May 2022

CONTACT INFORMATION
CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
Administration Offices 1121 Alto St, Santa Fe, New Mexico 87501

Toll-Free Administration ________________________(866) 824-8714
• Must be Age 60+
• Hours M-F 8:00a - 5:00pm
• Services are Free
• Free Registration and Reassessment Required

Mary Esther Gonzales Senior Center, 1121 Alto St.
Admin Offices ________________________(505) 955-4721

Senior Services Administration & Registration
Cristy Montoya, Administrative Secretary ___(505) 955-4721
cjmontoya@santafenm.gov

Cara Alunno, Receptionist ____ (505) 955-4741

Division Director, Senior Services
Gino Rinaldi _______ (505) 955-4710
erinaldi@santafenm.gov

Transportation Reservations (see news & views )
Linda Quesada-Ortiz _______ (505) 955-4700
lquesadad@santafenm.gov
• Must be Age 60+
• Hours M-F 8:30am - 4:00pm
• Must be within City limits
• Suggested Senior Donation $5 per Ride
• Requires a Reservation
• Free Registration and Reassessment Required

Home Delivered Meals
Carlos Sandoval _______ (505) 955-4748
cesandoval@santafenm.gov
• Must be Age 60+
• Hours M-F 8:00am - 5:00pm
• Must be within City limits
• Must be Homebound
• Suggested Senior Donation $1.50 per Meal
• Free Registration and Reassessment Required
• Requires an In-Home Assessment

Congregate Meals, Curbside Meals
Yvette Sweeney _______ (505) 955-4739
yasweeney@santafenm.gov
• Must be Age 60+
• Hours M-F 8:00am - 5:00pm
• Suggested Senior Donation $1.50 per Meal
• Free Registration and Reassessment Required

Senior Services Navigator
Saul Carta ________________________(505) 955-4735
scarta@santafenm.gov
• Must be Age 60+
• Hours M-F 8:00am - 5:00pm
• Services are Free

Santa Fe Civic Housing
505-930-5901
Santa Fe County Senior Programs
505-992-3069

Senior Center Programming Activities
Lugi Gonzales, Center Program Manager___(505) 955-4711
lgonzales@santafenm.gov
• Must be Age 60+
• Hours M-F 8:00am - 5:00pm
• Services are Free
• Free Registration and Reassessment Required

Activities- MEG Center, Ventana de Vida Center
Albert Chavez _______ (505) 955-4715
wachavez@santafenm.gov

Activities- Luisa, Pasatiempo, Villa Consuelo
Cristina Villa ___ (505) 955-4725
cavilla@santafenm.gov

Senior Olympics Events for Seniors Aged 50+
Cristina Villa ___________ (505) 955-4725

cavilla@santafenm.gov
• Hours M-F 8:00am - 5:00pm
• Registration Fee Required

In-Home Supportive Services Program Supervisor
Vacant _______ (505) 955-—————

In Home Supportive Services Program Coordinator
Delilah CdeVacca ___(505) 955-————
dcdevacca@santafenm.gov
• Must be Age 60+
• Hours M-F 8:00am - 5:00pm
• Services are Free
• Free Registration and Reassessment Required
• Requires an In-Home Assessment

Senior Volunteer Programs
Anya Alarid, Program Manager ______(505) 955-4744
aalarid@santafenm.gov

Senior Companion/Foster Grandparent
Theresa Trujillo, Project Administrator ______(505) 955-4745
tptrujillo@santafenm.gov
• Must be Age 55+
• Hours M-F 8:00am - 5:00pm
• Services are Free
• Requires an In-Home client Assessment
• Stipends Available for Volunteer if Qualified
• Must Income Qualify
• Required a Background Check

Grandparents Raising Grandchildren Fund
Theresa Trujillo ________________________(505) 955-4745

Retired Senior Volunteer Program RSVP
RSVP Admin. / Public & Community Relations
Mona Baca _______ (505) 955-4760

RSVP Volunteer Program Coordinator
Erika Cuellar _______ (505) 955-4722

Please Note: MEG Senior Center Reopening May 2 for congregate and grab-and-go lunches. Luisa Senior Center reopening May 16, for congregate meals only.

Newsletter Production
Anya Alarid, Editor/Distribution - (505) 955-4760 aalarid@santafenm.gov
Ashley Espinoza, Graphic Artist - Linda Miller, Proofreader
“Every problem is a gift—without problems we would not grow” Anthony Robbins

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom” Anais Nin

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition and success achieved” Helen Keller

We are finally beginning the process of re-opening. To be truthful I am both excited and nervous. We are going to focus first on opening the Mary Esther Gonzales Senior Center for meals only. The Luisa Senior Center will re-open on May 16th. The Pasatiempo Senior Center re-opening date is to be determined as well as the other sites. We will also increase the ridership capacity for transportation and increase services to include trips to the grocery store and transportation to the MEG for meals.

Previous activities like bingo, fitness, pool, and arts and crafts will not resume at this time. Once the congregate and grab-n-go meals are operating smoothly, we will look at reestablishing the activities. Thank you for your patience during this transition.

“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.” Mother Teresa

I add this last quote just to remind everyone we all have lived through a very difficult time these last couple of years. No one expected COVID-19 to last this long. I certainly had no idea we would be closed for this amount of time. I am so grateful to our staff for hanging in there and all working together in order to continue to provide meals, transportation, food boxes, wellness checks, volunteering, and coordinating vaccinations and testing. At the peak of COVID we were providing 1500 meals a day, that is twice what we use to provide when we were open. WOW! We had to overcome many obstacles including staying safe from COVID and for many of us dealing with having COVID-19 ourselves. As we return to services, please remember to be patient and kind, not just to staff but each other.

Although things are improving, we still need to be cautious and understand that COVID-19 is not over. We have no idea of what the future will bring. We are and will continue to do our best to serve you.

Finally, in the Month of May we have two special holidays. I would like to wish everyone a Happy Mother’s Day! Please take time to thank all the wonderful mothers. In my mind and in my heart I thank my mother every day for all that she gave me even though she is not with me today. Secondly, Monday May 30th is Memorial Day. It is a day to honor our U.S. military personnel who have died while serving in the United States armed forces.
May 2022

The Mary Esther Gonzales Senior Center is scheduled to re-open on Monday, May 2, 2022 for Congregate and Grab-N-Go meals only.

During the pandemic many clients chose to drive to the Mary Esther Gonzales Senior Center and pick up a hot meal at our curbside service. Please be advised that beginning May, 2\textsuperscript{nd} we will discontinue the curbside service. As the center re-opens clients will now park their vehicles, enter the building (wearing a mask) and be given two options for a hot lunch meal.

**Option #1 (Grab-N-Go)**
For those clients who are not yet comfortable having their meal in a congregate setting, you can enter the building (wearing a mask) and inform staff in the MEG lobby area that you would like the grab-n-go service. They will take your name and give you a hot grab-n-go meal to take home.

**Option #2 (Congregate Meals)**
For those clients who are more than ready to return to consuming their hot meals in a congregate setting we have implemented the following changes so you are aware as to what to expect.

1. Breakfast(s) are not available at this time and lunch will be served from 10:30 am to 12:30 pm (2-hours) until further notice
2. Clients and staff are required to wear masks, except when eating
3. Social distancing will be practiced and staff will be assigned to monitor this
4. Staff will seat clients in the dining room
5. Staff will limit four (4) seniors to a table
6. Staff will bring each client their meal at their assigned table
7. Until further notice meals will be served on paper products
8. Consumers will be asked to leave the dining room after they have finished their meal to make room for additional consumers to enjoy a hot meal as we are still practicing social distancing
9. All clients will be asked to leave the building by 1:00 p.m. since activities are not being offered at this time
10. Consumers need to be registered in the program and staff have been assigned to monitor this requirement

Plans are also being made to open the Luisa Senior Center on Monday, May 16 for congregate meals only. The Luisa Senior Center will not offer the grab-n-go option.

Furthermore, we have had some inquiries about activities. Our primary goal is to transition back to normal in a safe manner. As a result, the Activities Section plans to bring senior activities back slowly, so we invite you to read the monthly Senior Scene magazine for information on activities as they slowly return as well.

**Please ensure to call us at 505-955-4711 if you have not updated your assessment within the past year.**
MEG Transportation Program

During the pandemic, we had restricted our rides to pharmacies and medical appointments. As we reopen, we plan on expanding rides to grocery stores. We will continue to practice social distancing which means we will need to limit the number of rides to the grocery store to (1) one ride per week per client. The senior vans will only be allowing (4) four clients per vehicle at a time. As a result, this decreases the number of rides we can offer for the time being. However, we will be transporting seniors to the senior center for lunch. At this time, we will not be transporting elders to barber shops, hair salons, restaurants, gyms, etc. until further notice.

Furthermore, all passengers are required to wear masks while in the van. Masks will be available for patrons who do not have a mask. Drivers will be required to clean and sanitize their vehicle after each patron is dropped off. Customers still need to schedule their reservation at least 3 to 5 days in advance by providing their location, destination, designated time as well as a contact number.

Thank you your continuous patience and understanding, we look forward to seeing you soon. If you have any questions please feel free to contact Linda Quesada-Ortiz at 955-4700.

May Grocery Distribution

Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7:00 – 9:00 a.m. Thursdays, May 12 & 26.

Memorial Day is Monday May 30.

In observance of Memorial Day, the Mary Esther Gonzales Senior Center will be closed. We wish you a safe and happy holiday!

Tarde de Oro

Tarde de Oro is an exciting production that showcases our rich, ever evolving and uniquely colorful history of New Mexico through music and dance. Featuring Chaz Malibu, Ballet en Fuego Dancers, Shelly Morningsong and Fabian Fontenelle, Trio Jalisciense, Freddie Chavez, Sal Garcia, Los Bailadores De Oro Dancers and Louie Guenther.

Free Event
Date: May 12th, 2022
Time: 1:30 p.m.
Location: Kimo Theatre- 423 Central Avenue NW, Albuquerque NM, 87102

American Legion Lucero Y Nava Post 12

American Legion next meeting will be at 10 am May 21, 2022 @ the Elks Lodge. Open to all interested veterans.

Run For the Wall

RFTW will be passing through New Mexico on May 20 2022. Some of our members are part of “RFTW” who will start in Ontario, California and make their way east to Washington DC. Their mission is to keep the memory of all POW / MIA who have not been accounted for. For more information, visit the Central Route Hub Itinerary on https://rftw.us/.

In Honor of Memorial Day-Santa Fe Symphony

The Cathedral Basilica of St. Francis of Assisi hosts in Honor of Memorial Day, by the Santa Fe Symphony Chorus and the Santa Fe Symphony Ensemble, Tuesday May 24, 2022, 7:00 p.m. In honor of America’s fallen warriors, the Symphony Chorus and Ensemble perform inspirational works by patriotic composers old and new, led by Choral Director Carmen Florez-Mansi. No tickets are required, all ages are welcome. Doors open at 6:15 p.m. For more information visit santafesymphony.org.
Fitness Classes for Silver Sneakers Members @ St. John the Baptist Catholic Church

(1301 Osage Avenue)

Cardio/Strength
Tuesdays 10:00-10:45

Yoga
Thursdays 10:00-10:45

Balance
Thursdays 10:45-11:15

Zoom format classes also available. For more information contact instructor at meg-gallagher@q.com.

Genoveva Chavez Community Center Offering 30% Discount on 3-Month Membership through Tuesday, May 31st

The City of Santa Fe Recreation Division has the most affordable and extensive network of recreational services throughout Santa Fe. The Genoveva Chavez Community Center offers opportunities such as indoor pools, hot tub, sauna, weight room, gymnastics, fitness classes, ice arena, racquetball courts, and an indoor track all under one roof. Stop by today and purchase your 3-Month Membership!

Free Drinking Water Well Assessment RCAC Individual Well Program

Rural Community Assistance Corporation (RCAC), a non-profit organization is offering private well owners free well assessments and water quality screening for nitrate.

Well Assessment Includes:
On-site inspection of your well system to identify potential well vulnerabilities.
Identify potential well contamination sources near the well site.
Well construction inspection relative to state standards to note any potential concerns.
Water quality screening for nitrate, commonly associated with wastewater contamination.

Completed well assessment report with recommendations of possible needed repairs and water treatment options.
Available in New Mexico (60 mile radius of Espanola, New Mexico 87532).

Free well assessments are limited. Selection will be based on selected applicants within the well assessment areas. All information will be kept confidential.

To register for the well assessment, you can either:
Register: http://www.rcac.org/environmental/individual-well-program/
Contact: Joseph Valdez at (505) 290-1721 jvaldez@rcac.org

Santa Fe Saves Water Day

On Saturday May 21st there will be activities, tables/booths, and great giveaways at the Railyard from 10:00 a.m. to 2:00 p.m. Learn how to create a waterwise pollinator garden at your home or business. This is a great opportunity for kids to learn about water at a fun, engaging family-friendly event.

Flora’s Corner

“The best we can hope for in this life is a knothole peek at the shining realities ahead. Yet a glimpse is enough.”

–Joni Eareckson Tada
STATE OF NEW MEXICO  EXECUTIVE OFFICE  SANTA FE, NEW MEXICO

Proclamation

WHEREAS, The State of New Mexico is proud to be home to more than 584,272 New Mexicans who are 55 years or older; and

WHEREAS, we treasure and honor their wisdom, knowledge, experience, skills, volunteerism, and leadership within their families, communities, and professions year-round; and

WHEREAS, they have resiliently weathered wars, political turmoil, economic crashes, social unrest, and the loss of loved ones, despite these trials, they have persevered through the isolation, fears, and challenges of an international pandemic; and

WHEREAS, New Mexico’s aging population has risen to the challenge of doing so many activities virtually, quickly acclimating to new technology, and becoming increasingly savvy at navigating the latest technology and online platforms; and

WHEREAS, the New Mexico Aging and Long-Term Services Department (ALTSD) partners with organizations like the Alzheimer’s Association, Pegasus Legal, the National Indian Council on Aging, the NM Indian Council on Aging, and AARP to support our seniors through services, resources, programs and assistance; and

WHEREAS, ALTSD encourages New Mexicans to reach out to their aging loved ones, check on them, and stay connected with them throughout the year, but especially during these trying times, and as our state works to recover from the COVID-19 pandemic; and

WHEREAS, volunteerism is a wonderful way to celebrate our aging population and support them in quality of life, independence, and mental health; and

WHEREAS, ALTSD facilitates a plethora of ways to get involved, such as: becoming an Ombudsman (a resident advocate), Senior Corps, the Foster Grandparent Program, Senior Companion Program, and the Retired Senior Volunteer Program; and

WHEREAS, ALTSD also encourages our aging population to engage in self-care activities and health, including supporting our incredibly talented seniors who participate in our Senior Olympic Games, recognizing the endurance, skills, resilience, and strength of Senior Olympians, especially our local athletes during this year’s summer games; and

WHEREAS, ALTSD recognizes our need to create a community that provides the services and supports older Americans need to thrive and live independently for as long as possible; and

WHEREAS, The State of New Mexico unites to celebrate and honor our seniors, while encouraging volunteerism, and engaging with your loved ones.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim May 2022 as:

“Older Americans Month”

throughout the state of New Mexico.

Attest:  
Maggie Toulouse Oliver  
Secretary of State

Done at the Executive Office this  
31st day of March 2022.  

Witness my hand and the Great Seal  
of the State of New Mexico.  

Michelle Lujan Grisham  
Governor
Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. [www.rsvpsantafe.org](http://www.rsvpsantafe.org)

Join the FGP or SCP Volunteer Programs:

Foster Grandparent Volunteers (FGP) serve in S.F. Public Schools, mentoring and guiding students with exceptional needs.

The Senior Companion Program (SCP) places a volunteer to serve as a companion by providing assistance and friendship to seniors who have difficulty with daily tasks.

Income-eligible FGP and SCP volunteers earn a modest stipend, mileage reimbursement and other benefits. Volunteers must pass criminal background checks, training and commit to a minimum of five hours of service a week. To learn more, contact Anya Alarid at (505) 955-4744 or aalarid@santafenm.gov.

RSVP Volunteer Dollar Value
(Info from [www.independentsector.org](http://www.independentsector.org))

The website Independent Sector is the primary source for state and national data on the value of volunteer time across the United States.

Last year, Santa Fe RSVP volunteers reported giving 26,316 hours in service to the community. The most recent national calculation is that the value of one hour of volunteer service in America is worth $28.54. So you all donated the equivalent of 751,058 to the Santa Fe economy through your volunteerism last year!

Welcome Mona Baca and Erika Cuellar to RSVP!

From Mona Baca:

Greetings! My name is Mona Baca. I am the new RSVP Administrator. I have worked for the City of Santa Fe for 12 years. I started my career working with the Youth Programs at the Genoveva Chavez Community Center and transferred to the Tourism Department after 7 years. My passion is working with people in the community. I am excited to start a new chapter at Senior Services and working with all the wonderful volunteers. I look forward to meeting all of you in the future!

Many of you may have met Erika Cuellar. Erika was previously our Administrative Assistant maintaining the SAMS database for Senior Services. She is now our new Program Coordinator. Erika is looking forward to meeting and working with all the amazing RSVP volunteers.

Happy Birthday May Volunteers!

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<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Richard Animoto</td>
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<tr>
<td>James Francis Bianca</td>
<td>5/2</td>
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<tr>
<td>Fabiola Guillen</td>
<td>5/3</td>
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<td>Linda Payne</td>
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<td>Rebecca Haffenden</td>
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<tr>
<td>Pablo Griego</td>
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<tr>
<td>Helen (Bunny) Brown</td>
<td>5/8</td>
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<td>Correen Najjar</td>
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<td>Mary Anne Ryan</td>
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<td>Teofila Valdez</td>
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<tr>
<td>Ted Yamada</td>
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<tr>
<td>Virginia Montoya</td>
<td>5/10</td>
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<td>Anne Regensberg</td>
<td>5/11</td>
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<tr>
<td>Mathew Frauwirth</td>
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<tr>
<td>Sarah &quot;Lydia&quot; Montoya</td>
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<tr>
<td>Maurice Lierz</td>
<td>5/12</td>
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<td>Rose Marie Trujillo-Gonzales</td>
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<td>Linda Muzio</td>
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<td>Connie Arriola</td>
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<tr>
<td>Bernadette Montoya</td>
<td>5/22</td>
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<td>Bella Campos</td>
<td>5/24</td>
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<tr>
<td>Tilly Flood</td>
<td>5/26</td>
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<tr>
<td>Flora Leyba</td>
<td>5/28</td>
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<tr>
<td>Yolanda Cerrillo</td>
<td>5/30</td>
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<tr>
<td>Robert R. Montoya</td>
<td>5/30</td>
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<tr>
<td>Olivia Roybal</td>
<td>5/31</td>
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</tbody>
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Please note: These are birthdays of actively enrolled volunteers who report service hours to the AmeriCorps Seniors Volunteer Programs.
Money Smart for Older Adults

(From files.consumerfinance.gov)

What is elder financial exploitation? Financial exploitation is the fraudulent or otherwise illegal, unauthorized, or improper actions by a caregiver, fiduciary, or other individual in which the resources of an older person are used by another for personal profit or gain; or actions that result in depriving an older person of the benefits, resources, belongings, or assets to which they are entitled. Elder financial exploitation is the theft of money, property or belongings.

Who is at risk for elder financial exploitation? Anyone can be the victim of financial exploitation. Financial exploitation crosses all social, educational, and economic boundaries.

Why are older adults at risk of financial exploitation? The following circumstances or conditions, especially in combination, can make an older adult more vulnerable to financial exploitation. Some older adults may be: trusting and polite; lonely and socially isolated; vulnerable due to grief from the loss of a spouse, family member, friend, or pet; reluctant to report exploitation by a family member, caregiver, or someone they depend on.; dependent on support from a family member or caregiver to remain independent; receiving care from a person with substance abuse, gambling or financial problems, or mental health issues (and fear retaliation by the exploiter); be unfamiliar with managing financial matters; not have planned for the potential loss of decision-making capacity; be cognitively impaired with diminished ability to make financial decisions or detect a fraud or scam; be dependent on a family member, caregiver or another person who may pressure them for money or control of their finances.

What should you do if you or someone you know becomes a victim of financial exploitation or another form of elder abuse? In most instances of suspected elder abuse, including financial exploitation, you should contact Adult Protective Services, toll-free at 1-866-654-3219. If the older person is in danger or you believe a crime has been committed, call 911 for an immediate response from the police. For cases of identity theft, contact your local police and the Federal Trade Commission (FTC) at 1-877-438-4338 or identitytheft.gov. If the loss involves funds held in a financial institution, such as a bank or credit union, report the problem to the financial institution immediately. If the loss involves credit products, such as a credit card or loan, contact the creditor immediately. Remember that you are often not responsible for credit card charges or payments out of your bank account if you did not authorize them.

For more information go to consumerfinance.gov/askcfpb.
Dear Stan,

I am a limited income Medicare beneficiary and I own a home; a car and I have a few thousand dollars in savings.

Can I get help with my Medicare costs?

Sincerely,

Lucia M.

Farmington, New Mexico

---

Dear Lucia,

Thank you for your question. You can get help by applying to one of the Medicare Savings Programs (MSP). The MSPs include the following:

- Qualified Medicare Beneficiary (QMB)
- Specified Low-Income Medicare Beneficiary (SLMB)
- Qualifying Individual (QI)

All MSPs can help by paying for the Medicare Part B monthly premiums. QMB is the only MSP that can help eligible people pay for the costs of both Medicare Part A and B monthly premiums. In addition, QMB is the only MSP that will cover Medicare related cost sharing including co-pays and deductibles.

This year, the monthly Medicare Part B premium is $148.50 a month, and it is usually deducted from your Social Security check. For people who missed their opportunity to enroll timely in Part B, the MSP’s can be a strategy to get enrolled in Part B. When approved for an MSP, the Medicare beneficiary applicant would be enrolled in Part B

(report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at 1-800-432-2080)

The New Mexico SMP will provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse.

(Continued on page 2)
automatically. The MSP will also waive any Part B late enrollment penalties.

To qualify for an MSP, you must meet income eligibility requirements. The good news is that on January 1, 2021 the New Mexico Department of Human Services (HSD) did away with the asset limits or resource test, so now they will only count monthly income.

If you are a single person and earn up to $1,469 a month, I suggest you apply for an MSP. For a married person living with their spouse, the income limit to qualify for an MSP is up to $1,980 monthly. You can apply by calling the New Mexico Aging & Disability Resource Center (ADRC) at **1-800-432-2080**.

There is more good news. If you are approved for an MSP, you will also receive the federal **Extra Help** benefit automatically also called **Low Income Subsidy** (LIS). Extra Help can reduce your prescription drug costs potentially saving you several thousand dollars a year.

Stan

Volunteer Counselor SHIP SMP

Here is a list of resources:

- Social Security Administration (SSA) information about Extra Help: [https://www.ssa.gov/benefits/medicare/prescriptionhelp/](https://www.ssa.gov/benefits/medicare/prescriptionhelp/)

For assistance with your Medicare questions contact SHIP at the ADRC **1-800-432-2080**

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**. We provide training on Medicare content, and can work with your schedule. We can serve more people together!
ACROSS
1) "The Count of ___ Cristo"  43) Audio effect
6) Waikiki welcome  44) Allots (with "out")
11) Boat in a harbor  46) Bustles
14) Be of use to  48) Eye protection
15) Stitched  49) Online bookmarks, essentially
16) Blvd. cousin
17) Illegal boxing blow  51) Mexicali moolah
19) Seed vessel (Var.)  52) Ship's dir., perhaps
20) In-flight info, for short  53) Leave
21) One for the off-road  56) Abraham or Homer, on TV
22) It's shady  58) ___ nouveau
23) Comic bit (Var.)  59) Org. for heavyweights
27) Act as  60) All eternity, to a bard
29) Half of a dance?  61) "Pollai" predecer
30) Emulate a picador  62) Carroll poem
32) Curb (with "in")  68) Rapid bustling movement
33) Burgle  69) Howling with laughter
34) Becomes bushed  70) Indoor plant areas
36) Tangle
39) "It's ___ to Tell a Lie"  71) Japanese currency unit
41) Log home  72) Large wall painting

DOWN
1) Vandalize
2) Egg cells
3) Apprehend
4) Lhasa's land
5) Snobby one
6) Fanged Nile menace
7) Romanian currency
8) Take the blame
9) Trojan War hero killed by Achilles
10) Sticks like glue
11) Tent sanctuaries
12) Throat dangler
13) Swarming with bacteria
18) Bait and switch, e.g.
23) "Beat it!"
24) Decided
25) Addiction
26) Fort Knox unit
28) Fork feature
31) Jazz genre
35) Agrees (with)
37) Second-largest land animal
38) Thick green cloth
40) Bookworm, in stereotypes
42) More intrusive
45) R&B ballad
47) By hook or by crook
50) Toyota rival
53) Laughter sounds
54) Waste away
55) Old drum played with a fife
57) Prefix with "type" or "plasm"
63) Meadow call
64) Schubert's "The ___-King"
65) Fine-wine-producing vineyard
66) Do-it-yourselfer's purchase
67) "Fargo" assent

CRUNCH EM

By Cale K. Brody
All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S T U D I O L B A T H R O O M
C A N H O L L O W W A L L A T
P O T I E C L D A E T S D E B
E A L W I N D O W S I L L B C
T S N O I T A D N U O F D E H
S D E R N G U T T E R I D I
R R O H C N A L L A W R S R M
O F F I C E A R C A D E A O N
O C R E T T I D A R A E S O E
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E R L A D R D E I R E C O T H
A R T I S R I N S N T A V A K
O I T A P U L L E D G P E C I
N D S I T T I N G A R E T O
T O W O D N I W R E M R O D H
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A R C A D E
B A T H R O O M
B E D R O O M
B E D S T E A D
C E I L I N G
C H I M N E Y
C O L O N N A D E
C O R R I D O R
D O O R S T E P
May 2022

¡Vámonos!
SANTA FE WALKS

Explore Santa Fe’s trails! Get some fresh air! Meet your community!

2022 WALKS & EXPLORATIONS on SANTA FE TRAILS

30 Free Walks & Hikes from May through October

May

7 - Saturday @ 8 AM
Vámonos Birding Hike w/ guide
Rocky Turney
Leonora Curtain Preserve
49A W Frontage Rd

10 - Tuesday @ 5:30 PM
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

19 - Thursday @ 5:30 PM
Find a New Path
Rail Trail @ Zia Rd Trailhead to Siringo Rd and back

25 - Wednesday @ 5:30 PM
Wellness Walk
Larragoite Park on Cristóbal Colon to Acequia Trail to Rail Yard Park

27 - Friday @ 10 AM
Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

June

4 - Saturday @ 9 AM
Vámonos Hike, National Trails Day & “Take a Kid Hiking Day”
La Tierra Trails, Frijoles Trailhead
657-725 Camino de los Montoyas
(Moderate 3-mile hike on a dirt trail)

7 - Tuesday @ 5:30 PM
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

16 - Thursday @ 5:30 PM
Find a New Path
Arroyo Chamiso Trail @ Villa Linda Park to GCCC Rec Center & back

22 - Wednesday @ 5:30 PM
Wellness Walk
Larragoite Park on Cristóbal Colon to Acequia Trail to Ashbaugh Park

24 - Friday @ 10 AM
Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

July

5 - Tuesday @ 5:30 PM
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

9 - Saturday @ 9 AM
Vámonos Hike, Find a View
Dave Ball to Picacho Overlook, Park and carpool from SF Water History Park,
1209 Upper Canyon Rd
(Difficult 3-mile hike on a dirt trail)

14 - Thursday @ 5:30 PM
Find a New Path
Las Estrellas Trails, park in dirt lot next to Thomburg Investment’s entrance, 2300 N Ridgetop Rd

20 - Wednesday @ 5:30 PM
Wellness Walk
Larragoite Park on Cristóbal Colon to Acequia Trail to Rail Yard Park

29 - Friday @ 10 AM
Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

See August through October walks on back
May 2022

For more information and maps of the walks, visit:

sfct.org/vamonos
(505) 989-7019

TEXT SFWALKS TO 833-243-6033 FOR WALK REMINDERS

AUG
6 - Saturday @ 9 AM
Vammonos Hike
Dale E. Bell Trails, North Trailhead at Sierra Del Norte & Hyde Park Rd
(Moderate hike on dirt trail)

9 - Tuesday @ 5:30 PM
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

11 - Thursday @ 5:30 PM
Find a New Path
River Trail @ Romero Park Trailhead, Caja del Oro Rd, to Re/Unity Farms

13 - Wednesday @ 5:30 PM
Wellness Walk
Larragote Park on Cristobal Colon to Acequia Trail to Ashbaugh Park

26 - Friday @ 10 AM
Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

SEPT
3 - Saturday @ 9 AM
Vammonos Hike, “Nature Scavenger Hunt!”
Arroyo Honda Open Space Park at Old Aguja Fria Rd & Trailhead
(Easy hike on dirt trail)

6 - Tuesday @ 5:30 PM
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

15 - Thursday @ 5:30 PM
Find a New Path
River Trail (El Camino Real Trail) Trailhead at 3607 Constellation Dr

21 - Wednesday @ 5:30 PM
Wellness Walk
Larragote Park on Cristobal Colon to Acequia Trail to Rainyard Park

23 - Friday @ 10 AM
Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

OCT
4 - Tuesday @ 5:30 PM
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

8 - Saturday @ 3 PM
“Walktoberfest” with AARP
Meet @ Tumblerton Brewery, 2791 Aqua Fria St. Walk on River Trail to Frenchy’s Field and back

13 - Thursday @ 5:30 PM
Find a New Path
Spur Trail @ Richards Rd / Avenida del Sur Trailhead to SCCC Loop Trail
(Easy walk on non-ADA accessible dirt path)

19 - Wednesday @ 5:30 PM
Wellness Walk
Larragote Park on Cristobal Colon to Acequia Trail to Ashbaugh Park

21 - Friday @ 10 AM
Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

Sponsored by the Santa Fe Walking Collaborative & convened by the Santa Fe Conservation Trust
Nutrition Education
May 2022

Food Safe Shopping & Storage
March 2018

Following these tips when buying and storing food can help prevent foodborne illness:

**DO**

- Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags

**DON’T**

- Choose meat, poultry, or seafood in damaged or leaking packaging

**DO**

- Place meat, poultry, seafood, and eggs in plastic bags at checkout

**DON’T**

- Buy eggs with cracked shells or damaged cartons

**DO**

- Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs

**DON’T**

- Remove eggs from carton or keep them in the refrigerator door

**DO**

- Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F

**DON’T**

- Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

**DO**

- Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)

**DON’T**

- Overfill the refrigerator or freezer

**DO**

- Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately

**DON’T**

- Thaw meat, poultry, or seafood on the counter
Puzzle Solutions

May 2022

[Crossword puzzle image]

[Word search puzzle image]
# Senior Center Lunch Menu
## May 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 2        | Sloppy Joe
Tater Tots
Peas & Carrots
Chilled Peaches | 3 Chicken & Potato
Burrito w/ Red
Chili
Chuck Wagon
Veggies
Jello Fruit Cocktail | 4 Pork Stir Fry
Fried Rice
Stir Fry Veggies
Spinach Salad
Fresh Orange | 5 Meatloaf
Scalloped Potatoes
Buttered Carrots
Roll
Cinnamon Spiced
Apples | 6 Baked Pork
Chop
Rice Pilaf
Green Beans &
Corn
Roll
Fresh Cantaloupe |
| 9        | Salisbury Steak
Mashed Potatoes
Mushroom Gravy
5 Way Veggies
Roll
Tropical Fruit | 10 Soft Fish Taco
Mixed Corn
Black Beans
Spanish Slaw
Tapioca Pudding | 11 Hot Roast Beef and
Swiss Sandwich
Au Jus Sauce
3 Bean Salad
Potato Chips
Fresh Banana | 12 Baked Chicken
Chicken Gravy
Wild Rice
Asparagus with
Onions
Biscuit
Apricots | 13 Cheese Tortellini
with
Meaty Marinara
Sauce
Italian Veggies
Tossed Salad
Roll
Oatmeal Cookie |
| 16       | Chili Cheese Dog
with Chili Meat
Sauce
Onion Rings
Mixed Veggies
Fresh Grapes | 17 Chicken Fettuccini
with Alfredo
Sauce
Broccoli & Cauliflower
Roll
Fresh Pear | 18 Country Style Ribs
Baked Beans
Peas & Carrots
Cornbread
Pineapple | 19 Green Chili Chicken
Enchiladas
Pinto Beans
Yellow Squash &
Zucchini
Plums | 20 Turkey Cobb Salad
with Boiled Egg &
Cheese
Crackers
Chocolate Pudding |
| 23       | Teriyaki Chicken
White Rice
Asian Veggies
Roll
Mandarin Oranges
Fortune Cookie | 24 Breaded Cod
French Fries
Vegetable Medley
Cole Slaw
Lemon Pudding | 25 Pork Posole
Red Chili
Spanish Rice
Mixed Veggies
Tortilla
Sliced Pears | 26 Beef Ravioli &
Marinara Sauce
California Veggies
Roll
Applesauce | 27 Ham & Cheese
Sandwich
Garnish
Potato Salad
Cold Peas
Watermelon |
| 30       | Closed for Memorial Day | 31 Green Chili
Cheeseburger
Pork & Beans
Seasoned Fries
Fresh Apple |  |  | 

Senior Meal Suggested Donation: Lunch $1.50
10:30 am – 12:30 pm Monday through Friday

Milk is served with each meal. Menu is subject to change.
BERARDINELLI
FAMILY FUNERAL SERVICE

6-Week Grief Recovery Support
In service to our Northern New Mexico Community

Fridays, 3-4pm
May 20 – June 24
In-person at the Unitarian Church
107 W Barcelona Rd, Santa Fe, NM 87505

This group program is for those who have experienced deaths of family, friends, or colleagues over the past year. It is free-of-charge and is facilitated by Eileen Joyce, Certified Coach and Grief Recovery Specialist with 25 years of experience.

The purpose of this program is to learn and share in a confidential setting. Each week we will discuss grief and loss and how they affect daily life and relationships.

Over the six weeks we will cover:
- Losses and how we deal with them
- The myths about grief, loss, and healing
- How unresolved grief affects our capacity for happiness
- Creating resilience even in times of greatest challenges

The program is sponsored by Berardinelli Family Funeral Services with a donation to New Mexico Foundation and The Memory Care Alliance.

Attending all 6 weeks is recommended but not required. Please contact Eileen at 505.428.0670 or ej@eileenjoyce.com to reserve your place. *Proof of vaccination required, masks recommended.
City of Santa Fe Senior Center Locations

Reopens May 2
MARY ESTHER GONZALES (MEG)
1121 ALTO STREET
(505) 989-4721

Reopens May 2
PASATIEMPO
664 ALTA VISTA STREET

VENTANA DE VIDA
1500 PACHECO STREET

LUISA
1500 LUISA STREET
(entrance on Columbia St.)

VILLA CONSUELO
1200 CAMINO CONSUELO

All Senior Centers Temporarily Closed

Genoveva Chavez Community Center