**CONTACT INFORMATION**
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: lquesada@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
Luigi Gonzalez, 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
Deilah CdeVaca: dcdevaca@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
Mona 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

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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.
HAPPY 4TH OF JULY & HAPPY BIRTHDAY, GRANDMA!

We have been open for a couple months now and things are, for the most part, going well. I’m sure for some it was a smooth transition and for others it was a little more difficult. Seeing folks in the dining room has been really nice, especially hearing the laughter and the conversations. Grab-n-Go has been working out well. The traffic, along with the construction, really made it impossible to continue doing curbside pickup outside, plus it works easier for staff.

I have been asked by a number of folks, “When are we going to fully open?” The best answer is: it will be a transition. We continue to struggle with staff shortages and COVID-19 cases are on a dramatic rise, especially with staff. Some (very few) say: “Who cares?” I’ll be the first to say: I do. I understand the saying, “We are all adults”, but there is an expectation and a responsibility we have that puts the safety for consumers and staff first. We will continue to follow the protocols. Please wear a mask, practice social distancing, and limit large gatherings. We are working towards opening up more of the activities by July 18. There is more information in the newsletter outlining this process. Please continue to be patient with us during this transition.

“Like the sky opens after a rainy day we must open to ourselves. Learn to love yourself for who you are and open so the world can see you shine.”

James Poland
NEWS & VIEWS

MEG Transportation Program

Due to the pandemic, we restricted our rides to pharmacies and medical appointments. As we re-open, 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.

Tai Chi for Arthritis & Fall Prevention

The regular practice of Tai Chi supports healthier joints and better balance. Attend Tai Chi classes and learn the basic 24 movements of Sun Style as well as various qi gong exercises. Accommodations are made according to each individual’s needs and abilities.

Benefits of this practice include:
- Increased flexibility and range of motion
- Better balance and coordination
- Sustained muscle strength and stamina
- Enhanced concentration and mental clarity

Days and times: Tues/Thurs 3:30-4:30
Location: Rock Steady Boxing 2019 Galisteo St. Suite B2

For Info: Call Ken Searby: 505-417-1001 ext. 118 or 505-695-5378 email: ksearby@newvistas.org

Flora’s Corner

“Age alone does not make for Wisdom. From the tasting of both bitter and sweet fruits of life; Wisdom is born.”

The Talmud

July 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, July 7th & 21st

Staff from Congresswoman Teresa Leger Fernandez to Visit Seniors at MEG

Staff from the office of the Congresswoman Teresa Leger Fernandez will visit seniors at the Mary Esther Gonzales Senior Center on Wednesday, July 20, 2022, from 10:30am-12:30pm. Plan to have lunch at the MEG Senior Center and take a few minutes to visit with the staff of the Congresswoman with any questions you may have.
NEWS & VIEWS

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! These pants 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!

Senior Olympic Spotlight

The Senior Olympics took place in May. This year was a little different due to COVID-19. There were 5 events: tennis, pickleball, swimming, basketball free-throw and archery. It was great to see new faces! Hopefully, next year the Senior Olympics will be back in full gear. Thanks to all the event managers and the athletes who participated. Until next year!

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

Then followed that beautiful season...Summer...Filled was the air with dreamy and magical light; and the landscape lay as if new created in all the freshness of childhood.

Henry Wadsworth Longfellow
NEWS & VIEWS

Activities Return Gradually to the Mary Esther Gonzales Senior Center!

Exercise Room Re-Opens Monday, July 18th
Please be advised the following procedures will be in place to use the room:

- The exercise room will be available for client use Monday through Thursday 7:30 a.m. to 3:00 p.m.
- Reservations are required. Make your reservations by calling Cristina at (505) 955-4725 to schedule your time to exercise.
- Masks are required by all participants when they are in the exercise room. All participants must sign in the Exercise Sign-in Sheet which is kept in the exercise room.
- Patrons must disinfect the equipment they used before leaving so the next group can have a clean environment.

Pool Room to Re-Open Tuesday, July 19th
Please be advised the following procedures will be in place to play pool:

- Masks are required by all members in the pool room.
- To play pool, you need to make a reservation by calling Albert at (505) 955-4715. There is a limit to the number of patrons who can be in the pool room at any given time.
- All participants must sign in. The sign-in sheet is kept in the pool room.
- Patrons using the pool room must disinfect their area before leaving so that the next group utilizing the pool room will be assured a clean environment.

Update: Meals on Wheels
At the beginning of COVID-19, we closed all senior centers to the public, including congregate meal sites. This resulted in us shifting our entire meals program to home delivered meals. We went from 350 fully assessed and certified home delivered meals daily to adding an additional 1000+ meals for folks who would not usually meet the home delivered meals eligibility criteria.

Now that we have re-opened the centers for congregate and Grab-n-Go meals, our next step is to remove individuals who are not eligible to receive homebound meals from this program. As a reminder, the eligibility guidelines for home delivered meals are as follows:

- Individual must be homebound: unable to leave home due to a disabling physical, emotional or cognitive impairment.
- Individual must be unable to participate in a congregate meal because of impairment or lack of appropriate transportation.
- Individual is unable to obtain food and prepare a nutritious meal.
- Individual has no family, friends or community support able and willing to assist in meal preparation.

For more information, please contact Luigi Gonzales @505-955-4711 or lgonzales@santafenm.gov.
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.

Love Your Neighbors? Help Them!
Every week, we get calls at Senior Services, asking for individual assistance. Our patrons need transportation to their doctor’s appointments. Help your neighbors by joining The RSVP volunteer program and we will support you. We conduct a background check for everyone’s safety and then we offer you mileage reimbursement, free supplemental insurance, volunteer recognition and more. Call Mona at (505) 955-4760 to learn more.

Volunteer Burrito Grab was a Success!!

Thank you to all of our volunteers who showed up on Saturday, June 4 to celebrate with us! It was wonderful to see your shining faces and enjoy a cup of coffee and burrito together. We missed those of you who could not join us.

Happy Birthday, July Volunteers!
¡Feliz Cumpleaños!

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marsha Gonzales</td>
<td>7/1</td>
</tr>
<tr>
<td>Jeannene Romero</td>
<td>7/1</td>
</tr>
<tr>
<td>Alice Vargas</td>
<td>7/2</td>
</tr>
<tr>
<td>Celia Roman</td>
<td>7/2</td>
</tr>
<tr>
<td>Thomas Pedersen</td>
<td>7/3</td>
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<tr>
<td>Roberta Carter</td>
<td>7/4</td>
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<tr>
<td>David Reffert</td>
<td>7/5</td>
</tr>
<tr>
<td>Lorraine Graham</td>
<td>7/6</td>
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<tr>
<td>Martin Lachman</td>
<td>7/6</td>
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<tr>
<td>Michaela Gallagher-Gonzales</td>
<td>7/8</td>
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<tr>
<td>Rod Hasson</td>
<td>7/10</td>
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<tr>
<td>Nancy Nofield</td>
<td>7/10</td>
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<tr>
<td>Sherry Garcia</td>
<td>7/11</td>
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<tr>
<td>Tessie Horne</td>
<td>7/14</td>
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<tr>
<td>Patti Blair</td>
<td>7/16</td>
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<tr>
<td>Gen Lopez</td>
<td>7/17</td>
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<tr>
<td>Frank Sena</td>
<td>7/18</td>
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<tr>
<td>Vivian Heye</td>
<td>7/20</td>
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<tr>
<td>Willie Horne</td>
<td>7/20</td>
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<tr>
<td>Isidra Pacheco</td>
<td>7/21</td>
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<tr>
<td>Barbara Mellers</td>
<td>7/22</td>
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<tr>
<td>Meena Sachdeva</td>
<td>7/22</td>
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<tr>
<td>Abdi Iyow</td>
<td>7/24</td>
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<tr>
<td>Catalina Ortiz</td>
<td>7/24</td>
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<tr>
<td>Rosina Tapia</td>
<td>7/24</td>
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<tr>
<td>Ann Aceves</td>
<td>7/25</td>
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<tr>
<td>Patricia Collins</td>
<td>7/26</td>
</tr>
<tr>
<td>Pauline Candee</td>
<td>7/27</td>
</tr>
</tbody>
</table>

AmeriCorps Seniors

Give a little time. Get a lot back.
VOLUNTEER PROGRAMS

LOOKING FOR A MEANINGFUL WAY TO HELP GRIEVING FAMILIES IN SANTA FE?

We are a non-profit providing free grief support for children, teens and adults.

We want to train you to co-facilitate a grief support group for youth.

Through art, play and connection we support those missing a loved one due to death, deportation, incarceration or separation by borders.

REQUIRED TRAINING IS ON JULY 23 & 24 AND AUG. 6 & 7

Contact (505)424-1800, www.gerardhouse.org, info@gerardhouse.com for details.
Dear Stan,

I am on Medicare and about to have some surgery that will render me somewhat immobile for a few months. Will Medicare pay for a wheelchair or a walker? I’ll also need a raised toilet seat. Thanks for your help.

Jason,
Socorro

Dear Jason,

Thank you for your question. Medicare covers medical equipment that helps you complete your daily activities. It is called Durable Medical Equipment (DME). DME must be durable and be able to withstand repeated use. It must serve a medical purpose, be medically necessary for use in the home, and is likely to last three years or more. Depending on the type of equipment, you may rent or buy it.

Examples of DME include:
- Wheelchairs and scooters
- Walkers and canes
- Hospital beds
- Nebulizers and nebulizer medications
- Portable oxygen equipment

- Blood sugar meters and test strips
- Patient Lifts

DME must be prescribed by your primary care physician or a specialist such as an orthopedic surgeon. Generally, Medicare covers 80% and you pay 20%, unless you have a Medicare Supplemental Plan or qualify for a Medicare Savings Plan (MSP). Your costs may vary depending on which MSP you qualify for. If you have a Medicare Advantage Plan, your plan will have its own cost and coverage rules for DME. Contact your plan for more information.

To find out if you qualify for MSP, contact a New Mexico State Health Insurance Program (SHIP) counselor at 1-800-432-2080.
If you are covered by Original Medicare you need to find a Medicare approved DME supplier. To find a supplier in your area, call 1-800-Medicare or visit www.medicare.gov.

If you purchase a DME from a supplier that is not Medicare approved, you will be responsible for the entire cost of the equipment.

There are certain types of DME that Medicare does not cover:
- Equipment intended to help you outside the home. For example, if you can walk on your own for short distances, Medicare will not pay for a power scooter.
- Most items intended to only make things convenient or comfortable such as incontinence pads, catheters, surgical facemasks, or compression leggings. Other examples are grab bars and toilet seats.
- Modifications to your home such as ramps or widened doors for wheelchairs.
- Equipment that is not suitable for use in the home but is for skilled nursing facilities and hospitals. Examples are paraffin bath units and oscillating beds.

If you live in an area that’s been declared a disaster or emergency, the usual rules for your medical care may change for a short time. To learn more about how to replace lost or damaged equipment in a disaster or emergency go to: www.medicare.gov/what-medicare-covers/durable-medical-equipment-replacement-in-disaster-or-emergency

If you have other questions about what Medicare does and does not cover for DME, call the New Mexico Aging and Disability Resource Center at 1-800-432-2080 and ask for a State Health Insurance Program (SHIP) counselor to help you. You can also chat with a counselor at www.nmaging.state.nm.us.

Stan
New Mexico SHIP SMP Counselor

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!
CONSUMER & LEGAL

SOCIAL SECURITY ADMINISTRATION TO RESUME IN-PERSON SERVICES AT LOCAL OFFICES - ONLINE SERVICES AND TELEPHONE REMAIN MOST CONVENIENT WAYS TO CONTACT AGENCY

STATEMENT OF KILOLO KIJAKAZI, ACTING COMMISSIONER:

I am pleased to announce that local Social Security offices will restore in-person services, including for people without an appointment, on April 7, 2022.

To avoid waiting in line, I strongly encourage people, who can, to use our online services at www.socialsecurity.gov, call us, and schedule appointments in advance rather than walking in without an appointment. Phone appointments can save you a trip to a busy office. I thank the public for your patience as we work to increase service.

Customers who walk in without appointments may encounter delays and longer waits at our offices. Be aware that our offices tend to be the busiest first thing in the morning, early in the week, and during the early part of the month, so people may want to plan to visit at other times. Given that many of the people we serve have health vulnerabilities, and consistent with our union agreements, we are continuing to require certain safety measures including masking, physical distancing, and self-health checks for COVID-19 symptoms. We will provide masks to the public and employees if they need them.

Thoughtful planning and preparation have shaped our process to restore in-person services. Social Security employees are dedicated to serving the public, and we are ready to welcome the public back to our offices.

Our local managers understand and can address the needs of their communities. We have also implemented office-to-office support as well as brought recently retired employees back to assist the public. We thank the many interested stakeholders including the Department of Health and Human Services’ Administration for Community Living and national advocate organizations for your help.

Throughout the pandemic, millions of people have used our secure and convenient online services and received help by phone. People who have access to the internet should first try our online services before calling us or visiting an office.

As we transition to a new modern phone system, some people may experience a busy signal or be unintentionally disconnected from their call. We sincerely regret this disruption and recommend people call when our National 800 Number (1-800-772-1213) may be less busy, such as before 10 a.m. or after 4 p.m. local time or later in the week. Like our offices, our waits are generally shorter later in the month.

Many Social Security services are also conveniently available by dialing toll-free, 1-800-772-1213. People who are deaf or hard of hearing may call Social Security’s TTY number, 1-800-325-0778.
WIC and Senior Farmers’ Market Nutrition Programs

GREAT NEWS!!!!

SENIOR FARMERS MARKET PROGRAM APPLICATIONS will be extended until further notice

New Mexico WIC & Senior Farmers’ Market
6235 6325 8956 6541

HONEY May be redeemed by SENIORS ONLY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. © 2009-2020
NEW MEXICO WIC FARMERS MARKET NUTRITION PROGRAM
2040 S. PACHECO ST. SANTA FE, NM 87505
HEALTH & SAFETY

The Senior Farmers Market Program is on a First Come, First Serve Basis

Benefits are up to $50.00 & will be issued in July

To receive an application:
Email: DOH.FMNP@state.nm.us
or Call: 505-469-0548

Eligibility Requirements include

1. **AGE**- 60 years of age or older (non-Native American or;)
   55 years of age or older (Native American)

2. **Participate or Qualify for** - SNAP (Food Stamps), TEFAP (temporary food assistance),
   or CSFP (Commodity food box programs)

   **OR meet the above age requirement and meet the below Income Level**

3. **Income Level**- must not exceed the following 185% 21-22 Federal Poverty limits:
   - $1986.00 Monthly....for a household of.....1
   - $2686.00 Monthly....for a household of.....2
   - $3386.00 Monthly....for a household of.....3
   - $4086.00 Monthly....for a household of.....4
   - $4786.00 Monthly....for a household of.....5
   - $5486.00 Monthly....for a household of.....6
   - $6186.00 Monthly....for a household of.....7
   - $6886.00 Monthly....for a household of.....8
CROSSWORD PUZZLE

ACROSS
1) God-America link
6) Worthy of the booby prize
11) Play section
14) Dressing type
15) Opposite of persona
16) Hee's go-with
17) How nags make commands
19) Archaic "before"
20) Strings for a lei person
21) Organ with a drum
22) What cake candles signify
23) Trash
27) Checked for fit
29) Early afternoon hour
30) And others, for short
32) Utah's lily
33) Burning evidence
34) Sharply accelerate
36) Tips, as one's hat
39) Hood's Marian, for one
41) Prevent from progressing
43) Octagonal sign
44) Assembly of church leaders
46) Less antiquated
48) Rage
49) Wee amount of liquid
51) Construction locale
52) Multiple guys
53) Decides not to quit
56) Least cluttered
58) That gentleman
59) Antelope preyed on by crocodiles
60) A Bobbsey sister
61) Org. for some court figures
62) Viewed suspiciously
68) Prefix with "solve" or "respect"
69) Certain Greek letter
70) Josh or rib
71) Beast of burden
72) Prepare to start a football game
73) Real suckers use it

DOWN
1) Sis's relative
2) Brit's bathroom
3) Shreveport-to-Tupelo dir.
4) Cancel, as a mission
5) Less stable
6) Roll of bills
7) The avant-garde's Yoko
8) Beam fastener
9) Badmouths
10) Left slowly and hesitantly
11) When to make a reservation
12) Ship's goods
13) 12-year-old, for one
18) Fit one inside another
23) Goes hither and yon
24) Retract a statement
25) Where one's true identity may be hidden
26) Place of sanctuary
28) They cause head swellings
31) Mandolin's cousins
35) Plover relative
37) Golf course warnings
38) Lightened one's wallet
40) Small boat
42) Eyeball membrane
45) Strong revulsion
47) Edits for publication
50) Clyde's crime partner
53) Criminal
54) It travels from one joint to another
55) Gently elbow
57) Coastal passage
63) Tall, flightless bird
64) Urban music genre
65) Rower's blade
66) Miss with a crown
67) Morning droplets

Placement Test

By Timothy E. Parker
WORD SEARCH

Ball Sports

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

BOWLING BABB BOUNCE
DODGEBALL LLSWPO
SRTSOFTBALL OFST
CDATHLETESROAER
OOREDEFSCHOCKEY
RRMALOOPTTICBTB
EEPPIRLBBDIYEA
LLLHELEAARNCBUS
BLTSOTLKCSHIQK
BACAOIIORENUOE
IBHUENCOTBOOBRT
RDSQETCPIENSACB
DNXSTDERTOTTSLA
LAOGATINRENGFEL
RHOMTEUQNATEPHL
EMATCHTNHPLAYERIR
DSELTTIKSMILWLE
NNIUMSBGNILRHUC

DOGBALL
DRIBBLE
FOOTBALL
GOAL
GOLF
HANDBALL
HOCKEY
HURLING
LACROSSE
MATCH
PETANQUE
PITCH
PLAY
POOL
RUGBY
SCORE
SKITTLES
SNOOKER
SOCCER
SOFTBALL
SQUASH
TENNIS
THROW
WATER POLO

DELETE ONE

Delete one letter from INCARNATE LOVE AD and find something nice in the mail.
## SENIOR CENTER LUNCH MENU - JULY 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="All Kitchens Closed for Independence Day" /></td>
<td><strong>5</strong> Meatball Sub with Marinara Sauce &amp; Mozzarella Cheese</td>
<td><strong>6</strong> Buffalo Chicken Strips</td>
<td><strong>7</strong> Green Chili Cheeseburger with Garnish</td>
<td><img src="image" alt="1st July" /> Baked Tilapia Potatoes Au Gratin French Style Green Beans Roll Lemon Pudding</td>
</tr>
<tr>
<td><strong>4</strong> All Kitchens Closed for Independence Day</td>
<td>Italian Veggies Potato Chips Sliced Apples</td>
<td>Bahama Veggies French Fries Coleslaw &amp; Roll Fresh Apple</td>
<td>Ranch Beans Onion Rings Watermelon</td>
<td><strong>8</strong> Orange Chicken White Rice Asian Veggies Egg Roll Fortune Cookie Sherbet</td>
</tr>
<tr>
<td><img src="image" alt="Beef Ravioli with Marinara Sauce" /></td>
<td><strong>12</strong> Beef Brisket Roasted Potatoes Buttered Carrots Tossed Salad Sweet Roll Banana</td>
<td><strong>13</strong> Green Chili Chicken Tamale Pinto Beans Spanish Rice Coleslaw Chilled Peaches</td>
<td><strong>14</strong> Meatloaf Scalloped Potatoes Vegetable Medley Roll Apples in Strudel</td>
<td><strong>15</strong> Ham &amp; Cheese Sandwich with Garnish Potato Salad Cold Peas Cantaloupe</td>
</tr>
<tr>
<td><strong>11</strong> Beef Ravioli with Marinara Sauce California Veggies Garlic Toast Plums</td>
<td><strong>19</strong> Breaded Chicken Sandwich Garnish Peas &amp; Carrots Spanish Rice Salsa Ice Cream</td>
<td><strong>20</strong> Turkey Roast Turkey Gravy Mashed Potatoes Asparagus Cranberry Salad &amp; Roll Oatmeal Raisin Cookie</td>
<td><strong>21</strong> Red Chili Chicken Enchiladas Mexi Corn Refried Beans Green Salad Fresh Orange</td>
<td><strong>22</strong> BLT with Garnish Bow Tie Pasta Salad Baby Carrots Chocolate Pudding</td>
</tr>
<tr>
<td><img src="image" alt="Beef Soft Taco Garnish" /></td>
<td><strong>25</strong> Pork Chop Pork Gravy Rice Pilaf Mixed Veggies Roll Honeydew Melon</td>
<td><strong>26</strong> BBQ Chicken Broccoli &amp; Cauliflower Pork &amp; Beans Cornbread Bananas in Pudding</td>
<td><strong>27</strong> Beef Roast Mushroom Gravy ½ Baked Potato 5 Way Veggies Cucumber Tomato Salad &amp; Roll Applesauce</td>
<td><strong>28</strong> Spaghetti With Meaty Marinara Sauce 5 Way Veggies Tossed Salad Garlic Bread Stick Jello</td>
</tr>
<tr>
<td><strong>18</strong> Beef Soft Taco Garnish Peas &amp; Carrots Spanish Rice Salsa Ice Cream</td>
<td><strong>19</strong> Breaded Chicken Sandwich Garnish Peas &amp; Carrots Spanish Rice Salsa Ice Cream</td>
<td><strong>20</strong> Turkey Roast Turkey Gravy Mashed Potatoes Asparagus Cranberry Salad &amp; Roll Oatmeal Raisin Cookie</td>
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</tr>
</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.*
NUTRITION EDUCATION

How to Eat Well on a Budget

- Plan out meals you want to prepare the next week and create a shopping list based on these ingredients.
- Consider meatless meals. Plant-based proteins are highly nutritious and generally more affordable than meats and fish. Add smaller amounts of meat as a base for flavor or as a condiment, and add more plant proteins like beans or tofu to save on cost, increase the volume of the meal, and boost nutrition and heartiness.
- Purchase satiating and filling foods and snacks, like nuts or fruit.
- Don’t shop on an empty stomach. Have a snack before going to the store.
- If items like fresh produce or poultry and fish are on sale, purchase extra quantities and freeze for later use.
- Purchase nonperishable staple foods in bulk. It may cost more upfront to buy “family-sized” package products like whole grains, lentils, and dried beans, but the cost per unit is usually cheaper.
- Buy generic or store-brand: when comparing the ingredients you will find they are are identical. The generic brand is cheaper because less money is spent on advertising and the label.
- Scan the discounted produce cart at the store; it has produce starting to age but are still tasty if you eat them the same day or the next day.
- Don’t buy more perishable items than you can use in a week (unless you plan to freeze them), or you run the risk of food waste.
- Stretch your fresh herbs, spices, and alliums. These are key ingredients for building flavorful meals. Onions and garlic have a long shelf life, but bagged herbs in the supermarket are particularly perishable. Chop and freeze herbs in an ice cube tray filled with olive oil—ready to be popped in a pan to sauté vegetables.
- Use what you have before buying more. Take inventory of the food in your kitchen twice a month. Bring out the buried items and plan meals based on these ingredients.
- Practicing mindfulness during meals to increase enjoyment of your food. You may be satisfied with smaller portions. Eating while distracted can lead to feeling hungry again sooner and a higher intake of food later.

Adapted from https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/
CROSSWORD PUZZLE SOLUTIONS

WORD SEARCH SOLUTIONS

Delete 0 and find A VALENTINE CARD
New Mexico WIC & SENIOR Farmers’ Market Program invites you to their KICK-OFF on Tuesday, July 5th, 2022 3-6:00 PM at the Santa Fe Del Sur Farmers’ Market Presbyterian Santa Fe Medical Center 4801 Beckner rd, Santa Fe, NM

NM WIC & Senior Farmers Market Program will be issuing the all new Electronic Farmers’ Market Mobile App and shopper card benefits to eligible WIC & Senior Participants for the purchase of locally grown fresh fruits, vegetables, herbs & (Honey-Seniors Only) at local NM participating Farmers’ Markets (No More Vouchers)
City of Santa Fe Senior Center Locations

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

RASATIEMPO
664 Alta Vista Street

VENTANA DE VIDA
1500 Pacheco Street

LUISA
1500 Luisa Street
(entrance on Columbia St.)

VILLA CONSUELO
1200 Camino Consuelo

LUISA
Open for Meals!

MEG Open for Meals!

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