SENIOR SCENE MAGAZINE
AUGUST 2022

www.santafenm.gov/
  senior_scene_newsletter

City of Santa Fe
Community Services
Senior Services
CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
ADMINISTRATION OFFICES, 1121 ALTO STREET, SANTA FE, NM, 87501

Toll-Free Administration: 866-824-8714
- Must be Age +60
- Hours M-F, 8:00a.m. – 5p.m
- Services are free
- Free registration & reassessment required

Mary Esther Gonzales Senior Center - 1121 Alto St.
- Admin Offices: 505-955-4721

Senior Services Administration & Registration:
505-955-4721
- Cristy Montoya, Administrative Secretary:
cjmontoya@santafenm.gov
- Cara Alunno, Receptionist

Division Director, Senior Services: 505-955-4710
Gino Rinaldi: earinaldi@santafenm.gov

Transportation Reservations: 505-955-4700
Linda Quesada-Ortiz: lmquesada@santafenm.gov
- Must be 60+
- Hours: M-F, 8:30 a.m. – 4:00 p.m.
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748
Carlos Sandoval: cesandoval@santafenm.gov
- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Must be within City Limits & Homebound
- Suggested Senior Donation: $1.50 per Meal
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Congregate Meals/Grab-N-Go Meals: 505-955-4739
Yvette Sweeney: yasweeney@santafenm.gov
- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Suggested Senior Donation: $1.50 per Meal
- Free Registration & Reassessment Required

Senior Services Navigator: 505-955-4735
Saul Carta: scarta@santafenm.gov
- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free

Senior Center Programming Activities: 505-955-4711
Lugi Gonzales, Center Program Manager: lgonzales@santafenm.gov
- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are free
- Free Registration & Reassessment Required

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

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

Senior Olympics Events for Seniors Aged 50+: 505-955-4725
Cristina Villa: cavilla@santafenm.gov
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Registration Fee Required

In-Home Support Services Program Supervisor: VACANT

In-Home Supportive Services Program Coordinator
Dellilah CdeVaca: dcddevaca@santafenm.gov
- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

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

Senior Companion/Foster Grandparent: 505-955-4745
Theresa Trujillo, Project Administrator: tptrujillo@santafenm.gov
- Must be Age 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

Grandparents Raising Grandchildren Fund: 505-955-4745
Theresa Trujillo: tptrujillo@santafenm.gov
- Must be 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program (RSVP): 505-955-4760
Monica Baca – RSVP Admin/Public & Community Relations
mabaca@santafenm.gov

RSVP Volunteer Program Coordinator: 505-955-4722
Erika Cuellar: eccuellar@santafenm.gov
- Must be Age 55+
- Hours M-F 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires a Background Check

Santa Fe Civic Housing – 505-930-5901
Santa Fe County Senior Programs – 505-992-3069
Pasatiempo Senior Center – 664 Alta Vista St.
Ventana de Vida Senior Center – 1500 Pacheco St.
Villa Consuelo Senior Center – 1200 Camino Consuelo
Luisa Senior Center – 1500 Luisa St.
By Gino

"Adopt the pace of nature. Her secret is patience."
*Ralph Waldo Emerson*

"Nature is pleased with simplicity. And nature is no dummy."
*Isaac Newton*

We had a busy July and it’s been hot as well. It’s nice to see so many of you during the lunch period. Our numbers have been increasing in the dining room and I’m glad more of you have taken the time to eat at the center. We also started a slow opening of the pool room and the exercise area. Please be patient with us as we attempt to offer more service despite a significant rise in new COVID-19 cases.

We hope to see more services and perhaps opening another center by September. We now have more staff, which will help particularly in the transportation section. Remember that it took us over two years to get where we were before reopening. We are not going to just be able to open like we were before the pandemic started. We are in a transitional period because of COVID-19, and no one knows when it will end. Yes, we are still dealing with the virus and need to do what we can to keep all of you and our staff safe and healthy. So remember “the secret is patience”.

"Going to the mountains is like going home."
*John Muir*
MEG Transportation Program

Due to the pandemic, we restricted our rides to pharmacies and medical appointments. As we reopen, we plan to expand rides to grocery stores. We continue to practice social distancing and will need to limit the number of rides to the grocery store to one ride per week per client. Senior vans will only allow four clients per vehicle at a time. This decreases the number of rides we can offer for now. We will transport seniors to the senior center for lunch. We will not transport elders to barber shops, hair salons, restaurants, gyms, etc. until further notice.

Passengers are required to wear masks while in the van. Masks are available for patrons who do not have a mask. Drivers are 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 for your continuous patience and understanding. We look forward to seeing you soon. If you have any questions, feel free to contact Linda Quesada-Ortiz at 955-4700.

August Grocery Distributions

Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Rd, 7:00 a.m. – 9:00 a.m. Thursdays, Aug. 4th & Aug. 18th

Echo Commodity Distribution
Tuesday August 16th, 2022

44th Annual Conference on Aging

The 44th Annual Conference on Aging (COA) will be held from September 6th through 8th, 2022. The conference will be a virtual event, including plenary sessions, workshops, and presenter discussions. ALTSD will partner with providers throughout the state to ensure older adults have the opportunity to join the conference.

For more information please visit: nmaging.state.nm.us/news-events/conference-on-aging

Flora’s Corner

“If we all try to make other people’s paths easy, our own feet would have a smooth even place to walk on.”

Myrtle Reed

He will be missed...

Chris Garcia passed away on June 22nd, 2022. Funeral services were held in Encino, NM. Chris is survived by four daughters. He was dedicated to the Mary Esther Gonzales Senior Center where he enjoyed playing pool and cards with all of his friends.
Posture Pants Available

Posture Pants were designed by an occupational therapist as a response to restraint reduction mandates in nursing homes. The pants support upright sitting and prevent forward sliding in wheelchairs. They provide sitting support for people with disabilities especially multiple sclerosis, cerebral palsy, head injury, stroke, dementia and other neurological conditions, which can result in weaker abdominal muscle tone, balance and posture issues when sitting. These are comfortable sweatpants with added benefits! They are not intended to substitute professional medical advice or consultations with healthcare professionals.

If you are a senior and interested a free pair, please call Theresa Trujillo at 505-955-4745 or Delilah C de Vaca at 505-316-8814.

Thanks to Ken Searby from New Vistas for his generous donation of Posture Pants!

What are Posture Pants? Non-skid sweatpants!
- Increases postural alignment
- Decreases sacral pressure
- Provides stability
- Men’s sizes: Medium, Large & X-Large
- Women’s sizes: Medium, Large & X-Large
- 80/20 cotton/poly blend

FREE GROCERIES FOR SENIORS!
OPEN TO ALL LOW-INCOME SENIORS 50+
THE 4TH SATURDAY EVERY MONTH
3 to 4pm
Zia United Methodist Church
3368 Governor Miles Rd
Santa Fe 87507
Signup Not Required. Simply Show Up.

Pool and Exercise Rooms Open!

Masks are required. All participants are required to sign in and disinfect their area after use. For Pool Room reservations please contact Albert Chavez at: 505-955-4715, for Exercise Room reservations please call Cristina Villa at: 505-955-4725.

Santa Fe Art and History Museums
FREE Times for Senior Citizens

New Mexico History Museum
NM senior citizens 60 and older on Wednesdays

New Mexico Museum of Art
New Mexico residents 60 and older are admitted free on Wednesdays with ID.

Museum of Spanish Colonial Art
First Friday of every month—Free to New Mexico residents

International Folk Art Museum
NM residents Free on Wednesdays

SITE Santa Fe
Admission is free and advance reservations not required.

Georgia O’Keefe Museum
First Friday of the Month Free to New Mexico residents from 5-7PM.
VOLUNTEER PROGRAMS

Join the RSVP Volunteer Program

If you are 55+, you can join the RSVP Volunteer Program! You will get connected with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. Our volunteer corps are provided with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. www.rsvpsantafe.org

AmeriCorps
Seniors

Give a little time.
Get a lot back.

Featured Volunteer Station: Santa Fe National Cemetery

Volunteer opportunities include:
- Answering phones
- Returning messages
- Greeters
- Removal of flowers
- Cleaning headstones

If you are interested in volunteering at the Santa Fe National Cemetery, please call Mona Baca at 505-955-4760 or email: mabaca@santafenm.gov

Happy Birthday, August Volunteers!
¡Feliz Cumpleaños!

Frances M. Rodriguez-Robles 8/01
Elizabeth Valdez 8/02
Joe W. Archuleta 8/03
Manuelita Gurule 8/03
Judy Maes 8/04
Justo Quintana 8/04
Carolyn Minton 8/05
Carlos Ortiz 8/05
Rose Marie Lenahan 8/06
Barak Wolff 8/06
Lonnie Trimarche 8/07
Rose Ortega 8/10
Lorraine Pike 8/10
Annette Strom 8/10
Tonie Ann Gallegos 8/11
Xochitl Romero 8/12
Beverly A. Ireland 8/14
Francine Foster 8/15
Emily Jimenez-Iyow 8/15
Jesse Kain 8/16
Lucille Martinez 8/16
Gustav Kocsis 8/17
Jackie Cooper 8/19
Michael Evans 8/19
Lois Marie Gacher 8/19
Gail Takeshita 8/19
Corrine P. Wilson 8/19
Ralph Nava 8/20
Bella Lucero 8/21
William Buchanan 8/23
Angie P. Mireles 8/24
Laura “Smitty” Santini-Smith 8/25
Lisa Bronowicz 8/27
Cecilia Romero 8/27
Scott Sheldon 8/27
VOLUNTEER PROGRAMS

9/11 Day of Service

Donation Drive for Homeless Veterans

Extend a hand and help someone in need

Items Needed:
- Bar Soap
- Socks
- Deodorant
- Toothpaste
- Toothbrushes
- Thermals
- Non perishable food items

Please drop off items at The MEG Center or call Mona Baca at 505-955-4760
Dear Stan,

Because of the Hermit Peaks/Calf Canyon fire I was forced to move to Albuquerque. I had to evacuate my home before I could get my important belongings including my prescription drugs and my CPAP machine. I am on Medicare. Can they help me?

Anita
Mora, NM

Dear Anita,

There are circumstances where Medicare can help in disasters or emergencies. In your case, Governor Michelle Lujan Grisham declared an emergency because of the wildfire. The other instances that people can get help is if the President of the United States declares an emergency or a disaster, or the Secretary of the U.S. Department of Health and Human Services declares a public health emergency.

If you cannot go to your usual in-network pharmacy to replace your prescriptions, contact your Medicare drug plan to find another in-network pharmacy nearby. An in-network pharmacy is a pharmacy that agrees to provide members of certain Medicare plans with services and supplies at a discounted rate. Some Medicare plans only cover prescription costs if the pharmacy is in-network. However, if you cannot reasonably get to an in-network pharmacy, your plan can help you get prescriptions during a disaster at an out of network pharmacy.

If you won’t return home for a long time, you may want to get a 60 or 90 day supply of your prescriptions.

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at 1-800-432-2080
The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.
Ask your plan if it offers 60-to-90-day supplies.

You may need to see a doctor while in Albuquerque. If you have Original Medicare you can see any doctor that accepts Medicare. If you have Medicare Advantage or another Medicare health plan, your plan may make temporary changes during an emergency or a disaster. For example, your plan must allow you to see certain doctors or go to certain hospitals that accept Medicare patients, even if the doctor or hospital is not in your plan’s network.

To replace your CPAP machine, contact your plan, either 1-800-Medicare for Original Medicare or your Medicare Advantage Plan. Be sure to tell them it was lost in an emergency or disaster. If you have additional questions about Medicare and employer health coverages or would like some help in understanding your different options, contact the New Mexico State Health Insurance Assistance Program (SHIP) at 1-800-423-2080 and ask for a SHIP counselor to help you. You can also chat with a counselor at www.nmaging.state.nm.us.

Stan
New Mexico SHIP SMP Counselor

Open Enrollment Period
October 15 thru December 7
During the Open Enrollment Period you can join, switch or drop a Medicare Health plan.

For assistance and questions about your options during Open Enrollment, contact the New Mexico State Health Insurance Assistance Program (SHIP) at 1-800-423-2080 and schedule a telephone appointment with a SHIP counselor.

SHIP is a national program that offers one-on-one assistance, unbiased counseling, and education to Medicare beneficiaries. SHIP services are delivered by the New Mexico Aging and Long-Term Services Department.

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, & can work with your schedule. We can serve more people together!

This project was supported, in part by grant number 90MPPG0045-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.
Estimado Stan,

Debido al fuego de Hermit Peaks/Calf Canyon, me vi obligada a mudarme a Albuquerque. Tuve que evacuar mi casa antes de poder conseguir mis pertenencias importantes, incluidos mis medicamentos recetados, y mi maquina de CPAP. Estoy en Medicare. ¿Me puedes ayudar?

Anita
Mora, NM

Estimada Anita,

Hay circunstancias en las que Medicare puede ayudar en desastres o emergencias. En su caso, Gobernadora Michelle Lujan Grisham declaro una emergencia debido a los incendios forestales. El otro caso en el que la gente puede obtener ayuda es si el Presidente de los Estados Unidos declara una emergencia o un desastre o el Secretario/a del Departamento de Salud y Servicios Humanos de EE. UU. deja una emergencia de salud pública.

Si no puedes ir a la farmacia de la red habitual para reemplazar tus recetas, ponte en contacto con tu plan de medicamentos de Medicare para encontrar otra farmacia de la red cercana. Una farmacia en red es una farmacia que acepta proporcionar a los miembros de ciertos planes de Medicare con servicios y suministros a un precio reducido. Algunos planes de Medicare nomas cubren los costos de las recetas si la farmacia esta en red. Sin embargo, si no puedes llegar razonablemente una farmacia de la red, su plan te puede ayudarte a obtener recetas durante un desastre de una farmacia fuera del red.

Si no vuelves a casa durante mucho tiempo, es posible que desees obtener un suministro de 60 o 90 días de sus recetas.

Reporte el fraude relacionado con Medicare llamando al New Mexico Senior Medicare Patrol (SMP) a 1-800-432-2080

El SMP te dara la información que necesitas par PREVENIR, DETECTAR Y DENUNCIAR errores de fraude y abusos de Medicare.
Pregúntale a su plan si ofrece suministros de 60 o 90 días.
Es posible que necesites ver a un médico mientras estés en Albuquerque, si tienes medicare Original, puedes ver a cualquier médico que acepta Medicare. Si tienes la Ventaja de Medicare o otro plan de salud medica, su plan puede hacer cambios temporales durante una emergencia o un desastre. Por ejemplo, su plan debe permitirle ver a ciertos medicos o ir a ciertos hospitales que aceptan pacientes de Medicare, incluso si el medico o el hospital no están en su plan de red.
Para reemplazar su maquina CPAP, ponte en contacto con su plan, o llama a 1-800-Medicare para Medicare Original o su plan de Ventajas de Medicare. Asegúrate de decirles que se perdió en una emergencia o desastre. Si tienes preguntas adicionales sobre Medicare y coberturas de salud del empleador o te gustaría algo de ayuda y entender sus diferentes opciones, ponte en contacto con el New Mexico State Health.

Insurance Assistance Program (SHIP) a 1-800-423-2080 y preguntar por un consejero/a de SHIP para ayudarte. También puedes chatear con un consejero/a en: www.nmaging.state.nm.us.

Stan
Consejero Voluntario, Programas SHIP y SMP

Promoción Abierta del
15 de octubre al 7 de diciembre
Durante el tiempo de promoción abierta puedes unirte, cambiarte o abandonar un plan de salud de Medicare.
Para ayuda y preguntas sobre sus opciones durante el Promoción Abierta, contacte a New Mexico State Health Insurance Assistance Program (SHIP) a 1-800-423-2080 y hagan una cita telefónica con un SHIP consejero/a.
SHIP es una programa nacional que ofrece asistencia individual, asesoramientos imparciales y educación a los beneficios de Medicare. Los servicios de SHIP son entregados por el departamento de New Mexico Aging and Long-Term Services.

Los voluntarios de las programs SHIP y SMP: Aprendan mas información sobre Medicare y las formas de servir mejor al público por poniéndose en contacto con nosotros sobre las oportunidades de voluntariado disponibles al 1-800-432-2080. Proporcionamos formación sobre el contenido de Medicare y puédemos trabajar con tu horario. !Podemos servir a más personas juntos!

Este proyecto fue apoyado en parte por el número de subvención 90MPPG0045-01-00, de parte del U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C, 20201
CONSUMER & LEGAL

ATTORNEY GENERAL BALDERAS AND AGING & LONG-TERM SERVICES SECRETARY HOTRUM-LOPEZ ANNOUNCE SENIOR SCAM ALERT SYSTEM

SANTA FE — New Mexico Attorney General Hector Balderas and Aging & Long-Term Services Department (ALTSD) Secretary Katrina Hotrum-Lopez have announced a new statewide scam alert system designed to alert New Mexico senior citizens and their loved ones about scams that may be targeting them.

“Scams targeting our senior loved ones are devastating, and my office is partnering with Aging and Long-Term Services to empower our most vulnerable with the information they need to prevent financial exploitation,” said Attorney General Balderas.

The Office of the Attorney General often receives complaints from New Mexico consumers regarding scams, including those appearing to target seniors. The new system will combine complaint information with Aging & Long-Term Services’ statewide alert system technology, which seniors and their loved ones can sign up for quickly and easily. The new system will allow the agencies to effectively send alerts about new and evolving scams to New Mexico’s most vulnerable citizens in the hopes they can better protect themselves.

“We are so excited about this partnership with the Attorney General’s office,” said ALTSD Cabinet Secretary Katrina Hotrum-Lopez. “Scams have only increased over recent years, and we are proud to have another way to educate and protect our older adults.” Sec. Hotrum-Lopez added, “This partnership builds on Governor Michelle Lujan Grisham’s commitment to the state’s seniors as well as the work of our state partners, AARP, the Alzheimer’s Association, and our Area Agencies on Aging. We look forward to the ways this project and partnership will continue to benefit our constituents and their families in the years to come.”

Historically, scammers often use public health emergencies such as COVID-19 and the current wildfire crisis as opportunities to prey on vulnerable populations with new fraud schemes. Senior citizens are at greater risk for being targeted, and this scam alert partnership is designed to help educate and empower seniors with information on scams in an effort to protect them from fraud and abuse.

Seniors and their families can sign up for these alerts at: nmaging.state.nm.us

Scan the code to learn more

Or contact the Office of the Attorney General, toll free: 1-844-255-9210
Press 5 to speak with an advocate
HEALTH & SAFETY

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
Vamonos Hike
Dale Balle 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 ReUnity Farms

17 - Wednesday @ 5:30 PM
Wellness Walk
Larragoite Park on Cristo Baby 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
Vamonos Hike, “Nature Scavenger Hunt!”
Arroyo Honda Open Space
Park at Old Agua Fria Rd E 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
Larragoite Park on Cristo Baby Colon to Acequia Trail to Railyard 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 @ Tumbleweed Brewery, 2791 Agua 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 SFCC Loop Trail
(Easy walk on non-ADA accessible dirt path)

19 - Wednesday 5:30 PM
Wellness Walk
Larragoite Park on Cristo Baby 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
CROSSWORD PUZZLE

ACROSS
1. Dracula's home
8. Lad
9. Quasimodo's place
11. Clan's emblem
14. Independence
17. Reddish brown
18. Manservant
21. Classic Marilyn Monroe flick
23. Authority
24. Sofa
28. Baby bear
29. What 1, 9, 17, 18, 21, and 24 Across all are

DOWN
1. TV witch
2. ____ way you slice it
3. Gluttony, for one
4. In recent days
5. Is plural
6. Garten of foodie fame
7. To the extreme
10. Color
12. Fibula neighbor
13. Loy of old Hollywood
15. Rhythm sidekick?
16. Team race
19. A type of parallelogram
20. Love, en français
21. Unclad
22. "Golly!"
25. Boxlike vehicle
26. The Silver State, for short
27. ____ chi
28. CBS hit drama
WORD SEARCH

Pizza

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


DELETE ONE

Delete one letter from WINTERY LOFT and scoop up a prize.
### SENIOR CENTER LUNCH MENU - AUGUST 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Chicken Fettuccini</td>
<td>2 Sweet &amp; Sour Pork</td>
<td>3 Red Chile Beef Enchiladas</td>
<td>4 Fried Chicken</td>
<td>5 Turkey Sandwich with Garnish</td>
</tr>
<tr>
<td>Cauliflower &amp; Broccoli</td>
<td>Brown Rice</td>
<td>Pinto Beans</td>
<td>Chicken Gravy</td>
<td>Macaroni Salad</td>
</tr>
<tr>
<td>Garlic Toast</td>
<td>Asian Veggies</td>
<td>Salsa Corn</td>
<td>Mashed Potatoes</td>
<td>Carrots &amp; Celery</td>
</tr>
<tr>
<td>Sliced Apples</td>
<td>Egg Roll</td>
<td>Tossed Salad</td>
<td>Asparagus Roll</td>
<td>Sticks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fresh Orange</td>
<td>Roll &amp; Plums</td>
<td>Tropical Fruit</td>
</tr>
<tr>
<td>8 Breaded Cod</td>
<td>9 Cheese Tortellini with Meaty Marinara</td>
<td>10 Swedish Meatballs over Egg Noodles</td>
<td>11 Pepper Steak</td>
<td>12 Cobb Salad with Bacon, Chicken &amp; Boiled Egg</td>
</tr>
<tr>
<td>Scalloped Potatoes</td>
<td>Italian Veggies</td>
<td>Buttered Peas</td>
<td>½ Baked Potato</td>
<td>Dressing</td>
</tr>
<tr>
<td>Mixed Veggies</td>
<td>Cucumber Tomato</td>
<td>Spinach Salad</td>
<td>Broccoli &amp; Cauliflower Cheese Sauce</td>
<td>Breadstick</td>
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<tr>
<td>Roll</td>
<td>Salad</td>
<td>Roll</td>
<td>Biscuit</td>
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<tr>
<td>Banana</td>
<td>Garlic Bread</td>
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<td>Cantaloupe</td>
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<tr>
<td>15 Polish Sausage</td>
<td>16 Beef Burrito Supreme</td>
<td>17 Chicken &amp; Rice Casserole</td>
<td>18 Turkey Roast</td>
<td>19 Fish Sandwich w/Tartar Sauce</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>Green Chile</td>
<td>Peas &amp; Carrots</td>
<td>Yams</td>
<td>California Veggies</td>
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<tr>
<td>Parsley Potatoes</td>
<td>Spanish Rice</td>
<td>Tossed Salad</td>
<td>Vegetable Medley</td>
<td>Hushpuppy</td>
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<tr>
<td>Buttered Carrots</td>
<td>Calabacitas</td>
<td>Roll</td>
<td>Roll</td>
<td>Coleslaw</td>
</tr>
<tr>
<td>Roll</td>
<td>Fresh Grapes</td>
<td></td>
<td>Pineapple Tidbits</td>
<td>Tapioca Pudding</td>
</tr>
<tr>
<td>Pears in Jello</td>
<td></td>
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<tr>
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</tr>
<tr>
<td>22 Baked Chicken Mushroom Sauce</td>
<td>23 Salisbury Steak</td>
<td>24 Beef Fajita with Peppers &amp; Onions</td>
<td>25 Teriyaki Chicken</td>
<td>26 Tuna Salad</td>
</tr>
<tr>
<td>Rice Pilaf</td>
<td>Brown Gravy</td>
<td>Fried Rice</td>
<td>Fried Rice</td>
<td>Coleslaw</td>
</tr>
<tr>
<td>Green Beans &amp; Corn</td>
<td>Mashed Potatoes</td>
<td>Asian Veggies</td>
<td>Roll</td>
<td>Cold Peas</td>
</tr>
<tr>
<td>Roll</td>
<td>Asparagus</td>
<td>Refried Beans</td>
<td>Fortune Cookie</td>
<td>Crackers</td>
</tr>
<tr>
<td>Chocolate Chip Cookie</td>
<td>Roll</td>
<td>Salsa</td>
<td>Mandarin Oranges</td>
<td>Cherries in Strudel</td>
</tr>
<tr>
<td></td>
<td>Watermelon</td>
<td>Mixed Fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 Chile Relleno</td>
<td>30 BBQ Chicken Strips</td>
<td>31 Red Chile Cheese Dog</td>
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</tr>
<tr>
<td>Meaty Green Chile Sauce</td>
<td>Sweet Potato Fries</td>
<td>Onion Rings</td>
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<tr>
<td>Sauce</td>
<td>Green Beans</td>
<td>Chuck Wagon</td>
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<tr>
<td>Black Beans</td>
<td>Spinach Salad</td>
<td>Veggies</td>
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<td>5 Way Veggies</td>
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<td>Sherbet</td>
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<td>Tortilla</td>
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<tr>
<td>Chilled Apricots</td>
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</tbody>
</table>

**Senior Meal Suggested Donation: Lunch $1.50**

10:30 a.m. – 12:30 p.m. Monday through Friday

*Milk is served with each meal. Menu is subject to change.*
**MyPlate for Older Adults**

**Fruits & Vegetables**
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

**Healthy Oils**
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

**Herbs & Spices**
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

**Fluids**
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

**Grains**
Whole grain and fortified foods are good sources of fiber and B vitamins.

**Dairy**
Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

**Protein**
Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

**Remember to Stay Active!**

[Scan the code to learn more](myplate.gov/life-stages/older-adults)
CROSSWORD PUZZLE SOLUTIONS

WORD SEARCH SOLUTIONS

DELETE ONE
Delete F and find LOTTERY WIN
TRASH & RECYCLING COLLECTION DAYS CHANGE AUGUST 15TH

ESD has made residential collection routes more efficient. To view your collection day, check the map on the right or visit the interactive version at: santafenm.gov/esd

GET THE CITY’S FREE APP FOR ALERTS!

- Find your current collection day
- Update and re-enter your address after August 7 for your new collection day
- Get Holiday service change alerts
- Set pick-up reminders, including holidays
- Search “What Goes Where” for recycling common items

CANS ON THE CURB BY 7:00AM

RECYCLE RIGHT, SANTA FE!

Plastic, Cardboard & Paper, Cans, Cartons

Questions?

505-955-2200

ESD@santafenm.gov

New Schedule (regular)

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON Collection</td>
<td>TUES Collection</td>
<td>WED Collection</td>
<td>THUR Collection</td>
<td>FRI Collection</td>
</tr>
</tbody>
</table>

New Schedule (holidays)

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holiday: City offices closed.</td>
<td>MON Collection</td>
<td>TUES Collection</td>
<td>WED Collection</td>
<td>THUR Collection</td>
</tr>
</tbody>
</table>

Examples of New Holiday Collection Schedules
City of Santa Fe Senior Center Locations

MARY ESTHER GONZALES (MEG)
1121 Alto St.
505-955-4721

PASATIEMPO
664 Alta Vista Street
(505) 955-4721

LUISA
1500 Luisa Street
(505) 955-4721
(entrance on Columbia St.)

VILLA CONSUELO
1200 Camino Consuelo
(505) 474-5431

VENTANA DE VIDA
1500 Pacheco Street
(505) 955-4760

Luisa
Open for Meals!

MEG
Open for Meals!

www.santafenm.gov/division_of_senior_services

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.