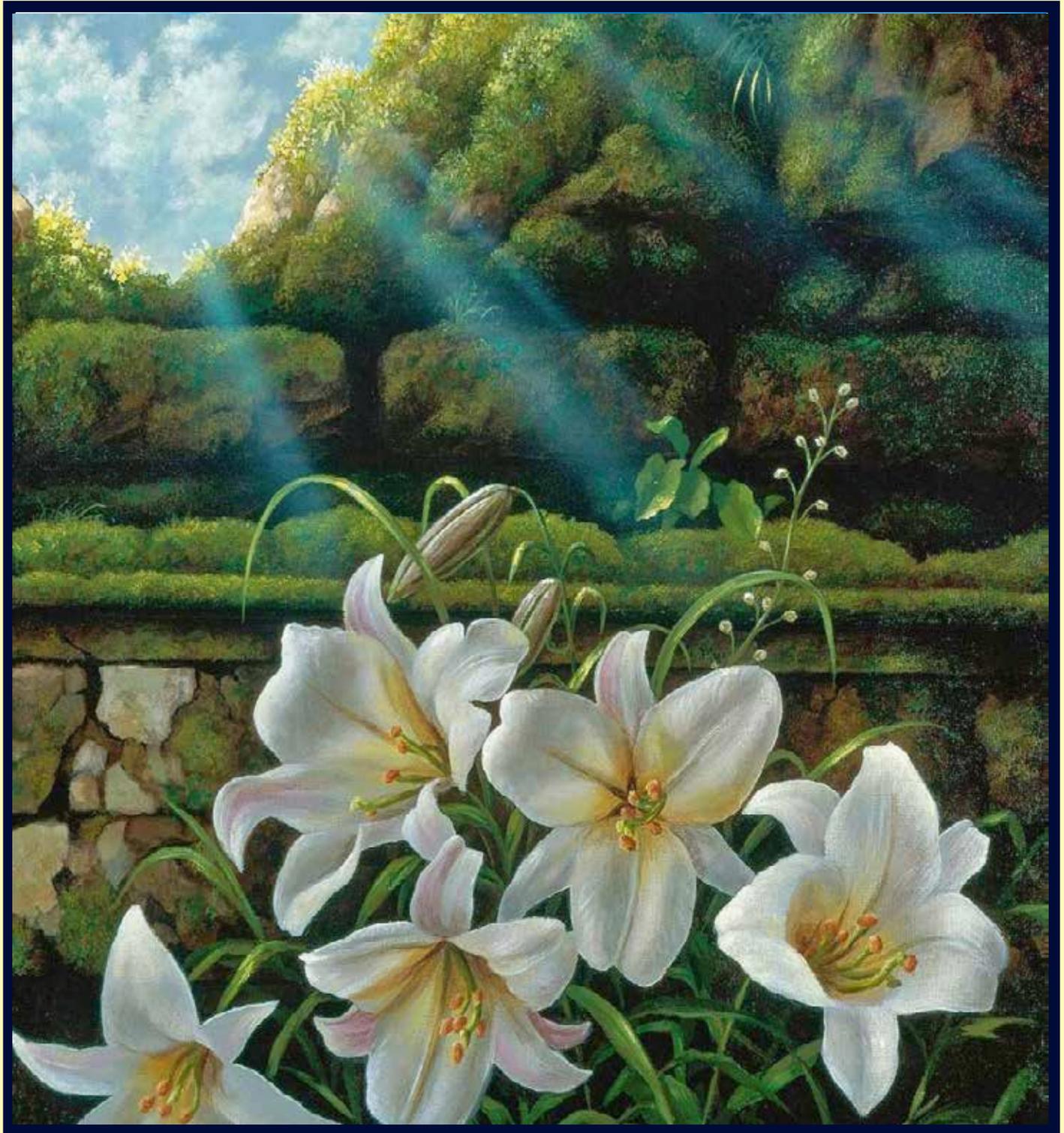


# *THE SENIOR SCENE*



Offered by: Division of Senior Services  
[www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

**APRIL  
2020**

**Programs and Activities for Older Adults  
Programas y Actividades para Adultos Mayores**

# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

APRIL 2020

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies.

It is also available online at [www.santafenm.gov](http://www.santafenm.gov). Simply type “Senior Scene” into the search box on the home page and click on the magnifying glass. Then click on the listing for Senior Scene newsletter and scroll down to the issue you would like to read.

## Front Desk Reception

Toll-Free Administration Line

**Gino Rinaldi, DSS Director**

**(505) 955-4721**

(866) 824-8714

955-4710

## Administration

Cristy Montoya, Administrative Secretary

Cara Alunno, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

## Senior Services Registration

Vacant, Database Specialist

955-4722

## Transportation Ride Reservations (page 3)

Linda Quesada-Ortiz, Project Specialist / Dispatch

Erika Cuellar, Administrative Assistant

**955-4700**

955-4700

955-4702

## Nutrition

Yvette Sweeney, Program Manager

Enrique DeLora, Inventory Supervisor

Tebrina Roibal, Administrative Assistant

FAX Machine - Nutrition

955-4739

955-4750

955-4749

955-4794

## Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Robert Duran, MOW Assessments

955-4748

955-4747

## Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

Mary Esther Gonzales (MEG), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

## In Home Support Services:

### Homemaker and Respite Care,

Theresa Trujillo, Program Supervisor

Saul Carta, Program Coordinator

Katie Ortiz, Clerk Typist

955-4745

955-4735

955-4746

### Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Manager

Anya Alarid, Project Administrator

955-4761

955-4744

### Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Public & Community Relations Officer

Marisa Romero, Program Coordinator

955-4760

955-4743

### 50+ Senior Olympics

Cristina Villa, Program Coordinator

795-3817

### Miscellaneous

Craft Room

Pool (Billiard) Room

Not in service

955-4730

### Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

988-2859

992-3069

### Newsletter Production

Kristin Slater-Huff, Editor/Distribution

[kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov)

Gil Martinez, Graphic Artist

Sue Olman, Proofreader

Christella Vigil, Mailing Distribution

Mela Sanchez, Mailing Distribution

955-4760

**Division of Senior Services Transportation is currently only available to transport seniors to medical appointments.  
Call 955-4700.**



**City of Santa Fe**  
**NEWS RELEASE**  
[www.santafenm.gov](http://www.santafenm.gov)



## **Santa Fe Trails & Santa Fe Ride Free For All Riders Immediately**

**Santa Fe, March 20, 2020**—Santa Fe Trails buses and Santa Fe Ride ADA Paratransit and Santa Fe Ride's Senior Transportation Service are fare-free until further notice, to minimize contact between passengers and drivers.

Santa Fe Ride is a different service than that provided by the City's Division of Senior Services. The Santa Fe Ride Program is a shared ride program. Trips have to be scheduled in advance and you will be in the vehicle with other riders for up to 45 minutes. Santa Fe Ride primarily serves eligible customers who, because of a disability, are unable to use the Santa Fe Trails fixed-route bus system, and who meet the definition of "ADA paratransit eligible," as established by the U.S. Department of Transportation (DOT) Americans with Disabilities Act (ADA) of 1990. Any adult 60 years and older who is a City resident can apply to use the Santa Fe Ride Program.

### **Applications for Santa Fe Ride available to City Residents 60 years and older**

- Call (505) 473-4444 and an application can be completed over the phone .
- The application will be processed in most instances the same day. Once processed the applicant will be issued an ID number and will be able to begin to schedule trips, and until further notice these trips are free.
- More information on this program can be found at [https://www.santafenm.gov/santa\\_fe\\_ride](https://www.santafenm.gov/santa_fe_ride)

### **ADA Paratransit Applications**

- Applications for this program need to be partially completed by a Healthcare Provider so we cannot complete these over the phone. Go to [https://www.santafenm.gov/santa\\_fe\\_ride](https://www.santafenm.gov/santa_fe_ride) or we can email or mail a copy of the application. Call 505-473-4444 to request.

# By Gino

*A message from the Division Director*



“Silver is purified in fire and so are we. It is in the most trying times that our real character is shaped and revealed”. -Helen Keller

I have to say the last few weeks have been some of the most difficult I personally have had to deal with. We here at the Division of Senior Services are Mission Essential, so most of us are still here. I have always viewed what we do as critical to our senior community. We have some of the best people working here and all have been willing to pitch in and do whatever is needed to help. We are having to reinvent how we do things and still take care of those who are the most vulnerable and in the greatest need. There are a lot of uncertainties about COVID-19 not just for us, but I imagine for you, our seniors. Please understand we can't operate as we did until the COVID-19 is under control. Just know we are thinking about you and praying all of you are well. Please listen to the Governor and the New Mexico Department of Health for guidance. We will get back to normal and I look forward to seeing folks soon. This is what I choose. “Choose to be optimistic. It feels better”. -Dalai Lama.

The following was guidance given to us by the Non-Metro Area Agency on Aging (AAA): **“Based on the Governor’s declaration, we are recommending that all North Central New Mexico Economic District/Non-Metro Area Agency on Aging sub-recipient contractors close the congregate meal sites and cancel activities effective Friday, March 13, 2020 through April 30, 2020 or until no longer necessary”.**

The City of Santa Fe Division of Senior Services is continuing to help our seniors as best as we can. Per guidance, we have closed all Centers to the public through April 30, 2020 or until no longer necessary. We have transitioned the Mary Ester Gonzalez Senior Center at 1121 Alto Street into our primary operations center.

For meals, the current home delivery clients will receive meal service as usual. While we are closed, folks age 60 and over who usually come in for a meal at the senior centers and who are in need of a meal should call (505) 955-4721. We will register you and make arrangements for meals to be delivered to you at home. Please keep in mind that we are trying to reach those in the greatest need.

For transportation services, the Non-Metro Area Agency on Aging recommends that we transport no more than two people at a time, and only for medical or health care appointments and pharmacy pickups, for this period. Please call (505) 955-4700 at least 24 hours and up to 5 days in advance for ride requests. A lot of medical appointments are being canceled, so please let us know if you no longer need a ride so we are available for those who do.

Also for everyone’s safety, all in-home support services have been suspended during this time. If you need resources please contact us at (505) 955-4745 or (505) 955-4721.

Please take care of yourselves and each other.

# NEWS & VIEWS

APRIL 2020

**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.*



## All City of Santa Fe Senior Centers Closed

As of the publication of this newsletter, but we wanted to reach out and maintain our connection to each of you, so we are publishing this newsletter with as much information as we currently have, regarding plans for April. Please call ahead before you plan to attend any events, in case they have been cancelled or postponed.

## Yoga Equipment Gifted



The MEG Center has a marvelous supply of brand new yoga equipment (mats, blankets, tennis balls and straps) thanks to the beloved yoga teacher, Ann Hamer, who passed away in December. It was extremely generous of Ann's family to make this donation for her students and future students to enjoy. Thank you!

## Lions Club Eyeglass Recycle



Since 1960, the Santa Fe Capitol City Lions Club has been serving the community. They are a volunteer organization composed of active members of the business, legal, health and educational communities, as well as retirees who want to help meet the needs of their neighbors.

Lions International and Lions local focus on sight conservation. They have dropped off a box where you can bring all of your old eyeglasses, for recycling to benefit others. When senior centers reopen, the box will be in the lobby at the MEG Center and will be emptied each time it fills up. So, please go through your drawers and shelves and bring in old prescription glasses to donate. Thank you.

## Wash Your Hands

*...as if you just chopped a jalapeño and are about to put in your contact lenses.*

## Bicycle News

A senior who rides his bike to get around town asked us to give some focus in this newsletter to cyclists. It is a healthy alternative to driving and faster than walking. And what better time to think of bikes than Spring?



## Reminder about Sharing the Road

If there is no bike lane, cyclists are permitted to use the whole lane. If you see a bike in the middle of the lane, do not attempt to pass them unless there is room to do so safely.

## Bike Santa Fe

Bike Santa Fe is a "non-profit organization dedicated to finding ways to promote and develop local cycling and to encourage our growing bike community to ride more frequently and feel safer while doing so." They offer Smart Cycling classes to teach all levels of riders how to become safer, more confident cyclists on the Santa Fe streets. Info at [www.bikesantafe.org](http://www.bikesantafe.org).

## Slow Bike Ride April 26th

The Santa Fe Conservation Trust is organizing a Slow Bike Ride called "The Earth Day Cruise." Participants will ride, tracing the Acequia and River, now including a halfway stop / alternative starting point at Meow Wolf. More information is available at (505) 989-7019 or [www.sfct.org](http://www.sfct.org)

## Santa Fe Bike Week is May 9th-17th

Make plans to get out there and have some fun!

## Bike Race Returning to Santa Fe

The GFNY Santa Fe is a 75-mile bike race that will take place June 7th, 2020. Race organizers are seeking volunteers to register participants the day before, or to support riders at different points along the route. All volunteers will receive training, supplies and a GFNY race t-shirt. If you are interested in volunteering, please check with Kristin in the RSVP office or call 955-4760.

# NEWS & VIEWS

APRIL 2020

## Free Support Groups in Santa Fe

**Note:** Many gatherings are cancelled in April. Call before planning to attend.

**Alcoholics Anonymous:** Meetings in a variety of locations, days and times. Information at (505) 982-8932.

**Caregiver Support Group:** "Alliance Club" by Memory Care Alliance. Meets 1st, 3rd, and 5th Fridays of the month from 2:00 - 3:00 pm at 8 Calle Medico. Information at (505) 310-9752.

**Chronic Illness:** By Comfort Keepers. Held on the 2nd and 4th Tuesdays of every month, 2:00 - 3:00 pm at 1301 Luisa St. Information at (505) 428-0670.

**Family Caregivers:** By Comfort Keepers. Held on the 2nd and 4th Wednesdays of the month, 2:00 - 3:00 pm at 1301 Luisa St. Information at (505) 428-0670.

**Family Caregivers of a Loved One with Dementia:** By Comfort Keepers. Held on the 2nd and 4th Fridays of every month, 2:00 - 3:00 pm at 1301 Luisa St. Information at (505) 428-0670.

**Gamblers Anonymous:** Meets Tuesdays at 7:15 pm in the Friendship Club at 1915 Rosina St. Information at (877) 458- 9396.

**Grief Group:** Meets the same day, time and address as the Caregiver "Alliance Club," above, in order to maintain the friendships, community and on-going support for caregivers who have lost a loved-one to a dementia-related illness. All are welcome. Information at (505) 310-9752.

**Hearing Loss Association of America:** A monthly meeting with guest speakers sponsored by the Santa Fe Chapter. "Dementia: A Hidden Risk of Hearing Loss." ASL interpreters and a hearing loop provided. Meets on Saturday, April 18th at 10:00 am at the Santa Fe Association of Realtors, 510 N. Guadalupe St. - just up from Jinja, north of DeVargas Mall. Information at (505) 603-2994.

**Memory Café:** A monthly social opportunity for those with any dementia-related illness, and those who care for them. They share stories, community information and related ideas, play games, do an occasional craft project, enjoy snacks and monkey business. Meets 4th Friday every month 2:00 - 3:30 pm. Unitarian Church. 107 W. Barcelona. Information (505) 310-9752.



## 50+ Senior Olympics Season Cancelled

Due to the Covid-19 virus, all Senior Olympics events are cancelled this Spring. However, the punch passes to City Recreation Centers will be issued to each Olympian in June, as promised. For more information, please call Cristina at (505) 955-4725.

## Flora's Corner

Many waters cannot quench Love, Neither can floods drown it.

-Song of Solomon



## USEFUL CONTACT INFORMATION

**New Mexico Department of Health**

[www.cv.nmhealth.org](http://www.cv.nmhealth.org)

Corona Virus Hotline:

1 (855) 600-3453

Non-health related Covid-19 questions:

1 (833) 551-0518

**Centers for Disease Control and Prevention**

[www.cdc.gov](http://www.cdc.gov)

Current information on the worldwide pandemic, as well as advice and guidance.

# NEWS & VIEWS

APRIL 2020



## Santa Fe Conservation Trust

In Santa Fe, our ability to experience natural lands and open spaces adds immeasurably to our quality of life.

The Santa Fe Conservation Trust (SFCT), a nationally accredited, non-profit land trust has placed conservation easements on more than 4,500 acres protecting scenic views, wildlife habitat, working lands and open space for everyone, forever. SFCT runs a trails maintenance program and organizes and oversees 'Vámonos: Santa Fe Walks' program on ADA accessible city trails. See the May newsletter for walk dates.

SFCT works to ignite a passion for nature and create the next generation of conservationists. Find out more at [www.sfct.org](http://www.sfct.org) or call (505) 989-7019. See the RSVP pages to learn how you can volunteer.

## April Trip to Laughlin, Nevada Cancelled

For information, call trip coordinators: Eileen CdeBaca (505) 470-1498 or Corrine Sanchez (505) 986-1780.

**Please Note:** The City of Santa Fe Division of Senior Services is not affiliated with, responsible, or liable for anything associated with this trip.

[www.santafenm.gov](http://www.santafenm.gov)

That is the website for the City of Santa Fe. If you have internet access, you can go there to learn about the latest updates, regulations and Covid-19-related news from Mayor Webber, the City Council, and City of Santa Fe departments.

## Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related expenses, food, clothing, etc., for their grandchildren.

Eligible senior citizens (55 years of age or older) who live in the City or County of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild or grandchildren, may receive modest financial assistance annually for up to two grandchildren per grandparent per household.

For more information please contact Melanie Montoya at (505) 955-4761.

## Pen Pals

Howard, a member of our community, suggested that Senior Services start a program of letter writing. He says "I think homebound



seniors might appreciate getting a letter or card in the mail" and suggested that we seek interested recipients from the clients in our own Meals On Wheels and In-Home Support programs, as well as from the community. He went on "To protect from scams or bad experiences, letters need to be screened before forwarding...no direct contact between sender and recipient...There could be a few hours set aside each month at a table in the MEG Center for seniors to gather and write the cards."

We will work out the details in the next couple of months, but in the meantime, if anyone is interested in participating, or has any suggestions for the project, please contact Kristin in the RSVP office at (505) 955-4760 or at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov).

# NEWS & VIEWS

APRIL 2020



Find us on:  
**facebook**®

## Do you have a Facebook Account?

If so, we invite you to check out and follow the three Facebook pages hosted by the Division of Senior Services:

- **City of Santa Fe Senior Services**
- **RSVP Santa Fe**
- **Santa Fe 50+ Senior Olympics**

Get program updates, timely information, ideas and inspiration. You can even “like” us.

If you don't have a Facebook account, maybe now is a good time to set one up. You don't have to post anything yourself, but you can keep up with the activities of friends and relatives (and Senior Services).



### Choices;

A sunflower laughing towards the sky  
Growing in a pile of highway debris.

Who has time to see?

Who has time to see!

Its beauty essential to our eyes,  
our hearts, our souls,  
always a choice, always a choice!

-robert-francis “mudman” johnson



## Free Benefits Counseling Available

After the senior centers re-open, every Wednesday, one of two volunteer Benefits Counselors (trained by the Aging and Disability Resource Center) are available to meet individually with seniors. They can provide information on Medicare, Medicaid and private insurance, Social Security, Supplemental Security Income (SSI), housing, utilities, hearing aids, eyeglasses, dental, referrals to senior legal programs, food assistance, and help with public benefits like Medicare Savings Programs.

To schedule an appointment, call 955-4721.

## MLK Day Project a Great Success



Throughout February and March, the Santa Fe Senior Volunteer Programs organized a donation

drive to collect basic necessities for our neighbors experiencing homelessness.

Thanks to the generous donations from many seniors, organizations and other community members, a group of volunteers, staff and teens were able to assemble 95 bags containing socks, soap, toothpaste, power bars, bottled water and other items.

Volunteers and staff delivered the bags to St. Elizabeth Shelter, the Interfaith Shelter (Pete's Place), Lifelink, Youth Shelters and Family Services, Chain Breakers, and to individuals on street corners.



Intergenerational group showing off our 95 bags of supplies!

## Alzheimer's Association has New S.F. Office

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. The New Mexico Chapter is pleased to announce that its Northeastern Regional office has relocated to 1409 Luisa Street, Suite F. Beth Hamilton, the Northeastern Regional Manager, is based in the new office and can be reached at (505) 365-0678 or at [behamilton@alz.org](mailto:behamilton@alz.org). The office hours are M-F 8:30 am - 4:30 pm.

## AT A GLANCE



**The Honorable Judge David T. Thuma presenting senior Elisa Perez her United States Citizenship Certificate on March 6th.**



**Members of the Enhance Fitness class in which Elisa participates surprised her by attending the ceremony.**



**Seniors enjoying an afternoon at the Sweethearts' Dance at the Eagles Club in February.**

## INCOME TAX PREPARATION

APRIL 2020

### Income Tax Preparation

Senior Services is not involved with these tax preparation programs in any way. We post this information to assist the public only.

On March 18th, 2020, the U.S. Treasury Department and Internal Revenue Service (IRS) issued guidance allowing all individual and other non-corporate tax filers to defer up to \$1 million of federal income tax (including self-employment tax) payments due on April 15, 2020, until July 15, 2020, without penalties or interest. (From [www.irs.gov](http://www.irs.gov)) You do not need to file an extension. However, if you expect a refund, you should file by April 15th anyway.

The following information was current at the time of this newsletter publication.

### Tax Help Santa Fe, LLC

NO IN-PERSON APPOINTMENTS, BUT TAX HELP SANTA FE CAN PREPARE TAXES ELECTRONICALLY, BY MAIL, OR (FOR VERY SIMPLE RETURNS) OVER THE PHONE.

Location: SF Place Mall  
Cost: Sliding Scale  
Information: Call (505) 990-7431 or go to [www.taxhelpsantafe.com](http://www.taxhelpsantafe.com)

### AARP Foundation Tax Aide

CLOSED UNTIL FURTHER NOTICE

Location: HEC, 1950 Siringo Road  
Cost: Free  
Information: Call (505) 428-1780 or go to [www.sfcc.edu/taxaide](http://www.sfcc.edu/taxaide)

### Tax Help New Mexico

CLOSED UNTIL AT LEAST APRIL 6

Location: Guadalupe Church,  
417 Agua Fria  
Cost: Free to eligible clients  
Information: Call (505) 465-9776

# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

APRIL 2020

## Volunteer Opportunities

Give a few hours a week to a cause that you care about: Join the Retired Senior Volunteer Program (RSVP) and we'll get you started.



RSVP volunteers receive a variety of benefits - all paid for by the program. We reimburse for mileage in your personal vehicle. While serving, volunteers are covered by a supplemental insurance. Volunteer service is also celebrated through recognition events and gifts as well as free educational opportunities. Meet people who care about the same things you do. Below, you will find information on some of the many volunteering opportunities that RSVP has to offer.

To learn more and enroll in the RSVP Volunteer Program, please contact Kristin Slater-Huff at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) or (505) 955-4760, or go online to [www.rsvpsantafe.org](http://www.rsvpsantafe.org)

## VOLUNTEER NEEDS:



## Bienvenidos Outreach, Inc. Food Pantry

**Food Pick-Up:** Volunteers collect donations from various sites and transport back to Bienvenidos (driver's license and proof of insurance required).

**Food Packaging:** Volunteers prepare food boxes and/or lunch bags for the day's recipients.

**Food Donation Sorters:** Volunteers accept food donations, help with sorting and proper storage.

**Clothing Room:** Volunteers accept clothing donations, assist with sorting, proper storage, display, and maintenance of the clothing room.

**Intake Volunteers:** Volunteers receive new applications from individuals wishing to receive food boxes, enter client visits into database and assist individuals with paperwork. The ability to speak and write Spanish is helpful.

# MANYMOTHERS

Improving Our Community, One Baby at a Time

## Many Mothers

Many Mothers is a non-profit organization that empowers new mothers and fosters the vital mother/child bond by sending in volunteers to provide support. The degree of a mother's postpartum depression is inversely related to the amount of support she receives. Home visiting programs are proven to improve children's ability to form healthy relationships, succeed at school, and increase life expectancy, while reducing juvenile delinquency and substance abuse.

Home Visitor Volunteers are matched to the families based on common interests, experiences, and backgrounds to help create wonderful bonds between the volunteer and family.

## St. Elizabeth Shelter

**Front Desk / Clerical** – Volunteers answer phones; greet guests; distribute hygiene items, clothing, blankets and mail; make referrals; assist with paperwork; check in shelter guests; and assist with intakes and departures.

**Food Program** – Volunteers provide an evening meal cooked at your home or at the shelter.

**Housekeeping** – Volunteers assist with a vacated unit before a new resident moves in.

**Maintenance / Repairs** – Volunteer handy people are always needed for occasional repairs.

**Landscaping** – Volunteers assist with gardening, watering, pulling weeds, planting, fertilizing, etc.

**Resource Center** – Volunteers assist with food prep / cooking, client sign in, monitoring the premises and helping with set up / clean up.



# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

APRIL 2020



The Santa Fe Conservation Trust (SFCT) a nationally accredited, non-profit land trust that protects scenic views, wildlife habitat, working lands and open space for everyone, forever.

**They are seeking “active trails volunteers” to maintain trails as safe and accessible places.**

**They are also looking for Vámonos Walks volunteers.** They host these free, hour-long walks 5 times per month from May through October. Many are held on weekdays, after work hours, with one Saturday morning walk that usually lasts about 2 hours.

The walks are mostly held on paved urban trails and in city parks all around Santa Fe, but once a month expand to dirt trails in the surrounding area. Some walks have a specific focus, such as “Walk with a Healthcare Provider” “Walk with Our Elders” or the bilingual “Take a Walk on the Southside.”

Participants go at their own pace, and though they often come with family and friends, they also meet new friends as they walk and talk, enjoying the fresh air and exercise.

Along with the SFCT staff person assigned to the walk, volunteers are needed to assist with:

- Ensuring that walkers sign in at the start
- Tracking the group to make sure everyone stays in sight and on the correct trail
- Watching and warning walkers of approaching bicyclists on the trail
- Taking photos if possible
- Distributing evaluations at the end of the walk

Volunteers can sign up for one or many walks and will receive a Vámonos T-shirt that should be worn for the walks, along with a lightweight string backpack to carry water, etc

To participate in any of these volunteer opportunities and enroll in RSVP, please contact Kristin in the Retired Senior Volunteer Program office at (505) 955-4760 or email [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov)



## RSVP *Voluntarios*

Martha Catanach	4/01
Charlie Lujan	4/02
Charles A. Marquez	4/02
Rita Garcia	4/03
Victor E. Montoya	4/03
Rosie Sweeney	4/03
Ronald Bierdman	4/05
Connie Sena	4/06
Virginia M. Lucero	4/07
Matilda Rios	4/07
Bernie Frimond	4/09
Robert Suspanic	4/10
Deolinda Montoya	4/11
Patsy Sena	4/12
Bernard Preskin	4/13
Clarice Getz	4/14
Carmen J. Chavez	4/16
Joanna Ipiotis-Romero	4/16
Kathy Martinez	4/16
Michael Robison	4/17
Marsha Reindorf	4/22
James Butler	4/24
Ron Levy	4/26
Corrine Sanchez	4/28
Mela Delgado	4/29
Sally A. Rodriguez	4/29
Nazario Roybal	4/29
Linda J. Miller	4/30
Sister Jo Romero	4/30

## **Voluntarios de Foster Grandparent y Senior Companion**

Bonnie Rice	4/3
Prescilla Martinez	4/6
Theresa Espinosa	4/7
Maria Duran	4/16
David Dominguez	4/21
Mela Delgado	4/29

*Please note that the above names are people who are enrolled in the Senior Volunteer Program and who turn in their quarterly reports of hours served.*

# FOOD ASSISTANCE

APRIL 2020

## Food Assistance During the Covid-19 Outbreak

City of Santa Fe Senior Centers are temporarily closed for your safety. But, we realize this puts a burden on many of you to maintain a steady supply of fresh food at home. So, here are some temporary alternatives to help get you through this challenging period:

- If you are a senior age 60+ and you do not have other resources to enable you to get a balanced meal, you may get on a list to receive home delivered lunch, even if you would not normally qualify for Meals On Wheels. Please note that, if you are able to purchase or prepare a meal on your own, we ask that you allow us to save our resources for those seniors with no other options. **Call (505) 955-4721** to request this help.

- The Food Depot is doubling its efforts to support local food pantries, all of which are providing drive-up distributions. These food distributions will continue weekly until further notice. People seeking food assistance should be prepared to provide basic information including giving their name, address and self-declaring their income (no documentation required). Times are subject to change, and food distribution will close if the food runs out before the end time. The information below was current as of the publication of this newsletter, but please go to [www.thefooddepot.org](http://www.thefooddepot.org) for updates.



- **Thursdays from 6:00 to 9:00 a.m.**, in The Food Depot parking lot, at 1222 A Siler Rd. (in collaboration with Feeding Santa Fe)
- **Saturdays from 9:00 to 11:00 a.m.**, at Capital High School, 4851 Paseo del Sol (in collaboration with Santa Fe Public Schools)
- **Tuesdays from 10:00 a.m. to noon**, at St. John's United Methodist Church, 1200 Old Pecos Trail (in collaboration with Bag 'n Hand Food Pantry)

-Many stores are adding special grocery shopping hours, just for senior citizens. Please see the following page for more information on participating stores and hours.

**We thank you for being flexible during this challenging time, and for helping your friends and neighbors, if you are able. Senior Services is doing all we can to accommodate everyone's needs, but it will take each of us making some concessions for all of this to work.**



**FOR IMMEDIATE RELEASE**

March 20, 2020

Contact: Breanna Anderson abizbybre@gmail.com  
 505-228-5556

**Great Community Partners and Local Stores Offering  
 Special Hours to Accommodate Seniors and Those Most Vulnerable During COVID-19 Pandemic**

**NEW MEXICO-** New Mexico's Aging and Long Term Services Department (ALTSD) leadership acknowledged the wonderful community partners throughout the state who have stepped up to assist our senior and vulnerable populations during the COVID-19 pandemic, including many corporate and local grocery stores that are offering special shopping hours. Many have adjusted their hours, typically opening early, to allow these individuals to beat the crowds and reduce their risk of exposure, as the virus is more dangerous to the elderly and immunocompromised, and many essential items have been difficult for seniors to find. The early hours have the additional benefit of allowing seniors to shop while shelves are well stocked.

**Participating stores include:**

**Smith's locations** – throughout New Mexico – Opening early on Mondays, Wednesdays and Fridays, from 7:00 AM to 8:00 AM, for 60 years of age and older, including waiving pick up fees for seniors.

**Walmart locations** – throughout New Mexico – Beginning on March 24 through April 28, Tuesdays (only) stores will open one hour early, for those 60 years of age or older.

**Target locations** – throughout New Mexico – Wednesdays (only) stores will open one hour early, for those individuals who are elderly or have underlying health conditions.

**Farmers Country Market** – Roswell and Portales -- Opening early, from 6:00 AM to 8:00 AM every day (except Sundays for Roswell locations), for seniors ages 60 years of age and older.

**La Tienda Thriftway** – Carlsbad – Opening early, from 8:00 AM to 9:00 AM every day, for seniors.

**Fenn's Country Market** – Artesia – Tuesdays, Wednesdays and Thursdays (only), opening from 6:00 AM to 8:00 AM, for seniors.

**John Brooks Supermarkets** – various locations throughout New Mexico – varies by store, but many including Albuquerque Candelaria location and Santa Fe market to open early on Sundays to serve seniors. Call your local market for details.

**Dollar General** – various New Mexico locations -- Opening one hour early every day, for seniors.

**Whole Foods locations** – throughout New Mexico – Opening from 7:00 AM to 8:00 AM every day, for those 60 years of age and older.

**Albertson's and Safeway Markets** – throughout New Mexico – Mondays and Thursdays (only), opening from 7:00 AM to 9:00 AM, for seniors and at-risk populations.

**Big Lots** – throughout New Mexico – Reserving first hour of every day for seniors and those most vulnerable to COVID-19 virus.

"Many older adults already face obstacles in day-to-day activities that many of us take for granted. In these particularly challenging times, we are grateful to our wonderful private sector community partners who are working extra hours to accommodate these more vulnerable populations for the good of our communities. They are a bright light and amazing resource as we navigate these unique circumstances," said Katrina Hotrum-Lopez, Cabinet Secretary for New Mexico ALTSD.

For more information about Coronavirus and its impact in New Mexico, go to <https://cv.nmhealth.org>.

Investing in Tomorrow, Delivering Today  
 PO Box 27118 • Santa Fe, New Mexico 87502-7118  
 505-476-4799 • Toll-free 1-800-432-2080 • [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us)

# we count.



## The Santa Fe County 2020 Census

Visit: [wecountnm.org](http://wecountnm.org) to learn the impact the 2020 Census will have on our schools, our healthcare and community programs. **Be counted.**



US Census  
2020

**nosotros  
contamos.**



## **El Censo Del Condado De Santa Fe 2020**

Visita: [wecountnm.org](http://wecountnm.org) para conocer el impacto que tendrá el Censo de 2020 en nuestras escuelas, nuestros programas de salud y programas comunitarios. **Hazte contar.**



US Census  
**2020**

## Introduction to Stem Cells



By Can Sirin

I am the volunteer physical instructor at MEG Senior Center, and for four hours a week I attempt to assist our seniors to get stronger, work on their ailments and hopefully enjoy their time while working out. I am also on the Santa Fe Senior Olympics Committee.

Being an athlete for over 50 years, I'm feeling the pain of body parts that functioned quite well in my earlier years, and I ask myself, what am I to do now? As I played soccer into my 60's, the aches and pains got to the point where I gave into taking Ibuprofen. It seemed to work okay for a period of time but, of course, simple side effects occurred, such as stomach cramps, etc. I see my available future options as stronger medication for the pain, then the cortisone shots and ultimately, I suppose, the thought of surgery!

My goal in the series of articles that I will write is to inform and educate you about an alternative type of pain relief, called stem cell therapy. In the end, it is up to you to make the best decision possible for your health.

Even though I have studied this for the past five years, I am not an authority on stem cell therapy and/or treatment. So, I will conclude this episode with some words from the Mayo Clinic, which is deeply involved in Stem Cell research. It gives the following description of the use for Stem Cells:

Generate healthy cells to replace diseased cells (regenerative medicine). Stem cells can be guided into becoming specific cells that can be used to regenerate and repair diseased or damaged tissues in people.

The Stem Cells are activated by the inflammatory response to pain and inflammation to repair the area, whether it be injury or arthritis.

The next article will be "What are Stem Cells?"

## Coronavirus: Know How it Spreads

From [www.cdc.gov](http://www.cdc.gov)

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.**

The virus spreads mainly from person-to-person, between people who are in close contact with one another (within about 6 feet), through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the eyes, mouths or noses of people who are nearby or possibly be inhaled into the lungs.

**Take steps to protect yourself.** Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose and mouth with unwashed hands.



**Avoid close contact** with people who are sick. Put distance between yourself and other people.

**Protect others.** If you are sick, stay home, except to get medical care. And then wear a facemask. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in the trash and then wash your hands.

**If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

**Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

# HEALTH & SAFETY

APRIL 2020

## Stress and Coping

Excerpted from [www.cdc.gov](http://www.cdc.gov)

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions. Coping with stress will make you, the people you care about, and your community stronger.

**Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911 or Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

**Stress during an infectious disease outbreak can include:**

- Issues related to isolation
- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms.



**Things you can do to support yourself:**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Socialize via phone during this period.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**

Reduce stress in yourself and others.

When you learn and share accurate information about COVID-19, you can reduce stress for yourself and people you care about.

# PUZZLE

APRIL 2020

## PUZZLE 114

### ACROSS

1. Peruse
5. Slip
9. Ferry feature
13. Stable snack
17. Golfer Irwin
18. "Picnic" playwright
19. Arthur of the courts
20. Gratis
21. Museo offering
22. Fighter Spinks
23. "Harold \_\_\_\_"
24. Maidenhair
25. Impulsively
28. "\_\_\_\_ to Live!"
29. Football's Farr
30. California fort
31. Mata \_\_\_\_
33. May honoree
37. Pub pint
38. Preferably
42. Weaver film
43. "Jules and \_\_\_\_"
44. Comic Sahl
46. Possess
47. Columnist Barrett
48. \_\_\_\_ Perignon
49. Skirmish
50. Czech river
51. Post or stamp
53. Shakespeare
54. Comedian Youngman
55. Caviar
56. Billie Jean and Alan
57. Polite address
58. Stout's Nero \_\_\_\_
61. General Robt. \_\_\_\_
62. Market employee
66. Biol. class
67. Silvery fish
69. Puli, e.g.
70. Actress Best
71. Drummer Buddy \_\_\_\_
72. Actor Conried
73. Cave denizen
74. Eagle's weapon
75. Pittsburgh athlete
77. Soar
78. Unpretentious
79. Muslim judge
80. Ascot
81. Afternoon social
82. Chide
85. Rolling Stones album
92. Bubbly beverage
93. "Paradise \_\_\_\_"
94. Ballad
95. Model Jerry \_\_\_\_
96. Iowa city
97. Parisian pronoun
98. Besides
99. Italian peak
100. New Mexico resort
101. Aroma

102. Ruminant
103. One-horse carriage

### DOWN

1. Persian ruler
2. Mind
3. Canadian prov.
4. Shortcoming
5. Actor Ron \_\_\_\_
6. Kowtow
7. Borodin's prince
8. Actor Elliot
9. Old-fashioned
10. Dusseldorf donkey
11. Carroll's \_\_\_\_ cat
12. Barbie's beau
13. Queen of Hearts's cry
14. Scope
15. Sea swallow
16. Faxed
26. Sign
27. Poetic palindrome
28. Tax agcy.
32. Pot sweetener
33. Shop
34. Swan genus
35. Singer Turner
36. TV sitcom
37. Goal
39. Gain
40. Cosmetic company
41. Refute
43. Run
44. Join forces
45. Auto pioneer
48. Genetic substance: abbr.
49. "Olympia" artist
52. "\_\_\_\_ Got Sixpence"
53. Buffalo eleven
54. Possessive pronoun
56. Sharp
57. Wilt
58. Battles
59. Step \_\_\_\_!
60. Netting
62. Folding bed
63. Inactive
64. Space chimp
65. Talk wildly
67. Molt

### • TETE-A-TETE •

68. Orange flower
69. "Night and \_\_\_\_"
73. Holy
74. Warty one
76. Youngster
77. In shape
78. Scanty
80. Spud
81. Anxious
82. Go away!
83. Robin Cook novel
84. Butter substitute
86. Norwegian city
87. Jackson \_\_\_\_, Wyoming
88. "\_\_\_\_ Having a Baby"
89. Hippocratic \_\_\_\_
90. Arm bone
91. Frolic
93. Author Buscaglia

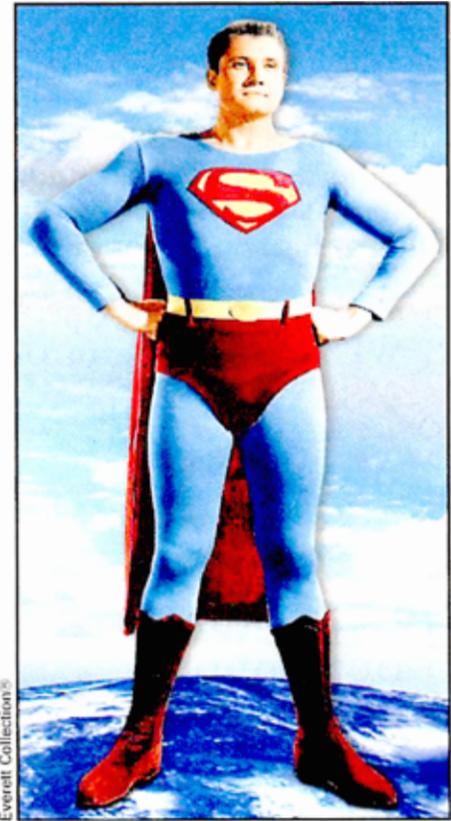
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## Super Show

98

The Man of Steel of comic book fame took television by storm in the '50s in "The Adventures of Superman." The show's first group of 26 episodes were made in 1951 but weren't aired until 1952. Though it was a low-budget, non-network series, it set the standard for the portrayal of superheroes on TV.

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# CONSUMER & LEGAL

APRIL 2020

## How Do I....?

From the City of Santa Fe

### How do I report overgrown weeds and vegetation on public/private property?

To report overgrown weeds and vegetation for any property within the City limits, go to [www.santafenm.gov](http://www.santafenm.gov) and click on Report and Request.



When filing a report, please be as specific as possible: Address, including exact street name, intersection, landmark, etc.

## How do I report graffiti?

To report graffiti, please contact the graffiti hotline at [grafittihotline2253@santafenm.gov](mailto:grafittihotline2253@santafenm.gov) or call (505) 955-2253.

If the graffiti is on private property, a Release of Liability: Owner's Consent to Clean Graffiti form must be filled out. You can access the form at [https://www.santafenm.gov/report\\_graffiti\\_and\\_or\\_tagging](https://www.santafenm.gov/report_graffiti_and_or_tagging). Other questions or concerns regarding tagging or taggers can also be found at that site.

**Note:** The City aims to remove all reported graffiti within 72 hours, weather permitting and after obtaining a consent form from property owners.



## How do I make a payment?

Utility Bill (Water, Sewer, Trash): Payments can be made in person at 801 W. San Mateo Rd. or at City Hall, 200 Lincoln Avenue; or by mail to PO Box 909 Santa Fe, NM 87504-0909; or make a payment by phone at (505) 955-6100, or online at [www.santafenm.gov/paymentus](http://www.santafenm.gov/paymentus).

Parking: Payments can be made in person at 500 Market Street, Suite 200; or online at <https://santafenm.gov/parking>; or by mail to PO Box 909 Santa Fe, NM 87504-0909; or by phone. For parking tickets, call 1(833) 805-1616. For parking permits, call (505) 955-6581.



## How do I report that my trash/recycling cart or dumpster was not picked up?

If trash or recycling is missed, please contact the Environmental Services Department at (505) 955-2200 or email [ESD@santafenm.gov](mailto:ESD@santafenm.gov)

To help ensure that your trash and recycling cart is picked up, follow these guidelines: Place trash and recycling carts on the curb by 7:00 am on your collection day. They must be removed by 8:00 am on the following day. Cart lids must be closed; overflowing carts cannot be picked up because items will spill out when the truck lifts and flips them. You can request a Special Pick Up or you can purchase Bag Tags for extra trash that does not fit in the trash cart.

Note: If you did not set your cart out before the collection trucks came by, that is NOT a missed service. The City uses real-time GPS applications that confirm time of collection for each address. Please pull your cart back in and we will see you next week!

If the lid or bucket of your trash cart gets broken, write down the serial number on the bin and call (505) 955-2200 to request replacement of lid and/or cart.

# PUZZLE ANSWERS

APRIL 2020

## PUZZLE 114

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### 98

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X	I	P	O	A	I	S	R	E	T	R	O	P	E	R
J	L	I	R	S	A	N	R	I	E	U	M	T	P	M
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C	O	O	A	R	H	A	C	T	I	O	N	E	N	O
N	N	D	N	E	W	S	P	A	P	E	R	L	I	M
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## LUNCH MENU APRIL 2020

*For any senior to request home delivered meals, call (505) 955-4721*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>THIS MENU IS FOR HOME DELIVERED MEALS ONLY</b>	<b>ALL CONGREGATE MEAL SITES ARE CLOSED</b>	<b>1</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Emperor Veggie Blend Egg Roll Rainbow Sherbet	<b>2</b> <b>Turkey Sandwich</b> with Garnish Carrot & Celery Sticks Macaroni Salad Fresh Pear	<b>3</b> <b>Baked Cod</b> French Fries Mixed Veggies Coleslaw Cornbread w/ Margarine Lemon Bar
<b>6</b> <b>Swedish Meatballs</b> over Noodles Buttered Peas Spinach Salad Garlic Bread Tapioca Pudding	<b>7</b> <b>Turkey Sandwich</b> Garnish Potato Chips Fresh Apple	<b>8</b> <b>Crunchy Beef Taco</b> with Garnish Salsa Chile Beans Calabacitas Tropical Fruit	<b>9</b> <b>Polish Sausage</b> Sauerkraut Buttered Carrots Parsley Potatoes WW Roll w/ Margarine Fresh Apple	<b>10</b> <span style="color: blue;">Good Friday</span> <b>Tuna Salad</b> w/ Crackers Tossed Salad Cold Peas Potato Chips Fresh Orange
<b>13</b> <b>Spaghetti with Meat Sauce</b> Italian Veggies Tossed Salad Garlic Bread Strawberries in Yogurt	<b>14</b> <b>Chicken Cordon Bleu</b> Rice Pilaf White Cheese Sauce Broccoli & Cauliflower Pineapple	<b>15</b> <b>Beefy Frito Pie</b> Pinto Beans Garnish Mexicorn Coleslaw Cherries in Cobbler	<b>16</b> <b>Teriyaki Chicken</b> Fried Rice Asian Veggies WW Roll w/ Margarine Mandarin Oranges Fortune Cookie	<b>17</b> <b>Pepper Steak</b> Mushroom Gravy Potatoes Au Gratin Spinach WW Roll w/ Margarine Mixed Fruit in Jello
<b>20</b> <b>Chicken Fried Chicken</b> Mashed Potatoes Chicken Gravy Asparagus WW Roll Chilled Apricots	<b>21</b> <b>Cobb Salad</b> w/ Chicken, Bacon, Hard Boiled Egg, Cheese Breadstick Brownie	<b>22</b> <b>Pork Roast</b> Pork Gravy ½ Baked Potato California Veggies WW Roll w/ Margarine Fresh Strawberries	<b>23</b> <b>Beef Burrito Supreme</b> w/ Green Chile Sauce Spanish Rice Tossed Salad Mixed Fruit in Jello	<b>24</b> <b>BBQ Chicken</b> Potato Salad Coleslaw Cornbread Green Grapes
<b>27</b> <b>Pork Red Chile Tamale</b> Spanish Rice Calabacitas Tortilla Vanilla Pudding	<b>28</b> <b>Baked Chicken</b> Mushroom Sauce Parsley Potatoes French Style Green Beans WW Roll Cantaloupe	<b>29</b> <b>Cabbage Roll</b> w/ Veggie Sauce Scalloped Potatoes Carrot Raisin Salad WW Roll w/ Margarine Whipped Fruit Salad	<b>30</b> <b>Salmon Patty</b> Tomato Macaroni Asparagus Spears Peaches in Cottage Cheese	

**Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50**

*Milk is served with each meal. Menu is subject to change.*

City of Santa Fe



# Senior Center Locations

## Legend

-  City Senior Center Location
-  Down Town
-  City Limits

MARY ESTHER GONZALES (MEG)  
1121 ALTO STREET  
(505) 955-1721

LUIISA  
1500 LUIISA STREET  
(entrance on Columbia St.)

VILLA CONSUELO  
1200 CAMINO CONSUELO  
(closed for renovation)

# ALL SENIOR CENTERS TEMPORARILY CLOSED

