.00. Everyone is welcome.

Free Hair Cuts at MEG & Pasatiempo

During the month of October our volunteer Fabiola will provide free hair cuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:am to 2:00 pm. Please note: **haircut sign-in begins at 9:00**



MEG Senior Center on Oct. 3rd and 10th
Pasatiempo Senior Center on Oct. 17th and 24th

New Mexico Mi Via Program

Mi Via is the New Mexico Self-Directed Medicaid Waiver Program that supports New Mexicans with disabilities and the elderly in building their own lives. Please come to learn whether you might be eligible to receive long-term services through one of the Medicaid waiver programs Disabled and Elderly (D & E); Developmental Disabilities (DD); Medically Fragile and HIV/AIDS or programs for individuals with brain injury who are eligible for Home and Community-Based Services.

Pasatiempo Senior Center 664 Alta Vista St.
Monday, October 15th from 11:00-12:30

If you would like more information about the program please call 1-866-786-4999.

AARP Driver Safety Program

If you are 55 or over, sign up for the next AARP Driver Safety Class at the MEG Senior Center, located at 1121 Alto Street. The 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, renewed every three years. 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:

October 9th call Stephanie Thomas at 466-4738

November 13th call Patricia Penn at 438-0460

Senior Travel Committee Upcoming Trips

Please note: There is a 10% cancellation fee.

Chama Toltec Railroad Day Trip Oct. 19

This 12-hour trip is on Friday, October 19th leaving MEG Center at 7:00 a.m. The cost is \$110.00 per person. Call Don Bell at 982-2707 or Mercy Moreno at 986-1416 to reserve your space.



“Christmas on the Pecos” River Cruise Dec. 5 - 7

Join the Senior Travel Committee on December 5th, 6th & 7th for a trip to Carlsbad, N.M. The tour will travel on the Senior Services bus and includes a cruise down the Pecos River to see the Christmas lights reflecting on the water, two nights in a hotel, two breakfasts, and a tour of Carlsbad Caverns (including a new cavern never made public before).

Double Occupancy \$205.00 per person

Single Occupancy \$310.00 per person

Call: Cecilia Lopez at 204-9527 or
Chuck Niggeman at 988-2958

Real Burger

Senior Services would like to thank John from Real Burger who donated a huge bowl of guacamole for the Fiesta dance that was held on Thursday, September 6th. It was absolutely delicious. Everyone enjoyed it. Thanks for supporting the seniors!

HEALTH & SAFETY

Dear Grandparent:

Grandparents of infants need to get the whooping cough vaccine to protect their grandchild. Pertussis (whooping cough) is very contagious and can cause serious illness — especially in infants too young to be fully vaccinated.

The number of pertussis cases in New Mexico is increasing. Between January 1 and June 8, 2012, the New Mexico Department of Health (DOH) identified 231 confirmed and probable cases of pertussis (whooping cough) statewide. Infants have the highest risk of being hospitalized or having other serious complications including death from pertussis. This year in New Mexico, 21 infants have been diagnosed with pertussis, 9 infants have been hospitalized and one infant has died. Family members and caretakers are frequently the source of infection in infants.

To protect infants, it is important to vaccinate all those around them; a process referred to as “cocooning.” DOH recommends that all anyone caring for or visiting an infant (less than 1 year of age) receive a single dose of the Tdap (tetanus, diphtheria and acellular pertussis) vaccine.

Where can you get Tdap?

- Your Healthcare provider-call to be sure that they have vaccines for adults.
- Many pharmacies can also provide Tdap and can bill your insurance for it. Call your pharmacy.
- Or, you can go to your local public health office.



For more information, go to <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-td-tdap.pdf> We share your interest in protecting your loved ones and as such, we wanted to share this critical information to ensure the health and well-being of our children. Thank you!

Catherine Torres, MD

Cabinet Secretary, NMDOH, and

Retta Ward,

Cabinet Secretary, NMALTS

Help Loved Ones Winterize Their Homes

By Sandra Castle at Comfort Keepers®,



Winter months can be particularly harsh for seniors. Their safety includes not just dressing appropriately for the weather but also making sure their homes are in good shape to face the dangerous drops in temperature.

Exterior: Install weather strips around doors and caulk windows to keep cold air out and warm air inside. Insulate exposed pipes to protect them from freezing. Seal any holes in the house’s foundation to keep animals from crawling underneath the house for shelter. Clean out gutters and ensure spouts are clear so any water flows away from the house. Make sure ice-melt salt or sand is handy. Drain gas from mowers and water from garden hoses.

Interior: Make sure the furnace is in good working order and clear any materials that may become a fire hazard. Install carbon monoxide and smoke detectors and store enough batteries for both. Have other heating units inspected and serviced. If your loved one does not already have one, purchase a fire extinguisher and teach him or her how to use it.

Emergency Preparation: Make sure there are plenty of extra water bottles, candles, matches or lighters, flashlights and batteries in case of a power outage. Canned food and other non-perishable items should be stored for this purpose, as well. Keeping flashlights on the bedside table in case of such emergencies is also a good idea.

If you live away from your loved one, now may be a good time to contact an in-home care agency, such as Comfort Keepers®, to check on your loved one and ensure he or she is safe during the winter. These agencies have qualified staff that can help with grocery shopping, light housekeeping, and can even provide transportation to appointments or other errands.

HEALTH & SAFETY

Things to Consider When Integrating Your Home Health Care with Medicare

By Elais Ponton, RN of Nurses With Heart Home Care

Medicare can be perplexing, especially when combining complex health issues. Approximately 47.5 million people received Medicare in 2010—more than a sixth of the nation's population. Here are some commonly asked questions & answers regarding Medicare & home health care.

1. Who qualifies for Medicare?

The U.S. government provides this national health insurance program for individuals:

- 65 and older
- Under 65 with certain disabilities, such as End Stage Renal Disease

2. What does Medicare cover?

- Medicare Part A: Original Medicare - Hospital Insurance
 - Part A covers care in hospital as well as in skilled nursing facilities, home health (must be homebound), & hospice.
- Medicare Part B: Original Medicare - Medical Insurance
 - Part B covers visits to your doctor as well as to other care providers. This also covers hospital outpatient care, durable medical equipment, home health care, & specific preventative services, like vaccinations.
- Medicare Part C: Medicare Advantage
 - Part C combines health plan options purchased from Medicare- approve private insurance companies & integrates prescription drug coverage (Part D).
- Medicare Part D: Medicare Prescription Drug Coverage
 - Part D covers Medicare-approved prescription drugs and lowers costs of other medications.

3. Does Medicare cover home health care?

Medicare home health care coverage in New Mexico stipulates meeting ALL of the following criteria:

- a. Medicare only covers home health care on a limited basis as ordered by your doctor for specific medical services such as oxygen or physical therapy.
- b. Your home health care agency providing services must be Medicare-certified.
- c. Your physician must certify your health status as homebound, meaning:
 - Your health condition limits you from leaving home and you are unable travel from home without help.

4. My home health company does not take Medicare, why is this?

Medicare criteria for coverage of home health care are very strict; many people who may apply for their approved home health company may not receive coverage. Currently, Medicare pays approximately half of health care costs to seniors. Medicare often denies payment due to not meeting criteria; it is essential to know if you meet these criteria prior to restricting yourself exclusively to Medicare-approved home health care companies. The official U.S. government site for Medicare is www.medicare.gov.

Medicare solely covers home health for the homebound, but home health care is NOT exclusively for the homebound. Home care agencies offer a variety of services benefiting those who are & are not covered by Medicare & also to those who are not homebound.

Nurses With Heart Home Care's professional staff provides home health services in the comfort of your home, 24/7. For more information, call (505)424-9099 or on the web at www.NursesWithHeart.com.



**Nurses With Heart
Home Care**

Why Social Security and Medicare are Vital to New Mexico's Seniors



Seniors count on Medicare and Social Security benefits to provide them with the foundation of income and health care they need in retirement, having contributed to these programs for years while working. In today's difficult economy—with widespread loss of retirement savings and home equity, coupled with rising health care costs—Social Security and Medicare are more vital than ever.

SOCIAL SECURITY in New Mexico

New Mexico seniors count on Social Security benefits earned through a lifetime of work

- 87.9 percent of New Mexico seniors, or 240,600, received Social Security in 2010. The average annual benefit was only \$12,700.
- Social Security accounted for 57.3 percent of the typical older New Mexicans' own income.
- Low and middle income seniors in New Mexico are even more reliant on Social Security's earned benefit, typically receiving 73.9 percent of their individual income from Social Security.

Social Security keeps middle income older New Mexicans from falling into poverty

- About 12.3 percent, or 30,317, older New Mexicans were in poverty.
- Without Social Security income, an additional 31.5 percent of older New Mexicans, or 77,916 people, would fall into poverty.

Social Security plays an important role in New Mexico's economy

- Social Security provided \$4.2 billion in benefits to New Mexicans in 2009.

MEDICARE in New Mexico

Medicare provides guaranteed health coverage, but out of pocket costs are high

- On average, beneficiaries from New Mexico spent \$4,700 on out of pocket health care costs.
- For the typical New Mexico senior on Medicare, out of pocket spending for health care consumes 23.4 percent of their income.

Medicare provides peace of mind for New Mexico seniors

- Nearly 98.9 percent of New Mexico seniors, or 260,595, were enrolled in Medicare in 2009.
- In contrast, nearly 15.3 percent of the 60–64 year olds are uninsured.

Medicare plays an important role in New Mexico's economy

- The Medicare program spent \$2.2 billion on health care services for New Mexicans in 2010.

PUZZLES

Birds

Find and circle all of the birds that are hidden in the grid.
The remaining letters spell an additional bird.

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

BLACKBIRD
 BUDGIE
 CANARY
 CARDINAL
 CHICKEN
 CRANE
 CROW
 DODO
 DOVE
 DUCK

EAGLE
 EMU
 FALCON
 FINCH
 FLAMINGO
 GOOSE
 HAWK
 HERON
 JAY
 MAGPIE

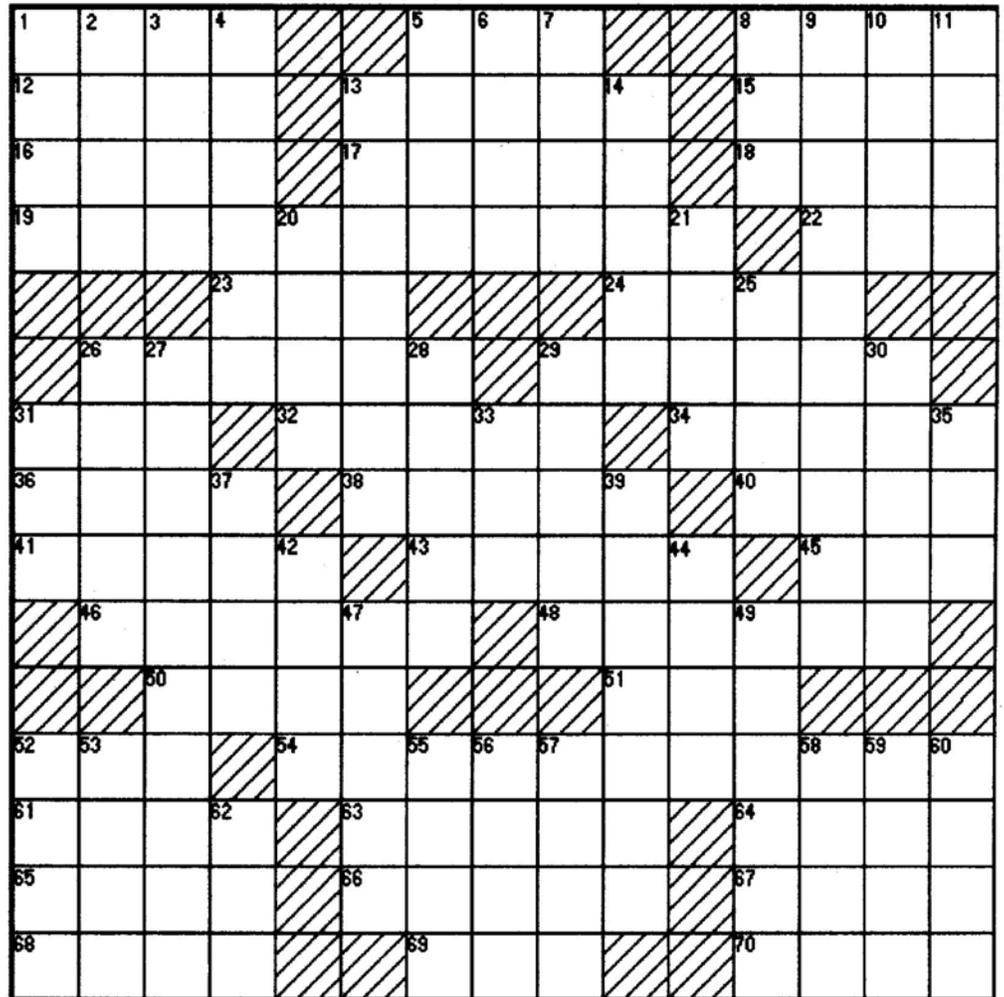
MARTIN
 MOCKINGBIRD
 MYNA
 OSTRICH
 OWL
 PARAKEET
 PARROT
 PELICAN
 PIGEON
 RAVEN

ROBIN
 SEAGULL
 SPARROW
 SWAN
 TURKEY
 VULTURE
 WOODPECKER
 WREN

PUZZLES

ACROSS

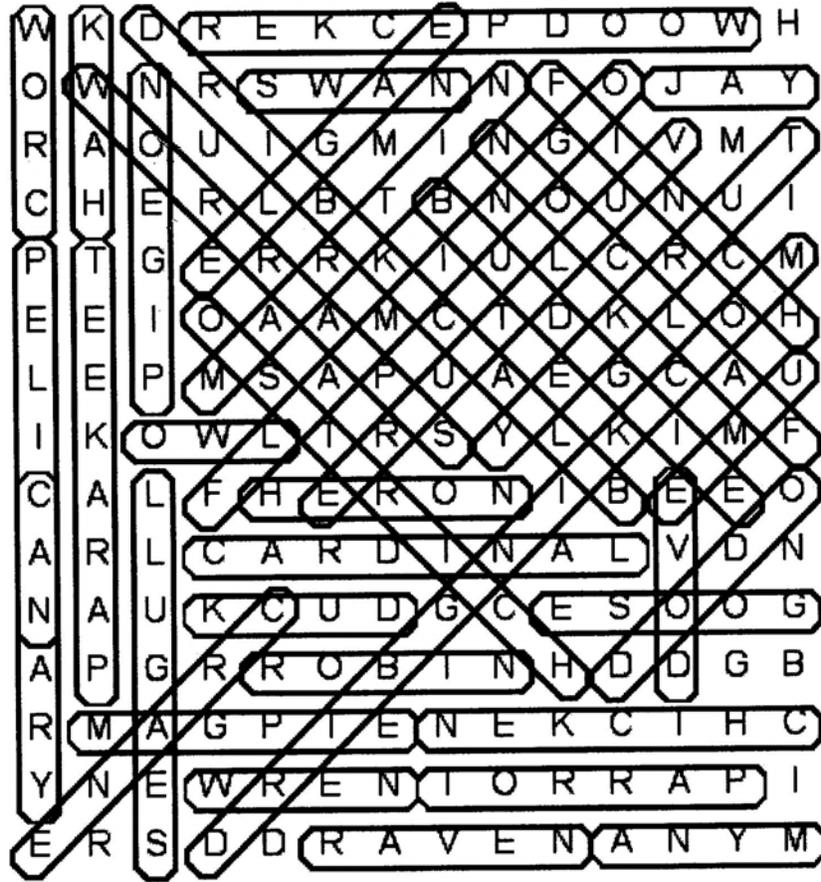
1. Level or smooth
5. A couple
8. Curved structure
12. Nevada city
13. Blockade
15. ___ Legosi, actor
16. Consumes food
17. ___ Volz, vaudeville/radio/movie actress
18. Tropical Asian tree
19. Property violators
22. Picnic insect
23. Ultra High Frequency
24. "In order that not"
26. Typical
29. Academy Awards
31. Martha ___, actress/singer
32. Andes vicuna
34. Fools
36. Spoken
38. Delete a mistake
40. Navigate an unpowered boat
41. ___ salts
43. Movement advocating natural religion
45. Attempt
46. Inactivity or stagnation
48. Stirrup bone in ear
50. Middle of the month
51. Greek for "again"
52. Spanish for "saint"
54. To insert an IV
61. Mineral-bearing rock
63. Came up
64. Something previously mentioned
65. ___ Kudrow, actress
66. Poultry cages
67. Jai ___, sport
68. Facile
69. Teletypewriter (abbrev.)
70. Hades



DOWN

- | | | |
|--|----------------------------------|---------------------------------------|
| 1. Worry | 20. ___ Spector, record producer | 44. Long hair on a horse |
| 2. Owl and the Pussycat author, Edward ___ | 21. Religious sub-denomination | 47. Abraham's son (Bible) |
| 3. Poker stake | 25. Wood-cutting tools | 49. Social outcast |
| 4. Either/or decision | 26. Waterproofed coverings | 52. Bottom of a foot |
| 5. Neckwear | 27. Frothiness | 53. Operatic solo |
| 6. Marries | 28. Gardens | 55. Canter |
| 7. Beast | 29. Fertile place in a desert | 56. Owl sound |
| 8. ___ Dhabi, in Arabia | 30. Mixes with a spoon | 57. To catch sight of |
| 9. To bring back from another country | 31. Eggs of a fish | 58. Not active |
| 10. Tribe or family | 33. ___ West, actress/comedienne | 59. Vigor or enthusiasm |
| 11. Have (archaic) | 35. Clever | 60. ___ Zapata, Mexican revolutionary |
| 13. To obtain deviously | 37. A burden | 61. Speak |

PUZZLE ANSWERS



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

BREAKFAST MENU



SENIOR CENTER BREAKFAST MENU OCTOBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Boiled Egg Tomato Juice Hot Oatmeal Margarine Milk	2 Breakfast Burrito w/ Sausage Cheese Green Chile Tortilla Margarine Milk	3 Peanut Butter Tomato Juice Small Roll Jelly Milk	4 Grilled Ham Cheese Peppers and Onions Small Roll Margarine Milk	5 Scrambled Egg Tomato Juice French Toast Maple Syrup Milk
8 ALL CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY	9 Scrambled Egg Cheese Grilled Peppers Hashbrown Patty Bacon Milk	10 Peanut Butter Tomato Juice Small Roll Jelly Milk	11 Grilled Ham Salsa Potatoes Margarine Milk	12 Breakfast Burrito w/ Scrambled Egg Cheese Red Chile Tortilla Bacon Milk
15 Sausage Patty Tomato Juice Pancakes Maple Syrup Milk	16 Grilled Ham Peppers Tortilla Margarine Milk	17 Scrambled Egg Tomato Juice Waffles Maple Syrup Milk	18 Breakfast Biscuit w/ Sausage Cheese Salsa Biscuit Margarine Milk	19 Cottage Cheese Tomato Juice Cold Cereal Jelly Milk
22 Diced Ham Cheese Salsa Potatoes Margarine Milk	23 Breakfast Burrito w/ Scrambled Egg Cheese Red Chile Tortilla Bacon Milk	24 Sausage Patty Cheese Green Chile Hashbrown Patty Small Roll Margarine Milk	25 Breakfast Ham & Cheese Biscuit Ham Cheese Salsa Biscuit Margarine Milk	26 Scrambled Egg Green Peppers Potatoes Bacon Milk
29 Boiled Egg Tomato Juice Hot Oatmeal Margarine Milk	30 Sausage Cheese Salsa Potatoes Margarine Milk	31 Breakfast Burrito w/ Scrambled Egg Cheese Red Chile Tortilla Bacon Milk	Breakfast is Served at MEG, Luisa and Pasatiempo Centers. Serving times are 7:30am to 8:30am	

LUNCH MENU

SENIOR CENTER LUNCH MENU OCTOBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Chilled Mandarin Oranges Milk	Meatloaf w/ Gravy Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk	Pork Stir Fry Stir Fry Vegetables Whole Wheat Roll w/ Butter Apple Cobbler Milk	Beef Steak w/ Veggie Topping Steamed Spinach Parmesan Potato Rounds WW Roll w/ Butter Lemon Bar Milk	Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/ Peaches Milk
8	9	10	11	12
All CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY	Spaghetti w/ Meat Sauce Buttered Green Beans Green Salad w/Dressing Garlic Bread Jell-O w/ Pears Milk	Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges Milk	Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Pears Milk	Pork Posole w/ Red Chile Sauce Spinach Salad Pinto Beans / Tortilla Strawberry & Peaches Peanut Butter Cookie Milk
15	16	17	18	19
Baked Fish w/ Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/Dressing Whole Wheat Roll w/ Butter Chilled Pears / Milk	Stuffed Chicken Breast Steamed Spinach California Vegetables Baked Biscuit Peach Crisp Milk	Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/Dressing Apple Cobbler Milk	Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/ Cheese Cranberry Sauce Jell-O Milk
22	23	24	25	26
Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans Whole Wheat Roll w / Butter Apple Cobbler / Milk	Chicken Provencal (w/Veggies & Sauce) Steamed Rice Buttered Spinach Whole Wheat Roll w/ Butter Tropical Fruit / Milk	Pork Roast Mashed Potatoes w/ Brown Gravy Asparagus Tips Whole Wheat Roll w/ Butter Applesauce / Milk	Chicken Fettuccini w/ Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears Milk	Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk
29	30	31		
Beef Chalupa w/ Garnish & Salsa Fiesta Salad Chilled Fruit Salad Milk	Santa Fe Chicken & Rice Broccoli w/ Cheese Buttered Carrots Pineapple Upside Down Cake Milk	Baked Ham Baked Yams Steamed Broccoli w/ Butter Topping Whole Wheat Roll w/ Butter Apples / Milk	Lunch Hours: All Senior Centers: 11:00am till 12:30pm Monday thru Friday	

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

City of Santa Fe

Senior Center Locations



Legend

- City Senior Center Location
- Down Town
- City Limits

Mary Esther Gonzales
1121 Alto Street

Pasatiempo
664 Alta Vista Street

Ventana de Vida
1500 Pacheco Street

Luisa Senior Center
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
1200 Camino Consuelo

