

The Senior Scene

Vistas de los Mayores



Elk
Photo by Don Bell

July 2013

Programs and Activities for Older Adults



Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

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

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

This newsletter is also available on the website for the Santa Fe Retired Senior Volunteer Program at www.rsvpsantafe.org

Front Desk Reception

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

Ron Vialpando, DSS Director 955-4710

Administration

Cristy Montoya, Administrative Secretary 955-4721
 Sadie Marquez, Receptionist 955-4741
 Maggie Coffey, Receptionist 955-4758

Nutrition

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

Meals On Wheels

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

Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711
 Lugi Gonzales, Temp. Coordinator 955-4711
 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
 Maggie Coffey, Veet Deha
 Jeannie Rae and Judy Valdez, Copy Editors

CITY OF SANTA FE - SENIOR CENTERS - Maps Located on back cover

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

Happy New (Fiscal) Year Patrons,

July first is the beginning of a new Fiscal Year (FY) and I am proud to report that we have successfully achieved and/or exceeded our goals that were established for FY 2012-13. As we begin this Fiscal Year, we will continue to experience various challenges including incorporating Federal and City funding reductions and addressing the needs of new participants in addition to those currently accessing the many services we provide. Our goal is to enable you to remain living within the comfort of your own home. We are fortunate to have a dedicated and committed staff as well as volunteers, enabling us to continue to maintain the same levels of excellence.

Speaking of staff, it is with a bittersweet spirit that we announce the retirements of Christine Sanchez-Warren our Senior Services Program Coordinator, as well as of Henry Sanchez who is one of our Meals-on-Wheels Drivers. Christine began her career here in November 1991, as the RSVP Secretary. She was later promoted to the RSVP Program Coordinator position in August 1997, before transferring to her current position of Center Program Coordinator in March 2000. Throughout her employment, Christine continually assisted with countless tasks presented to her and took initiative in creating various events and/or instructional classes while always presenting herself in a professional and cheerful manner. Her pleasant personality and laughter in the halls, which brought a smile to each of us, will surely be missed. Christine's last day with us was June 21st.



Also retiring is Henry Sanchez who began his career here in October 2004. Staff and his clients really appreciated Henry's dedication in ensuring that meals were delivered regardless of the weather conditions (rain, snow, ice, fierce winds or intense heat) while maintaining his pleasant mannerism. He made sure to take the time to get to know and understand his clients thereby becoming one of their trusted friends, and in many cases, he was the only contact they would have that day. Henry will be missed. His last day was June 28th.

Please join me in wishing the best to both Christine and Henry as they will surely be missed.

As we celebrate Independence Day, we reflect on how our Founding Fathers enshrined the importance of our Constitution as a vital tool for our nation, people, places and economy. As always, have a safe and enjoyable holiday which honors the birth of the United States of America and the adoption of the Declaration of Independence on July 4, 1776. Please be advised that all centers will be closed Thursday, July 4th in celebration of Independence Day.

Ron J. Vialpando, Director

SENIOR SERVICES PROGRAM INFORMATION

Senior Center Membership Card

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

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

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

1. Be sixty years of age or older per the Older 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.



We will print cards on the following days:
Tuesdays, July 9, 16, 23 and 30
August 6, 13, 20 and 27
9:00am to 1:00pm

Senior Membership Cards are only for use in City of Santa Fe Senior Centers.

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: All centers and transportation will be closed July 4th.

SENIOR SERVICES MONTHLY EVENTS

FREE BENEFITS COUNSELING AT MEG CENTER

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

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

Every Wednesday

July 3, 10, 17, 24 and 31

8:00 - 11:45 a.m.

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

CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	July 2	8:30 a.m.
Pasatiempo	Monday	July 1	1:00 p.m.
Ventana de Vida	Friday	July 5	9:30 a.m.
Villa Consuelo	Monday	July 1	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	July 17	9:30 a.m.
Travel Committee (Now third Thurs.)	Thursday	July 18	8:45 a.m.
Senior Activity Corp. (Now third Thurs.)	Thursday	July 18	10:00 a.m.
Transportation/Nutrition	Tuesday	July 9	9:00 a.m.
Senior Olympics	Wednesday	July 10	9:30 a.m.
RSVP	Tuesday	July 23	10:00 a.m.

BLOOD PRESSURE, BLOOD SUGAR AND OXYGEN LEVEL TESTS

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

M.E.G. Center - First and Second Tuesday	July 2 & 9	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	July 11	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	July 18	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	July 16	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	July 25	11:00 a.m. to 12:00 noon



NEWS & VIEWS

35th New Mexico Conference on Aging

The 35th annual New Mexico Conference on Aging, which provides older adults, caregivers and professionals who work with them the opportunity to learn and have fun in an environment that supports independence and dignity, is scheduled for August 20th and 21st at the Hard Rock Hotel Conference Center in Albuquerque.



More than 1,400 individuals are expected to attend the Conference which will feature over 50 workshops, 60 interactive exhibits, a Health & Enrichment Fair and a variety of entertainment reflecting New Mexico's cultural diversity.

The conference will feature two general sessions. On August 20th, Amy Goyer, author, consultant and AARP Family Expert will present "Caring for Loved Ones – Aren't We All?" In this session, sponsored by AARP, Ms. Goyer will share her passion and expertise in the areas of caregiving, grandparenting, parenting and family issues.

On August 21st, Michael Hess PhD will present "Wellness & Health Promotion". In this session, sponsored by NM Senior Olympics, Dr. Hess will discuss the importance of health promotion throughout our lives.

The Conference will also present awards to individuals and organizations that have made significant contributions benefitting New Mexico, its local communities and older adults.

To receive a registration packet, or for additional information about the Conference, call the NM Aging & Long-Term Services Department toll free at 1-866-842-9230, or email andrea.allen@state.nm.us.

For information on the Hard Rock Hotel & Casino call 505-724-3800 or 1-877-475-3827. Prices and contact information for hotels near the Conference are available in the registration packet. Visit the N.M. Aging and Long-Term Services Department's website at www.nmaging.state.nm.us for more information about the Conference.

Senior Center Closures

All City of Santa Fe Senior Centers will be closed Thursday, July 4th in honor of Independence Day. We'll reopen July 5th.

Happy Fourth of July!

July

By Brooklyn, NY senior Lillian Opass

Do you want to know the reason why
 People just love the month of July?
 The nights are short and the days are long
 Light breezes blow and the sun is strong.
 While some travel to places far away,
 Others stay home and prefer to play.
 Swimmers and boaters are a common sight
 And people will barbecue into the night.
 So when all is said and done
 July is the month for having fun!
 But, while vacation time can't be beat,
 Sad but true- I just can't take the heat!

S.A.C. Board Member Needed

The Senior Activity Corporation (S.A.C.) Board has one opening. They are seeking a senior citizen with good moral character, prior experience working with seniors, and who is willing to contribute his/her volunteer time and talents to the administration of this Corporation.

The SAC Board works cooperatively with the City of Santa Fe Division of Senior Services Director in raising funds to provide basic health, social, educational and entertainment activities and tours for the seniors of the Santa Fe area.

For further information please call Tony Rivera, Chairman at 455-7777 or Virginia Lucero, Secretary, at 983-8853.

Collect Paper Grocery Bags for a Cause

Food for Santa Fe is an all-volunteer organization that gives out close to 1,000 bags of groceries to our economically challenged neighbors every week. Those paper bags are expensive and that is money that could be better spent on food.

Here's how you can help: Invite family members, neighbors, friends and members of your faith community to collect grocery bags for you. Then, bring them to the Food for Santa Fe warehouse at 1222 Siler Road (door on far left of front building) on Wednesday mornings between 6:00 and 7:00 a.m. or Thursday mornings between 6:00 and 8:30 a.m. If that's inconvenient for you, send an email to foodforsantafe@gmail.com and they'll arrange to have a member of their organization pick them up. Thank you.

NEWS & VIEWS

Fit to a T – A Free Public Education Program on Bone Health and Osteoporosis

Fit to a T is a free public education program on bone health and osteoporosis. Developed by members of the U.S. Bone and Joint Initiative (USBJI) the “Fit to a T” program is designed to promote bone health and educate participants about osteoporosis prevention.

Relevant to all ages, Fit to a T is aimed at men and women in their mid-40s to late 60s, as well as seniors and others who have had or are at risk of having a broken bone. The goal is to teach people the necessary steps to prevent or slow down bone disease before they break a bone. It also aims to help people assess their risk, make lifestyle changes, and if they have already broken a bone, to decrease the risk of another fracture.

This free class will be held on Thursday, August 8th at 5:30p.m. at the Genoveva Chavez Community Center, 3221 W. Rodeo Road in Classroom # 1.

To sign up, call toll free 1-855-477-2663 email smaier@usbji.org or go online to <http://www.surveymonkey.com/s/chavev1>

Traditional Spanish Market

The 62nd Annual Traditional Spanish Market will be held July 26th, 27th and 28th on the Santa Fe Plaza. Artists exhibit and sell their art at this event, which also features music and food. The event is free to the public. Check the New Mexican for a complete schedule.

There will be a special Spanish Market Mass, open to the public, at the Cathedral Basilica of St. Francis of Assisi at 8:00am on Sunday to bless the artists and their work.

The Museum of Spanish Colonial Art is the only museum in the country dedicated to exhibiting and interpreting the art of the Spanish colonial period including Hispanic New Mexico. The Museum houses an incredible collection of over 3700 pieces, including historically significant and contemporary works. The building itself, a Pueblo Revival-style building, was designed by renowned architect John Gaw Meem in 1930.

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. This schedule is subject to change. Check updates online at www.santafecounty.org or call 231-2382.



For the month of July:

2nd	Ventana de Vida	9:30 - 2:30
3rd	El Rancho Center	10:00 - 2:00
6th	Lamy Train Station	10:00 - 2:00
7th	Agora Supermarket	10:00 - 2:00
9th	Pasatiempo Center	9:30 - 2:30
10th	MEG Center	9:30 - 2:30
14th	Encino Villa Apts	10:00 - 2:00
16th	Edgewood Center	10:00 - 2:30
17th	Eldorado Sr. Center	9:30 - 3:00
19th	Tesuque Health Fair	10:00 - 3:00
20th	Galisteo Rodeo	10:00 - 4:00
21st	Galisteo Rodeo	11:00 - 4:00
23rd	Santa Cruz Center	9:30 - 2:30
24th	Chimayo Center	9:30 - 2:30
27th	Consuelo Sr. Center	10:00 - 2:00
28th	Rufina Housing	10:00 - 2:00
30th	Luisa Center	10:00 - 2:00
31st	Pojoaque Farm Mkt	11:00 - 5:00

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.

NEWS & VIEWS

Flora's Corner

(Inspirational Words from senior Flora Leyba)
Generation Zero...?

The historical truth of the patterns of any great nation in the past:

The average time they last is about 200 years. They go from bondage to spiritual faith; from spiritual faith to great courage; from great courage to abundance; from abundance to complacency; from complacency to apathy; from apathy to dependence; from dependence back to bondage again.

From the "Cultivate" newsletter

Estate Planning/Wills Workshop August 7th

A free Estate Planning (last will and testament) and Probate workshop will be held from 6:00 to 8:00 p.m. on Wednesday, August 7th at the MEG Senior Center, 1121 Alto Street.

The workshop includes a presentation by volunteer attorney Fletcher Catron, an open question and answer period, and a free one-on-one consultation with an attorney.

Sponsored by the New Mexico State Bar Foundation and the State Bar of New Mexico Elder Law Section, this program is a working partnership that seeks to educate the public about wills, trusts, estate planning, end of life decisions and probate to meet legal needs.

The State Bar Lawyer Referral for the Elderly Program in Albuquerque is staffed from 8 a.m. to 5 p.m. on weekdays. The program consists of a telephone helpline and referrals. More information may be found at <http://www.nmbar.org/Public/lrep.html>.

This event is a community service open to the public free of charge. Bring your papers and questions and allow these lawyers to assist you.

Seeking Cotton Fabric

The MEG Tuesday sewing class is seeking donations of 100% cotton fabric. Please bring them to Lugi at MEG Center.

Home Grown New Mexico

Home Grown New Mexico produces events that educate and promote the awareness of nutritious, home grown food.

Upcoming events in July:

Grilling in the Park, July 13th 10am-, at Frenchy's Community Garden. See how simple it is to prepare and use your fresh veggies from your garden. Learn which vegetables are best for grilling and recipes on how to use them.

Kitchen Garden & Coop Tour on July 28th The tour is self-paced. The homeowners will be the main tour guides, but also have help from the Master Gardeners and volunteers from each location to review edible gardens, chickens, bees and any other self-sustaining items such as solar, water catchment and more.

Buy tickets for \$35 to see six homes for a fundraiser. <http://www.brownpapertickets.com/event/397515>

Email homegrownnewmexico@gmail.com or phone 473-1403.

2013 Santa Fe International Folk Art Market

The 10th Annual Santa Fe International Folk Art Market will be held July 10- 14 with the main market on Museum Hill and special events all over town. Included are the "Festival-au-Desert: Caravan for Peace Concert" at the Lensic on July 10th, a community celebration at the Railyard Park on the 11th, a market opening party on the 12th and the Market on the 13th and 14th, both at Museum Hill.



For exact schedules, times and additional information, go online to www.folkartmarket.org

On-Line Training on Wildfire Management

From the City of Santa Fe's Emergency Manager

Curious about what is happening with the management of all these wildfires? Do terms like "Incident Commander" and "Division Bravo" set your heart racing? Take this on-line introduction to "Incident Command (ICS) 100" and you'll be well on your way to enhancing your knowledge of how firefighters, support personnel, command staff, and other resources are coordinated for wildfire operations or other major emergencies and disasters.

Go online to: <http://training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=is-100.b>

FGP/SCP Foster Grandparent / Senior Companion Programs

Thoughts from a Volunteer

After 17 years of faithful volunteer service to the Foster Grandparent Program, Ms. Sylvia Farber decided to retire last school year. Prior to her retirement from the Foster Grandparent Program, she assisted Ms. Dolores Pong in her classroom at Carlos Gilbert Elementary School. At 94 years old, Ms. Farber is quite active. She still drives her vehicle, volunteers and walks around her neighborhood every day. During one of her recent walks, she saw a beautiful act of nature and wrote and drew the following for her granddaughter.



“Birds Meeting”

By the way, happy 95th birthday on July 26th Sylvia!

I would like to share with you what I witnessed as a (meeting of birds).

I was going for my evening walk and as I was going out the door I was surprised to see fifty birds in the corner lot across the way. (The picture will help to describe the scene.)

It seems to me that the four lead birds were bawling out the other birds for being a wild group the past week. The next thing that occurred was that the male bird would dance to a female bird and then they would fly away together. This continued until all of the birds were gone.

I hope you enjoy the picture of what happened. What a wonderful thing to witness.

Sylvia Farber, May 2013

FGP/SCP Volunteer Training Opportunity:

35th Annual New Mexico Conference on Aging
 “A Diverse Community: Exploring Options, Expanding Horizons”

August 20 – 21, 2013, at Hard Rock Hotel and Casino Conference Center, Albuquerque

The Conference on Aging is an opportunity for seniors to learn and have fun in an environment of support for senior independence and dignity. Attendees will enjoy workshops, entertainment, a health fair, lunch and much more. Keynote speakers include Amy Goyer, Author, consultant and AARP Family Expert. Her speech is titled “Caring for Loved Ones – Aren’t We all?” There are also many workshops on conscious aging, intergenerational issues, caregiver support health and wellness, spirituality and much more. Again this year, they will feature a Health and Enrichment Fair which includes health screenings, wellness information, massage and haircuts.

If you are interested in attending the conference, please let Melanie know as soon as possible. As an active Foster Grandparent or Senior Companion volunteer, the program will pay for your registration, meals and transportation to/from the conference. You may choose to attend the whole conference or one day.

Fourth of July

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

HAPPY BIRTHDAY!

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

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



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.

St. E's Hungry Mouth Festival



St. Elizabeth Shelter will host its first-ever Hungry Mouth Festival on September 14th to celebrate St. E's 27 years of providing programs and services to the homeless individuals and families of Santa Fe and Northern New Mexico. The Festival will feature a cooking competition among four teams of volunteer chefs, each supervised by a local celebrity chef.

Tickets are \$100 each, and all proceeds go to support St. Elizabeth's work. They need volunteer help selling tickets (starting now), and with many activities closer to the event. Please call Kristin at 955-4760 to learn more.

Santa Fe Children's Museum

All summer long, the Santa Fe Children's Museum is a whirling hub of growth and learning. Whether you like to get your hands dirty in the greenhouse, or assist a child make body-encompassing soap bubbles, or whether sitting at the gift shop/admissions counter is more your style, if you like seeing kids smile, this is the place for you! The museum is wheelchair accessible. Call Kristin at 955-4760.

Senior Services Needs another Handyman

The Division of Senior Services receives many calls from seniors who need small repairs done to their home (minor carpentry, electrical or plumbing issues), or basic yard work (weed, haul away waste, cut a branch). We could use another one or two volunteers to take on these requests from our neighbors. We would have to run a criminal history check first, and then you will be ready to go! Please call 955-4760 and say "yes" to lending a hand.

You cannot do a kindness too soon, for you never know how soon it will be too late.

— Ralph Waldo Emerson

Do you Love a Great Book? We Need More Volunteer Tutors!

The Santa Fe Civic Housing Authority has created a tutoring program for children 8 -17 who live at Villa Alegre housing on Alameda. So far, they have more children interested than volunteers to work with them!



They are seeking additional volunteers to offer academic support and serve as mentors. The Housing Authority will provide Kindles to the children. They are seeking adults who can commit to a couple of hours a week to help these children gain confidence in their skills and develop a love of reading.

Each tutor will be matched with a child according to many factors. Tutoring will occur at the Villa Alegre Community Center onsite. You do not need extensive experience with computers. If you are bi-lingual that will help some of the children, but strictly English speakers are certainly welcome as well. We will need to conduct criminal history checks on all volunteers. Please call Kristin at 955-4760.

RSVPs, Come to the Conference on Aging

This year's New Mexico Conference on Aging will be held August 20th and 21st at the Hard Rock Hotel and Casino Conference Center, Albuquerque. See details in the News & Views section.

If you are an active RSVP Volunteer, and you

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

did not sign up last year, the RSVP program will pay your registration and lunch and drive you there and back each day or both days. Join us!

If you are interested in attending the conference, please let Marisa know by Monday, July 22nd. Call her at 955-4743, drop by the office at MEG Center, or email her at mvromero@santafenm.gov

Be an Angel- Join Kitchen Angels

Would you like to cook healthy meals alongside other interesting volunteers? How about packing and distributing meals to the delivery volunteers? Or would you rather deliver meals to a particular route of homebound clients who really appreciate it?



Whatever your fancy, you can serve through the wonderful Kitchen Angels organization. Call Kristin at 955-4760 to sign up.

Volunteer Business Meetings

Every other summer, we ask all RSVP volunteers to attend a meeting so that we can update you on our program and distribute volunteer "thank you" gifts. You should have received a detailed letter about this in the mail, but here's a reminder.

Please join us at one of the following meetings:
 Mon. July 22nd 10:00a.m. Villa Consuelo Center
 Fri. July 26th at 10:00a.m. Luisa Center
 Tues. July 30th 10:00a.m. Pasatiempo Center
 Wed. July 31st at 10:00a.m. MEG Senior Center
 Mon. August 5th 11:30a.m. Santa Cruz Center
 Thurs. August 8th at 12:00 Chimayó Center
 Fri. August 9th 11:30a.m. Edgewood Center
 Mon. Aug. 12th at 10:00a.m. El Rancho Center
 Wed. August 14th at 11:30a.m. Rio en Medio
 Mon. August 26th at 11:30a.m. Eldorado Center

For Rio Arriba County volunteers, we will schedule meetings in late August and early September, once the new Director of Senior Programs there is up and running.



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

July

Mary Louise Mayhew	7/02	Vivian Heye	7/20
Alice Vargas	7/02	Willie J. Horne	7/20
Lorna Dyer	7/03	Susana A. Montoya	7/20
Thomas K. Pedersen	7/03	Benita Tava	7/21
Roberta Carter	7/04	Christine Evertsz	7/21
David Reffert	7/05	Beatrice Garcia	7/21
Martiniano A. Valencia	7/05	Lillian McConnell	7/22
Lorraine Graham	7/06	Barbara Mellers	7/22
Marvin Lachman	7/06	David Ortiz	7/22
Donna Sellers	7/06	Ann Aceves	7/25
Scott Adams	7/06	Doris Patton	7/25
Sue Ann Spoonhoward	7/07	Lillian M. Martinez	7/26
Sue Ann Spoonhoward	7/07	Carmen Montano	7/26
Michaela Gallagher-Gonzales	7/08	Peter B. Quintana	7/26
Michaela Gallagher-Gonzales	7/08	Carole Silva	7/26
Anita Alarid	7/09	Pauline Candee	7/27
Esequiel Marquez	7/09	Joan Carroll	7/28
Maria E. Naranjo	7/09	David L. Raab	7/28
Rod Hasson	7/10	Michaela Shelley Valencia	7/28
Nancy R. Nofield	7/10	Consuelo Garcia	7/30
Yvonne Prior	7/10	Jo An Riter	7/30
Mary Ellen Underwood	7/12	Angie Doss	7/31
Eleanor L. Riser	7/13	Frank M. Esquibel	7/31
Frank Hogan	7/18		
Graciela Thorpe-Powers	7/19		

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 955-4725		
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 955-4715		
Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Tai Chi class (advanced)	Monday	9:15 am
Quilting	Tuesdays	12:30 pm
Mind/Body Movement	Thursday	9:30 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
Sewing	Thursday	12:30 pm
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings
Zumba Gold	Friday	9:30 am
Pasatiempo Senior Center 955-4725		
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga	Mon. - Fri.	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-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	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm
Ventana de Vida Senior Center 955-4715		
Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Bridge	Sunday	1:00 pm
Villa Consuelo Senior Center 955-4725		
Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

Ongoing Activities by Activity or Class Type

ART		
Ventana-Class	Tuesday	1:00 pm
BINGO		
MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm
BRIDGE		
Pasatiempo	Monday	12:30 pm
Ventana de Vida	Sunday	1:00 pm
CERAMICS		
Pasatiempo	Mon. & Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am
COMPUTER		
MEG Classes	For info. call	955-4721
MEG Open Use	Mon. - Fri.	1 pm - 4:30pm
Pasatiempo	Tuesday	9 am - 11 am
DANCE CLASSES		
Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba Gold	Friday	9:30 am
EXERCISE CLASSES/FITNESS EQUIPMENT		
MEG Open Use	Mon. - Fri.	7 am - 4:40pm
Pasatiempo Open Use	Mon. - Fri.	8:00 am
Luisa Open Use	Mon. - Fri.	7:00 am
Ventana Class	M/W/F	9:00 am
Mind/Body Movement MEG	Thursday	9:30 am
GUITAR CLASS (Beginner)		
MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am
JEWELRY MAKING		
MEG Center	Monday	9:00 am
SEWING/QUILTING/KNITTING		
MEG-Sewing/Quilting	Tuesday	12:30 pm
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
TAI-CHI		
MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 am
Pasatiempo	Thursday	9:00 am
WOOD/STRAW APPLIQUÉ		
Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

ACTIVITIES *for this month*

Indoor Flea Market at Luisa

Come by the Luisa Senior Center located at 1500 Luisa St (enter from Columbia off St. Francis) on Saturday, July 13th from 8:00am – 2:00pm for a terrific indoor market.

If you are interested in selling, vendor spaces are still available for \$10.00 a table. For information call Bernadette at 982-8981.

Sunday Bingo at Pasatiempo July 21st

The Pasatiempo Senior Center at 664 Alta Vista St.  will be hosting a Bingo on Sunday, July 21st from 1:00 p.m.–4:00 p.m. The cost is \$12.00 for a package and 3 specials at \$1 each. The Blackout game is \$2.00. Try your luck at winning the \$100.00 jackpot!

There will be Frito Pie and a drink for sale for just \$5.00.

Please bring small bills. Everyone is welcome.

Summer Dance

Join us for a hot summer dance on Thursday, July 18th from 1:00 to 4:00 p.m. at the Fraternal Order of Eagles, 833 Early Street. There will be live music by Los Malcriados. 

Light refreshments will be served. The admission fee is just \$2.00 for seniors age 60 and over. This dance is sponsored by the Pasatiempo Senior Center.

Free Hair Cuts at MEG & Pasatiempo-AUGUST

During the month of August our volunteer Fabiola will provide free haircuts 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 am. No hair cuts in July.



MEG Senior Center August 7th and 14th
Pasatiempo Senior Center August 21st and 28th

Movie Day at Luisa Senior Center

Thursday, July 11th at 1:00 p.m.

“The Help”

At the dawn of the civil rights movement, three Mississippi women are about to take one extraordinary step. Twenty-two-year-old Skeeter



has just returned home after graduating from Ole Miss, and her mother won't be happy until she finds a husband. Aibileen, a wise African-American maid and caretaker, suffers after the loss of her own child. Minny, Aibileen's sassy best friend, struggles to find and hold a job. Seemingly as different from one another as can be, these women will nonetheless come together for a clandestine project that will put them all at risk.

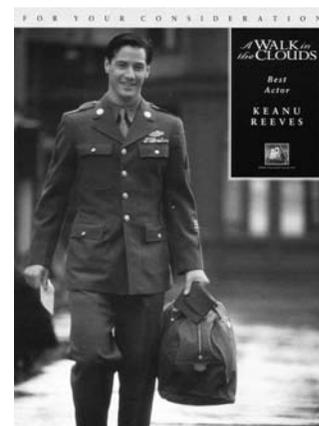
Rated PG-13

Movie Day at M.E.G. Senior Center

Friday, July 12th at 1:00 p.m.

“A Walk in the Clouds”

After returning from the war, Paul and a young woman meet on a bus as she's headed home from college to help with the grape harvest and face her Old World domineering dad. The woman has not married but is pregnant and she thinks her father is going to kill her. Paul proposes to pose as her husband to help her face her father. When their passion for each other is finally ignited and explodes, they realize they must overcome all odds to be together. Rated PG-13



Sunday Dance at Pasatiempo

Phil Trujillo will play for you on Sunday, July 7th from 1:00 to 4:00 p.m. at the Pasatiempo Center, 664 Alta Vista St.

ACTIVITIES for this month

AARP Driver Safety Program

Sign up for the next AARP Driver Safety Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (registration) to 5:00 p.m. The volunteer instructor will go over safety tips for seniors on the road. New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.



Classes are held on the second Tuesday of each month. The fee to cover materials is \$14.00. If you are an AARP member the cost is only \$12.00, although your AARP card or number must be presented the day of the class.

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

July 9th	Patricia Penn 438-0460
August 13th	Bob Jacob 466-1143

Acupuncture Clinic for Veterans in August

The free ear acupuncture clinic for all military veterans and their families will take a break for the month of July. The service at the MEG Senior Center on Thursdays 2:00-4:00 p.m. will resume in August.

Senior Travel Committee Trip to Mackinac Island, Michigan Aug 23- Sept 2

Join other seniors for this exciting trip! Price includes motorcoach transportation, 10 nights' accommodations, guided tours, travel insurance and much more.

Double occupancy \$1080 per person
 Single occupancy \$1430 per person

Full payment is due upon signing up and there is a 10% cancellation fee. For more information and reservations, call:

Chuck at (505) 988-2958 or
 Lilly at (505) 690-8873

Free Computer Workshops

Volunteer Wes Sandel offers free computer assistance. He will help fix basic problems with your computer and guide you through computer use. Join him Tuesdays, 9:00 to 11:00 a.m. at the Pasatiempo Senior Center or Monday evenings 7:00 to 9:00 p.m. at the Villa Alegre Housing. For information, call the Pasatiempo Center at 955-6433.

Annual BBQ at the MEG and Ventana de Vida MEG – Friday, July 19th 11:00 -12:30

Ventana de Vida: - Fri, July 26th 11:00 – 12:30
 Join us for annual barbecues. The suggested donation is \$1.50 for seniors age 60+, and \$5.32 for non-seniors. Hamburgers and all the sides and fixings will be served.



Taos Pueblo Pow Wow Saturday, July 13th

Join the Senior Activities on a trip to the Taos Pueblo Pow Wow on Saturday, July 13th. Events include Dance and Drum contests, Ground Dancing, Arts & Crafts and Food Booths.



The \$20.00 fee includes entrance fee and transportation. The bus will leave MEG Center at 9:00 am and return at approximately 4:30 pm. Lunch is on your own. For more information, and to sign up, please call Don Bell at 982-2707.

Learn to Relax

You are invited to join us in a workshop that teaches you how to quiet your mind and relax your body using self-hypnosis. Come learn the valuable life skill that reduces stress, lowers blood pressure, and deeply relaxes muscles. There are lots of cool things you can do with your mind once you know how to do this, and we'll be exploring some of these. This is a fun workshop, so bring friends!

The workshop is on Monday, July 8th 9:30 to 11:00 a.m. at the Pasatiempo Senior Center, 664 Alta Vista St. Facilitator: Deborah Gallinger, Medical Hypnotherapist. Call (505) 614-4971 or go to www.heartsonlyhypnosis.com.

HEALTH & SAFETY

Help Seniors Prepare for the Summer Heat

(By Alyssa Camerlin of Comfort Keepers)

Summer months can become exceedingly hot for many but especially for seniors. While it is widely known that seniors should take care when venturing outdoors during sweltering hot days, it is also important to know they can become overheated in their own homes.



As we age, our bodies become less able to regulate internal temperatures. Sometimes medications they take can contribute to this condition. As a result, you may find that seniors wear sweaters because they feel chilly when, in fact, they should not be cold at all. Others may opt to leave air conditioners off for the same reason. In summer months, this type of behavior can cause seniors to become overheated in their own homes.

It is vitally important for seniors to be aware of the dangers of becoming overheated. One place to start is by helping prepare their homes for the summer months, especially in areas where temperatures become extreme.

Exterior

Make sure caulking around windows and weather strips around doors are in good repair. Having windows tinted to keep the sunlight at bay can help keep homes cool. Hire an air conditioning repair company to perform service on units: clean coils, filters, and appropriate freon levels ensure air handlers are efficient and prevent break-downs during critical months. Check to see if insulation and ventilation in the attic is sufficient. Planting shade trees to provide cover from the sun can help keep homes cool.

Interior

Install ceiling fans to keep rooms cool. Remember, during the summer months ceiling fans should be set to run in a counter-clockwise motion to vent air downwards for a cooling affect. (Most fans have a switch above the blades to do this, as in the winter months the blades should be

running in a clockwise motion). Make sure drapes or shades are adequate to keep the sun from beaming in through the windows during the peak of the day. Make sure the clothes dryer vents are clear. If they are clogged, the heat generated by the dryer seeps into the home instead of out the vent. Clogged dryer vents can present a fire hazard, so it is especially important to maintain them properly. Small, battery-operated personal fans can help. Spray bottles filled with water offer a refreshing spritz to keep from overheating.

We should all understand the dangers of becoming overheated during the summer. Some may be surprised this can happen in their own homes. The more education they receive regarding the dangers, the more able they are to take care of themselves properly and beat the heat in the summer.

Emergency Preparedness

When seniors live home alone, it is important for them to be prepared for emergencies. During sweltering summers, some states initiate rolling blackouts in order to keep power grids from overheating. Sometimes air conditioners simply break, or electricity can go out for other reasons. In these instances, it is important to be prepared to keep cool until the situation is rectified. Freezing small bottles of water during the summer is a good idea. If the power goes out, removing them for drinking when they thaw can keep seniors cool. It is also a good idea to wet a few washcloths and keep them in the freezer; if there is a power outage, these can be placed on the back of the neck to help keep seniors cool. Storing extra bottled water is crucial to maintain proper hydration during an emergency.

If seniors do not have family or friends close by, it may be a good idea to hire a company such as Comfort Keepers® to check on them to ensure safety during the summer months. Comfort Keepers can check the temperature levels and ventilation inside homes, as well as help perform daily tasks around the house to keep cool.

For more information about Comfort Keepers of Santa Fe, call us directly at 505-982-1298 or visit our website www.comfortkeepers.com/santafe-nm

SENIOR OLYMPICS

State Games June 12-16, 2013



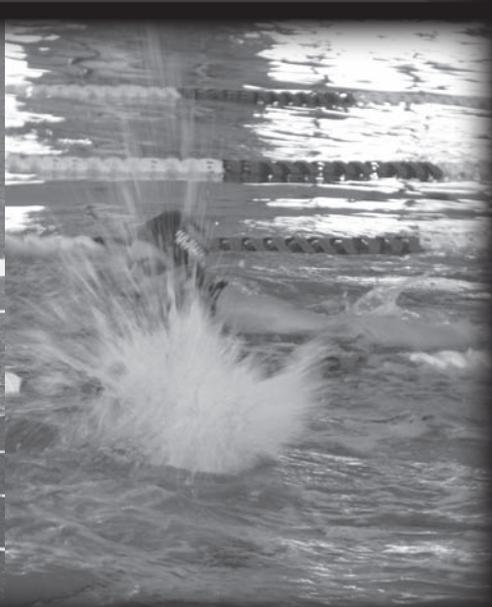
State Games June 12-16, 2013

Congratulations to all athletes who attended State Games in Roswell June 12 -16, 2013. I will have the results next month.

Until next month-
Cristina Villa



SENIOR OLYMPICS



CONGRATULATIONS!

LEGAL & CONSUMER

Money 101: Loans

By senior volunteer Anke Mihalas

The most common loans are the following:

- Home Equity Loans, or HELOC (secured by your home)
- Personal Loans (unsecured or secured by your bank account, CDs or the like)
- Title Loans (secured by your car title)
- Payday Loans (secured by your paycheck or checks)



Home Equity Loans have the advantage that you can deduct the interest from your taxes. But beware, if you default on HELOCs, you risk losing your house! This type of loan should be reserved for major remodeling or the like, not paying off credit cards and then running up your balances again. But if you have several credit cards, maybe at high interest rates, it may make sense to get a HELOC and consolidate all of your bills and pay a much lower interest rate. HELOCs may charge closing costs, so find out how much they cost you and at what interest rate the loan needs to be repaid.

Personal loans usually come from a bank or credit union where you have an account and you have shown financial responsibility.

Title loans are what they say they are; you have to provide your car title as security (that means that the car has to be already paid off).

Payday loans will advance you cash from your next paycheck. Interest rates are very high. Horror stories abound of people in need of cash who go to a payday loan company for maybe \$1,000 and after months or even years, they have paid out multiple thousands. They sometimes cannot pay them off because of the outrageous interest that they are being charged.

Of course, you must pay back all loans. If a loan is secured by your house or your car and you default on the loan, you may lose your collateral. In New Mexico you can keep \$30,000 worth of exempted property if you have to declare bankruptcy. If the equity in your home is valued at more than \$30,000 in case of bankruptcy, you would lose that property.

In case of a large debt, like credit card debts in the tens of thousands of dollars, you may get sued and have judgments filed in court against you and have your wages garnished if you default on the repayment of debts. This is a very stressful situation and can ruin you financially for most or all of the rest of your life.

My last suggestion: do not, under any circumstances, co-sign any kind of loan for a family member or friend unless you can afford to pay off that loan if the person defaults. As a co-signer you become responsible for this loan as if it were your own, if the person you co-signed for defaults on repayment. Student loans, which cannot be discharged by bankruptcy, fall into this category. There are very few and very limited circumstances where student loans can be forgiven, like if you become severely disabled or die. So, do not co-sign a loan!

Diabetes Scam

(From the Dept. of Health and Human Services Centers Office of Inspector General, OIG)

Criminals who plot to defraud the Government and steal money from the American people have a new target: people with diabetes.

Although the precise methods vary, the scheme generally involves someone pretending to be from the Government, a diabetes association, or even Medicare, calling you. The caller offers "free" diabetic supplies, such as glucose meters, diabetic test strips, or lancets. The caller may also offer other supplies such as lift seats, foot orthotics, or joint braces, in exchange for the beneficiaries' Medicare or financial information, or confirmation of this type of personal information. The call is a scam.

If you receive such a call, OIG recommends the following actions:

1. Protect your Medicare and other personal information and do not share it easily.
2. Report the call to law enforcement and to the OIG Hotline at 1-800-HHS-TIPS or online at <http://oig.hhs.gov/fraud/report-fraud/>.
3. Check your "Medicare Summary Notice" and Medicare bills for unexplainable charges.
4. Do not accept items that you did not order.

PUZZLES

Fourth Of July

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

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

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BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

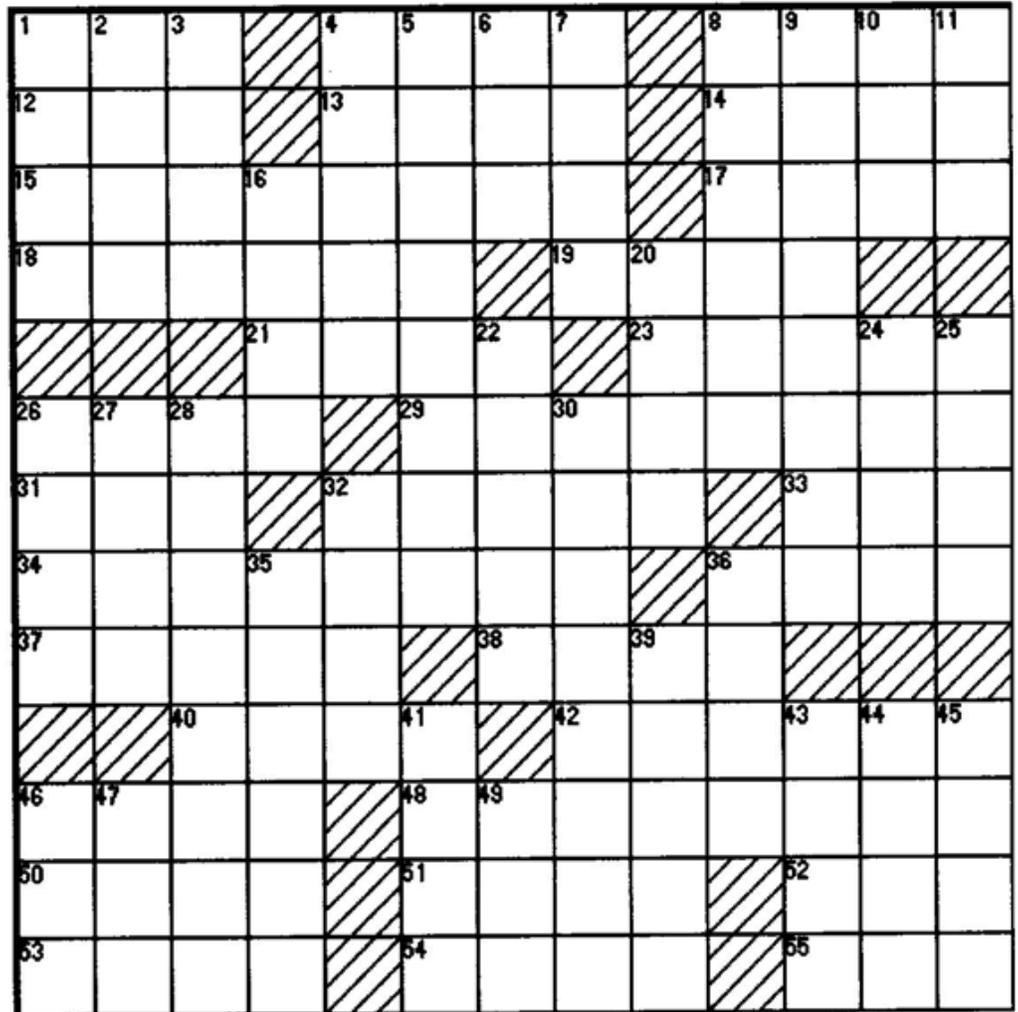
HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE

PUZZLES

ACROSS

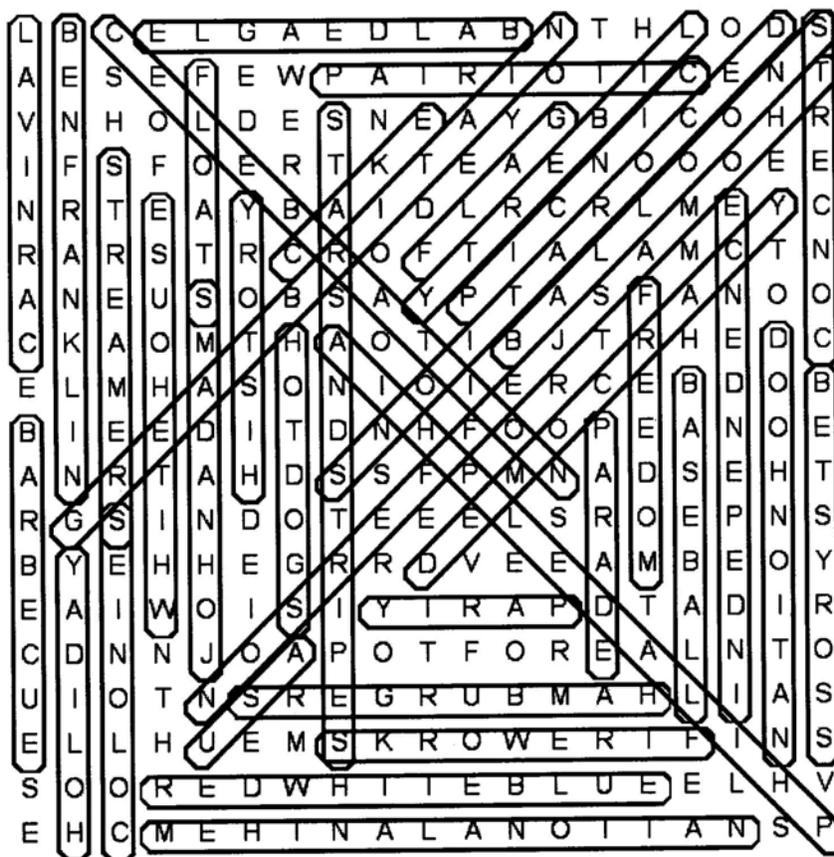
1. ___ student, learns healing
4. Carthage queen
8. German river
12. Potato state, abbr.
13. Research labs
14. Filippo __, Saint
15. Remunerations
17. Hairdo
18. Beaten eggs or an egg mixture cooked until just set
19. ___ Mater, one's school
21. Bird genus
23. Rust fungi
26. Frames
29. A way of footing
31. They ___
32. Any habitation at a high altitude
33. Company that rings receipts
34. Got worse
36. Turkish title
37. Honk
38. Cutty __ (drink)
40. A message transmitted by telegraph
42. Procyonids
46. Amounts of time
48. Explode
50. Plain
51. Colored part of eye
52. Bridge building degree
53. Words of farewell
54. Considerateness
55. Indicated horsepower, abbr.



DOWN

- | | | |
|---|----------------------------------|---|
| 1. Soybean paste | 16. Expression of sorrow or pity | 35. In a way, presents oneself |
| 2. Mild yellow Dutch cheese made in balls | 20. Burden | 36. Kwa |
| 3. Valley | 22. Infections | 39. Perch |
| 4. Has required courage | 24. Edge | 41. Copyread |
| 5. In a way, appears like | 25. North-central Indian city | 43. Sock |
| 6. River in NE Scotland | 26. Slam | 44. Tickle |
| 7. Mythological mountain | 27. Soviet city | 45. A way to run |
| 8. Coating for metal, glass, or ceramics | 28. A North American river | 46. The outward flow of the tide |
| 9. A way of cutting up | 30. Instructive esp. excessively | 47. Beam out |
| 10. Stray | 32. Copycat | 49. A major division of geological time |
| 11. The former capital | | |

PUZZLE ANSWERS



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

BREAKFAST MENU

Please note: Breakfast is served Monday–Friday, 7:30 – 8:30am, at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over. Non-senior fee \$4.20

- 1st Boiled eggs, salsa, small roll, margarine, milk
- 2nd Sausage, cheese, red chile, small roll, margarine, milk
- 3rd Ham and cheese biscuit with salsa, jelly, milk
- 4th ALL CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY
- 5th Breakfast burrito w/scrambled eggs, bacon, cheese, green chile, milk
- 8th Sausage, hashbrowns, salsa, small roll, jelly, milk
- 9th Scrambled eggs with grilled peppers, cheese, potatoes, margarine, milk
- 10th Grilled ham, salsa, small roll, jelly, milk
- 11th Scrambled eggs, sausage, French toast with maple syrup, tomato juice, milk
- 12th Peanut butter, jelly, small roll, cold cereal, tomato juice, milk
- 15th Grilled ham, cheese, salsa, small roll, jelly, milk
- 16th Breakfast burrito w/scrambled eggs, bacon, cheese, red chile, milk
- 17th Sausage, pancakes with maple syrup, tomato juice, milk
- 18th Scrambled eggs, hashbrowns, salsa, jelly, milk
- 19th Biscuit with ham and cheese, salsa, jelly, milk
- 22nd Scrambled eggs with grilled peppers, bacon, cheese, hashbrowns, milk
- 23rd Sausage, cheese, green chile, potatoes, margarine, milk
- 24th Scrambled eggs and sausage, French toast with maple syrup, tomato juice, milk
- 25th Diced ham with cheese, peppers, onions, small roll, margarine, milk
- 26th Scrambled egg, bacon, cheese, salsa, tortilla, milk
- 29th Peanut butter, jelly, cold cereal, tomato juice, milk
- 30th Scrambled eggs, bacon, potatoes, cheese, salsa, milk
- 31st Sausage, cheese, English muffin, salsa, margarine, milk

Nutrition Education: Food Safety on the Move

(From the Partnership for Food Safety Education 2013)

Hitting the road for a picnic or cookout? Cases of food poisoning peak in the summer months, so if you're on the move with food, remember these food safety tips:

- Bring soap, or at least hand sanitizer to wash hands before and after handling food.
- Do not keep your coolers in the trunk of a hot car, but rather in the air conditioned passenger area.
- Don't let food sit out. Perishable foods should not be left out of refrigeration for more than 2 hours. Reduce that to one hour on a hot day of 90° or more.
- Pack lots of ice or ice packs in your cooler to keep food cold. Leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftovers.
- Keep raw meat wrapped and separate from cooked foods, fruits and vegetables.
- Use a food thermometer to make sure meat is cooked to a safe internal temperature.



LUNCH MENU

SENIOR CENTER LUNCH MENU JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chile Dog w/ Garnish Baked Potato Wedges Buttered Mixed Veggies Fresh Orange Milk	2 Chicken Fettuccini Buttered Carrots & Peppers Garlic Bread Chilled Pears Milk	3 Tuna Salad w/Pasta Tossed Green Salad Saltine Crackers Chilled Peaches Milk	4 ALL CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	5 Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans WW Roll w/ Butter Apple Cobbler Milk
8 Chicken Tetrizzini w/ Pasta California Vegetables Crackers Apple Crisp Milk	9 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Butter Fruit Salad Milk	10 Red Chile Burrito Supreme Spanish Rice Tossed Green Salad Chilled Apricots Milk	11 Baked Pork Chop Carrot/Zucchini/Tomato WW Roll Scalloped Baked Apples Milk	12 Classic Lasagna w/ Meat Sauce Tossed Green Salad Mixed Vegetables French Bread Fruit Cobbler Milk
15 Spaghetti w/ Meat Sauce Steamed Broccoli w/ Cheese Topping Garlic Bread Chilled Peaches Milk	16 Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/ Apricots Milk	17 Pork Stir Fry Stir Fry Vegetables Tossed Green Salad WW Roll w/ Butter Apple Cobbler Milk	18 BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie Milk	19 Baked Chicken w/ Mushroom Cream Sauce Sweet Potato Wedges Baked Biscuit Chilled Pears Milk
22 Roasted Roast Beef Mashed Potatoes w/Gravy Vegetable Salad California Vegetables WW Roll Cherry Cobbler Milk	23 Pork Posole Tossed Green Salad Mustard Greens Garlic Bread Baked Cookie Milk	24 Baked Chicken Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad WW Roll w/ Butter Jell-O w/ Peaches Milk	25 Red Chile Frito Pie W/ Garnish Pinto Beans Angel Food Cake w/ Apricot Topping Milk	26 Roasted Turkey Sandwich w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Tapioca Pudding Milk
29 Pueblo Red Chile Beef Stew Steamed Carrot Coins Tossed Green Salad Cornbread w/ Butter Chilled Pears Milk	30 Roasted Pork Roast Mashed Potatoes w/ Gravy Steamed Asparagus WW Roll w/ Butter Chilled Applesauce Milk	31 Baked Chicken w/ Pasta & Cream Sauce Buttered Carrots WW Roll w/ Butter Fresh Orange Milk	Lunch is Served: At all five Senior Centers 11:00 a.m. -12:30 p.m.	

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

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