

# ***THE SENIOR SCENE***



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

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

**APRIL  
2019**

## **CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**

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

**APRIL 2019**

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. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

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" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

### **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**

Brenda Ortiz, Database Specialist

955-4722

### **Transportation Ride Reservations (page 3) 955-4700**

Linda Quesada-Ortiz, Project Manager/ Dispatch

Erika Cuellar, Administrative Assistant

955-4700

955-4702

### **Nutrition**

Yvette Sweeney, Program Administrator

Enrique DeLora, Inventory Supervisor

Tebriana 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 (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

### **In Home Support Services: Respite Care, Homemaker**

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. Admin.

Romella Glorioso-Moss, Special Projects Admin.

955-4761

955-4744

### **Retired Senior Volunteer Program (RSVP)**

Triston Lovato-Armstrong, RSVP Administrator

Marisa Romero, Program Coordinator

955-4760

955-4743

### **50+ Senior Olympics**

Cristina Villa, Program Coordinator

795-3817

### **Miscellaneous**

Craft Room

Pool (Billiard) Room

955-4736

955-4737

### **Other Important Numbers**

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

955-9538

### **Newsletter Production**

Triston Lovato-Armstrong, Editor/Distribution

[trlovato@santafenm.gov](mailto:trlovato@santafenm.gov)

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

955-4760

# ***SENIOR SERVICES PROGRAM INFORMATION***

APRIL 2019

## **SENIOR SERVICES REGISTRATION**

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a membership card. Please note that these cards are NOT valid as legal identification.

### **Eligibility for Senior Services Registration**

Per the Older Americans Act, participants must be at least 60 years of age, or be the legal spouse of a member 60 or over, residing at the same address, or for meals only, be disabled (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc. For more information please contact Brenda Ortiz at (505) 955-4722 or [bmortiz@santafenm.gov](mailto:bmortiz@santafenm.gov).

## **SENIOR TRANSPORTATION INFORMATION**

- To Reserve:** Call (505) 955-4700 before 4:00 pm to reserve a ride.  
**Rides must be requested at least 24 hours in advance** of service. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost:** **Suggested donation of 50¢ a ride (one-way trip) for seniors 60 & over.** You may purchase a 25-ride ticket for \$10.00 from the Transportation Office or drivers.
- Schedule:** **Rides are available 8:15 am to 4:15 pm Monday through Friday.**  
**Please Note:** Reduced hours on the first Tuesday of every month due to required staff training; last call for pick-up is 2:45 pm on these days.  
Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm every day (Please be seated in the lobby or outside patio benches).  
Rides to medical appointments are given priority over all other rides.
- SF County:** For rides outside city limits but within Santa Fe County, call (505) 992-3069.
- SF Ride:** For weekend and evening transportation, call (505) 473-4444.



# By Gino

*A message from the Division Director*



Happy spring! I'm still getting used to the time change, but at least I'm not falling asleep in front of my computer anymore. By the time many of you read the newsletter you may notice our attempt to start composting at the Mary Esther Gonzales Senior Center. I am looking forward to doing our part to help the environment and maybe getting a tomato out of the deal. We are looking for volunteers to help with this project; to sign up please contact our Retired Senior Volunteer Program (RSVP) at (505) 955-4760 or (505) 955-4743. April is National Volunteer Month – what a perfect time to get involved as a volunteer!

On another note, I want to thank all of you for helping us with the assessment and reassessment process. We were behind and that was not a good thing. Just so everyone knows this is something that we will always have to do, but hopefully the process will get easier. I have been working with the contractor to revise and simplify the assessment, so wish me luck!

I would also like to thank all the folks who attend the Pasatiempo Senior Center for your patience during the construction. In discussions with Civic Housing we all felt it would be easier to try and get as much of the work done first. Make no mistake about it, there is still more to do, but we're getting there. We are also close to completing the Villa Consuelo project. Our buildings are old and there are a lot of issues we have to deal with to keep things going, so again thank you all for your patience! 😊

## Join us for this FREE Event – Open to the Public

### Lessons on Living Documentary and Discussion

**Where:** Mary Esther Gonzales Senior Center  
(1121 Alto Street)

**When:** Thursday April 25, 9:00–11:00 am

This “Lessons on Living” presentation includes a documentary and discussion on the lessons we learn from being with people who are dying.

- **9:00–10:00 am:** ABC Documentary of journalist Ted Koppel conducting a series of interviews with Morrie Schwartz, a man during the last year of his life after being diagnosed with ALS. (This series is among the most requested and widely

discussed Nightline series. Watching the first night ABC aired the series was Schwartz's former student and sportswriter Mitch Albom who was then inspired to reconnect with Morrie, his former professor and write the best-selling book *Tuesdays with Morrie*.)

- **10:00–11:00 am:** Discussion on important life lessons lead by Eileen Joyce, Certified Coach/Grief Recovery Specialist, and Rhea Bertelli who worked with Elizabeth Kubler Ross, the doctor/author of many books on living and dying.

Information and snacks will be provided. This event is sponsored by Comfort Keepers, In-Home Caregivers and the Memory Care Alliance and is FREE of charge.

# NEWS & VIEWS

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## Senior Services Reassessments

Just a reminder to please take a look at your senior services membership card and make sure it is not expired. If the date on the card has passed, please visit the front office at the Mary Esther Gonzales Senior Center (1121 Alto Street) to update your membership. It is an ongoing process, so thank you for being patient with us. If you're not sure whether you need to come in or not it is always best to ask, so you can call our office at (505) 955-4721 to check your status. It is very important that everyone is up-to-date in our system because having a current assessment and information for each person is how we get reimbursed for the services you receive, which then allows us to continue providing those services. Thank you again!

## Respite Caregivers Available for your Loved One

Are you a caregiver of an individual diagnosed with Alzheimer's disease or a dementia-related disorder? Could you use some respite relief? The City of Santa Fe Division of Senior Services provides in-home respite. The intent of this program is to provide relief to primary caregivers that care for someone with Alzheimer's disease or dementia related disorders. Respite Care providers offer companionship, socialization, light meal preparation, minor non-medical personal care as needed, while also maintaining a clean environment. The providers are scheduled to work with each client on a weekly basis for three and half hour visits. For more information please call Theresa Trujillo, In-Home Support Services Program Supervisor, at (505) 955-4745.

## 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 year of age or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive up to \$200.00 annually per grandparent/household for reimbursable expenses. For more information please contact Melanie Montoya at (505) 955-4761.

## Are you 60 plus? Hike with us!

Please note that hikes are subject to change due to weather or other unforeseen circumstances.



This month's hike is Raven's Ridge Trail. It may be the last chance to hike in the snow. The hike is not difficult, however it is not recommended for beginners due to its high altitude. We will begin on the Winsor trail near the Ski Santa Fe area which is above 10,000 feet, and climb to approximately 11,000 feet over a 1.8 mile hike. We'll stop to eat our sack lunch at a beautiful lookout spot a few feet off the trail and return the same way. The total hike is less than four miles. This hike is on a well-defined path through the forest, but spikes and poles are strongly recommended as there will likely be snow all the way.

Special note – The April hike will be on the third Thursday, April 18 (not the 25th as originally scheduled). Furthermore, if less than five people sign up in advance, the hike will be cancelled and those who signed up will receive a cancellation telephone call on the day before the scheduled hike.

1. Register for the hike by calling Albert at (505) 955-4715; call 24 hours in advance to cancel;
2. Arrive at the Mary Esther Gonzales Senior Center between 8:30 & 8:45 am for check-in
3. Required: You must present your current Senior Membership card (new rule);
4. Fee/Donation: Suggested \$1.00 roundtrip;
5. Suggested items to bring: Water, lunch/snack, sturdy shoes, a hat, jacket and under layers and gloves;
6. Although it is springtime, winter temperatures still exist above 10,000 feet so dress accordingly.

## Jewish Care Program Support Group

The Jewish Care Program in Santa Fe currently offers a FREE grief and loss support group on Thursdays from 1:00–2:00 pm. Open to anyone in Santa Fe 18+ who has lost a loved one, pre-registration is required; call 505-303-3552. Once you preregister, you can show up as desired. Since this is an ongoing group, there is no time commitment required. Call for location and more information.

# NEWS & VIEWS

APRIL 2019

## Esperanza Shelter Support & Services

Elder abuse and domestic violence are more common than you may think; on an annual basis, an estimated 4 million senior citizens are victims of physical, emotional, sexual, financial and/or other forms of abuse. Domestic elder abuse refers to abuse that is committed by someone whom the elder has a relationship with, such as a spouse, child, sibling, caretaker or friend. Institutional elder abuse refers to abuse that occurs in residential facilities such as nursing homes, assisted living programs and group homes. Men and women in all ethnic backgrounds and social status are affected by elder abuse.

For more than 40 years Esperanza Shelter has provided domestic abuse services for our community. If you are currently experiencing abuse, but do not require a place to stay, the Esperanza Non-Residential Counseling Program is here to support you 9:00 am – 5:00 pm, Monday through Friday. We provide individual counseling, support/counseling groups and court advocacy. Please reach out to us at 505-474-5536 if you would like to learn more about scheduling an appointment.

If you are currently in an abusive relationship, call us when it is safe. Our Crisis Hotline number is 1-505-473-5200 or 1-800-473-5220, 24 hours a day, seven days a week. The Esperanza Community Outreach and Education Program is dedicated to raising awareness of and preventing domestic violence; to schedule an informative presentation at our site or yours please call Molly Conway at 505-365-7651. Esperanza offers services to all victims of domestic abuse regardless of race, ethnicity, gender, sexual orientation or religion. Esperanza never charges survivors for any of its services.

## Free Stroke Support Group

This group is for stroke survivors and their significant others. The group meets on the first Wednesday of every month from 11:00 am to noon in the Atrium Conference Room at Christus St. Vincent (first floor across from the elevators). For more information or if you have questions please call Anna at (505) 988-2583.

## Comfort Keepers Sponsors Support Groups

**Chronic Illness:** 2nd & 4th Tuesdays, 2–3 pm

**Family Caregivers:** 2nd & 4th Wednesdays, 2–3 pm

This may be the most demanding period of your life – physically, mentally, and emotionally. Having a place to talk about the frustration, isolation, and depression can make a big difference in how you go through each day. The purpose of these groups is to learn and share about: the illness, community resources, daily experiences (thoughts, feelings, complaints, and delights), helpful hints for caring for yourself, and effective communications with family, friends, and your health team.

Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective. Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your support team.

This group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. It meets at Comfort Keepers (1301 Luisa St.) between Cordova and Alta Vista. Please contact Eileen at (505) 428-0670, or [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) to reserve your place

## The Memory Club – A Service of the Memory Care Alliance of Northern New Mexico

Sponsored by Comfort Keepers, in-home caregivers, this weekly support group is for family members of a loved one with dementia. Having a weekly place to go, to share experiences, learn the latest brain information, and exchange helpful ideas can be just the break you need. The group meets on the first three Fridays of each month from 2:00–3:00 pm at 1301 Luisa St. Please contact David at (505) 310-9752 or [david@memorycaresnm.org](mailto:david@memorycaresnm.org) for questions and to reserve your place as space is limited.

**The Santa Fe County Mobile Health Van** will not be out until further notice. For further information, call Patricia Boies, Health Services Division Director, at (505) 995-9538.



# NEWS & VIEWS

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## Income Tax Assistance for Senior Citizens

The City of Santa Fe Division of Senior Services does not coordinate or administer these tax organizations; rather, we provide their material for informational purposes to the senior community. If you have questions regarding your personal taxes, what documents to take for tax preparation, snow closures, etc., please contact one of the three different organizations below.

## AARP Foundation Tax Aide

AARP Foundation Tax Aide, in partnership with the Santa Fe Community College, will host free income tax preparation. This year, the service will be available primarily on an appointment basis.

**Dates:** February 4 through April 15, 2019

**Days:** Mondays & Tuesdays, 8:00 am – 4:00 pm  
Saturdays from 9:00 am – noon

**Place:** Santa Fe Higher Education Center (HEC)  
1950 Siringo Road

**Phone:** (505) 946-3615

**Website:** [www.sfcc.edu/taxaide.com](http://www.sfcc.edu/taxaide.com)

AARP Foundation Tax-Aide Santa Fe is taking appointments online or by calling 505-946-3615. To read more about the program and to access the online registration link visit [sfcc.edu/taxaide.com](http://sfcc.edu/taxaide.com). Those who do not have computer access can all (505) 946-3615. A volunteer will return your call.

## Tax Help Santa Fe, LLC

Tax Help Santa Fe, LLC is providing tax services free for clients with only Social Security or SSI. Otherwise prices are based on your income.

**Dates:** Beginning January 31, 2019

**Days:** Monday through Saturday

**Times:** 8:30 am – 5:00 pm

**Place:** Santa Fe Place Mall next to Boot Barn

**Phone:** (505) 670-6835

**Website:** [www.taxhelpsantafe.com](http://www.taxhelpsantafe.com)

## Tax Help New Mexico

Tax Help New Mexico is providing tax services for senior citizens 65 years or older with a household income of \$55,000 or less.

**Dates:** February 5 – April 12, 2019

**Days:** Tuesdays and Fridays

**Times:** 9:00 am – 1:00 pm

**Place:** Our Lady of Guadalupe Church Parish Center

**Phone:** (505) 465-9776

Please do not call the Our Lady of Guadalupe Church office. They will not have any tax information.

## Flora's Corner

"You must do the things you think you cannot do."

– Eleanor Roosevelt



## Thank You for Supporting the Educational Technology Mail-In Ballot!

Thank you, mil gracias to all who participated in the Educational Technology Note (ETN) mail-in election! Through voters' support, our students will continue their journey to new heights in learning supported by quality digital devices, dedicated teachers and stellar digital learning coaches. The community's belief in the District is heartening and greatly appreciated. Fifty-nine percent of voters approved the ETN. It was an exciting result and speaks to Santa Fe's commitment to our schools.

Thank you, again! Learn more at [www.sfps.info](http://www.sfps.info)



# NEWS & VIEWS

APRIL 2019

## Composting Corner



Are you ready to help our environment? The new method of disposing our food waste will be very easy! On Monday, April 1, (no, not an April Fool's joke) the MEG Senior Center members, along with Keep Santa Fe Beautiful board members and staff will begin our pilot composting program.

You will see a new set up in the dining hall as we help everyone sort through their leftover food, recycling and garbage to dispose of each item properly. The food waste will be placed into special carts that city staff will pick up twice a week and take to the Caja Del Rio Landfill where the composting process begins. At the landfill, the food waste is mixed into piles with manure, cardboard, paper and other decomposable materials. Over a period of 14 months, strict moisture and temperature levels are maintained in the piles and they are turned regularly to mix and aerate the ingredients until the decomposition process is completed. When the compost is ready, it is trucked to Payne's Nurseries and made available for sale to landscapers and homeowners.

By doing our part with these simple changes we will keep tons of food waste out of the landfill and instead we will turn our garbage into a nutrient-rich organic material that is a wonderful fertilizer.

Thank you for your participation! What a big impact we can make on our environment when everyone does their part!

*Carol Branch*

City of Santa Fe Environmental Services Program Manager  
Keep Santa Fe Beautiful Executive Director

## Let's Grow Education Series for the Home Gardener – Rose Pruning Clinic (hands-on)

**When:** Saturday, April 13, 9:00 am – noon

**Where:** Harvey Cornell Rose Garden

Bring your handheld pruners, gloves and long sleeved clothing. Learn the correct way to prune roses from Master Gardeners Kim Martinez and Shelly Cooper. Then practice in this historic garden at 1315 Galisteo Parkway. Instruction from 9:00–9:30 and hands on from 9:30–noon.

## Utility Low Income Credit Annual Applications Due April 30th

Customers that meet the City's low income limits and who are permanently disabled or are 60 years of age and older, are eligible to receive utility bill low income credit on an annual basis. Applications must be submitted by April 30th to continue receiving the credit. Customer Service representatives from the City of Santa Fe's Public Utility Department, Utility Billing Division, will be visiting the Mary Esther Gonzales Senior Center on Thursday, April 11 and 25 between 10:00 am – 1:30 pm to process applications, providing the customer brings a completed application WITH the required documentation which includes proof of all income and assistance your household is receiving, including but not limited to:

- Wages
- Social security
- Retirement
- Veteran's benefits
- Welfare payments
- Alimony
- Rents/royalties
- Interests/dividends
- Food stamps(SNAP)
- Gambling winnings
- Disability
- Any other income not included in this list

New applications may be submitted. Applications and the list of eligibility requirements and required documentation are available at the City's Public Utility Department on 801 W. San Mateo, the Division of Senior Services Administrative Offices on 1121 Alto Street, and [https://www.santafenm.gov/low\\_income\\_credit](https://www.santafenm.gov/low_income_credit). Contact Utility Billing Customer Service at (505) 955-4333 with any questions.



# STEWARDSHIP SANTA FE

Retired and Senior Citizens  
Making a Difference  
in Community

Stewardship Santa Fe is a program designed to give retired and senior citizens opportunities to make a meaningful difference in Santa Fe. Stewardship Santa Fe gives civic-minded people a vehicle for their community-oriented energies and provides access to people who have made a difference in the community.



## If you want to give your wisdom and experience back to Santa Fe, then this program is for you!

*Stewardship Santa Fe gives particular focus to systems thinking, addressing community needs, and small group project skills.*

### There are many benefits to joining the Stewardship Santa Fe Class, including:

- Personal interaction with Santa Fe citizens who have made a difference in business, government and the non-profit community
- Unique networking opportunities with your class peers and people who have changed Santa Fe for the better
- High level leadership and community building training that will enhance your ability to listen better, see varied perspectives, be more understanding and compassionate, develop bonds with peers and work with them to serve Santa Fe

### Program Summary

- Up to 30 participants attend a series of 10 half-day sessions. The program starts on March 22 and continues weekly, ending on May 31. (No session on April 19.)
- The sessions are on Friday mornings from 9:00 a.m. – 12:00 p.m.
- A typical day is as follows: civics is from 9:00 – 10:15 a.m. then a 15-minute break and then stewardship skills are from 10:30 a.m.–12:00 p.m.
- The sessions are held in the Los Alamos National Bank Community Room, 301 Griffin Street.
- Each participant is asked to create a possibility statement about the impact of his/her stewardship and have the opportunity to share it in the last class.
- Each participant commits to a collaborative project to address an issue or opportunity in Santa Fe and have a chance to share it at the last class.

### Proposed List and Order Of Civics Topics\* Spring 2019

**March 22:**  
Opening Session

**March 29:**  
Local Governance/  
Public Policy

**April 5:**  
Cultural Richness  
and Preservation

**April 12:**  
Schools/  
Education/  
Youth

**April 26:**  
Environment/  
Ecology/Water

**May 3:**  
Arts

**May 10:**  
Health &  
Hunger

**May 17:**  
Beautification

**May 24:**  
Public Safety

**May 31:**  
Possibility  
Statements &  
Collaborative  
Project  
Presentations

**Cost:** \$295

**Facilitator:** David Markwardt is the Executive Director of Stewardship Santa Fe and owns David Markwardt Consulting, LLC. He is the facilitator for many programs in Santa Fe, including The Executive Leadership Institute, The Essentials for Supervisors Program, The Public Servant Emerging Leaders Program, Santa Fe Chamber of Commerce's Leadership Santa Fe.

### For More Information And To Register:

Please contact **David Markwardt** at (505) 204-8820  
davidbmarkwardt@gmail.com

\* subject to change

# **RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)**

APRIL 2019

## **COMMUNITY NEEDS**



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today! Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato-Armstrong at (505) 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov).**

### **Santa Fe Care Center Needs Volunteers**

Santa Fe Care Center provides rehabilitation care to seniors recovering from a surgery or illness and also offers long-term care services. Volunteers are needed to provide companionship assistance to residents in a variety of activities including: helping with art projects, socials, bingo and other games, puzzles, one to one in residents' rooms, movies, and many more daily activities. Volunteers are needed seven days a week either early or late in the day. It is important that volunteers can relate well to the resident population, which includes people in wheel chairs with a wide variety of issues both psychologically and physically. Volunteers will always be serving in a backup/helping role and never as a lead. Please contact the RSVP office to get started!

### **Love Being Involved with the Arts?**

Join the team of volunteers and artists who will be hosting the 2019 Santa Fe Studio Tour Preview Gallery. The gallery will be open for two days, Saturday and Sunday, June 15 & 16. The gallery hours will be from 11:00 am to 4:00 pm both days. We are looking to have coverage for a minimum of two hours per volunteer slot, with a total of eight time slots to fill. Volunteers will be asked to complete very simple duties such as greeting visitors, keep clicker count of number of visitors, answer questions, and provide potential buyers with the contact information of the relevant artist, a reference book will be available and if needed shadowing for the first bit will be available. Otherwise, your goal is to let visitors tour and muse on their own. If you have an interest in helping out, please call Roberta Parry, SFST Artist, (505) 982-1897.

## **Volunteer with the Great American Cleanup**

Keep Santa Fe Beautiful (KSFB) will celebrate Earth Day by sponsoring the Great American Cleanup to collect litter around the city. KSFB provides bags, gloves and t-shirts for participants. Register in advance online at [www.santafenm.gov/ksfbevents](http://www.santafenm.gov/ksfbevents) or on the day of the cleanup from 7:00–9:00 am on Siler Road. The cleanup will be on Saturday, April 13 from 9:00 am to noon and is followed by a picnic and activities.

## **PMS Head Start Needs Volunteers**

Do you enjoy working with young children and/or babies? If so, PMS Head Start needs your help! They are looking for volunteers to serve in multiple head start locations to do the following activities: rocking (babies), reading, assist with feeding, serve as meal companion/guide, help with snack set-up, play/supervise on the playground, talk to children, assist with/encourage talking, identify objects, counting, and assisting the teacher.

Special opportunities are available to anyone with a musical background who would be willing to play music or lead a sing-along for the children. Volunteer hours are flexible; prefer that interested volunteers serve three-hour shifts, two days a week. A background check is required and will be conducted upon enrollment into RSVP. Call Triston at (505) 955-4760 to get started!

### **Locations in need:**

- **Busy Bugs Early Head Start** (Santa Fe High School, 2100 Yucca South Campus)
- **Flores del Sol Head Start** (5600 Agua Fria)
- **La Comunidad Early Head Start** (1121 Alto)
- **Little Paws Early Head Start** (Capital High School, 4851 Paseo de Sol #8)
- **River Center Early Head Start** (730 Alto St)
- **Sweeney Head Start** (4100 South Meadows)
- **Tierra Contenta Early Head Start** (3908 Paseo del Sol)

# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

APRIL 2019

## NM Senior Olympics Indian Game Day Needs Volunteers for Two Days THIS MONTH

The 2019 Indian Game Day will take place at the Santa Fe Indian School on April 24–25. They are looking for reliable volunteers to assist with events, hospitality and set-up/tear down from 10:00 am–noon both days and 1:00–3:00 pm on 4/24. Please call 1-888-623-6676 or email [terry@nmseniorolympics.org](mailto:terry@nmseniorolympics.org) if you are interested in helping! You can also pick up an application at the Mary Esther Gonzales Senior Center (1121 Alto Street) and RSVP staff will help you send it in.

## CHRISTUS St. Vincent Auxiliary Looking for Volunteers

Are you looking for a rewarding volunteer opportunity in our community? If so, join with others who give their time and talents with the St. Vincent Hospital Auxiliary. The Auxiliary is currently recruiting volunteers for two areas – the gift shop and the hospital coffee cart. Volunteers in the gift shop work 3-hour shifts (gift shop hours are 9:00 am–8:00 pm Monday through Friday; 9:00 am–6:00 pm Saturday and Sunday) and the coffee cart operates Monday through Friday, 8:00–11:30 am. Volunteers can work as little as one shift per week. To learn more about St. Vincent Hospital Auxiliary and CHRISTUS St. Vincent, visit [www.stvin.org/auxiliary](http://www.stvin.org/auxiliary). Call RSVP to enroll and begin with this partnering group!

## Composting Volunteers Needed



COMPOSTABLE

Volunteers are needed daily to assist with a new senior center composting project. The project launches this month during the lunch hour (11:00 am to 12:30 pm) at the Mary Esther Gonzales Senior Center (MEG), 1121 Alto Street. Volunteers will serve as a monitor for the composting bins, provide direction to patrons on items that can be composted, answer questions or refer patrons to composting information as needed, and should be friendly, patient and professional with clients. Please contact Triston at (505) 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov) to get started today!



### RSVP Voluntarios

Martha Catanach	4/01
Charlie Lujan	4/02
Charles A. Marquez	4/02
Rita Garcia	4/03
Victor E. Montoya	4/03
Ronald Bierdman	4/05
Doris "DK" Ulmer	4/05
Connie Sena	4/06
Virginia M. Lucero	4/07
Matilda Rios	4/07
Robert A. Fernandez	4/08
Bernie Frimond	4/09
Esther Ann "Erica" Coleman	4/10
Robert Suspanic	4/10
Deborah Farson	4/11
Deolinda Montoya	4/11
Patsy Sena	4/12
Bernard Preskin	4/13
Clarice Getz	4/14
Carmen J. Chavez	4/16
Kathleen M. Farnan	4/16
Joanna Ipiotis-Romero	4/16
Kathy Martinez	4/16
Michael Robison	4/17
Joan Ferran	4/21
Marsha Reindorf	4/22
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

### FGP/SCP Voluntarios

Bonnie Rice	4/03
Prescilla Martinez	4/06
Maria Duran	4/16
David Dominguez	4/21
Mela Delgado	4/29

Please note that the above birthdays are people who are enrolled in the senior volunteer program and turn in their hours quarterly.



Don't forget to like us on Facebook and keep up with the latest program news, opportunities and events!

[www.facebook.com/rsvpsantafe](http://www.facebook.com/rsvpsantafe)



# ONGOING ACTIVITIES

APRIL 2019

All activities are open to registered seniors.

Schedule is subject to change. Activity Coordinators' contact information on page 2.

## Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Grupo Cielo Azul (live music every other Tuesday)			9-11 am: Computer assistance 1-3 pm: Bingo
8 am – 1:30 pm: Fitness room				

## Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9:30 am: Yoga 1:30 pm: Oil painting (4/2, 4/16) 1:30 pm: Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Quilting (1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday)	8:15 am: Tai Chi 9:30 am: Wood carving 10-11 am: Chi Gung (gentle exercise)	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am–4:30 pm: Pool/cards/billiard room AND Fitness room (Personal trainer: Wednesdays, 10–11am) 8 am–4:30 pm: General computer lab hours (Computer Classes: Tuesdays & Wednesdays, 10 am–noon)				

## Pasatiempo Senior Center – 664 Alta Vista Street – Closed for repairs; opening date TBD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full)	8:30 am: Zumba 9:30-11:30 am: Guitar class 11 am: Line dance (Beginner) noon: Line dance (High intermediate)	8:30 am: Yoga (class currently full) Noon: Grupo Cielo Azul (live music)	9 am: Tai Chi 10 am: Zumba	noon: Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				

## Ventana de Vida Senior Center – 1500 Pacheco Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	1 pm: Art class	9:30-10:30 am: Spanish class 1:30-3:30 pm: Ceramics	10 am: DanceAbility 1-3 pm: Bingo	

## Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

\*NOTE: Please print your name on our activity sheets every time you participate.

# UPCOMING ACTIVITIES

APRIL 2019

## AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1:00 - 5:00 pm but please arrive at 12:30 pm to check-in and fill out any required paperwork.

The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class. Please note that only cash and checks are accepted for payment. We also advise that you dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Leave a message if you reach a recording. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

### Upcoming dates are:

- April 9
- May 14

## Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Please come and give us your input about activities in your favorite senior center. Senior center addresses can be found on the Ongoing Activities page.

**Luisa:** Tuesday, April 2 at 9:00 am

**Ventana De Vida:** Monday, April 1 at 9:30 am

## Senior Olympics & Advisory Board Meetings

All meetings held at the MEG Senior Center.  
(Posted pursuant to the Open Meetings Act)

**Advisory Board:** April 17 at 9:30 am

**Senior Olympics:** No meeting in April

## Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates in March.

**Luisa:** Friday, April 5 (10:30 am–noon)

**Ventana:** Friday, April 12 (11:00 am–noon)

**MEG:** Friday, April 19 (10:00 am–noon)

**Pasatiempo:** Friday, April 26 (10:30 am–noon)  
(subject to change)

## Let's Celebrate Your Birthday

Each Senior Center will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place on the following dates during the lunch hour:

- MEG: Wednesday, April 3
- Luisa: Friday, April 12
- Ventana de Vida: Wednesday, April 17

## Chi Gung Session at Mary Esther Gonzales Senior Center

Please join volunteer instructor, Rezi for "Chi Gung – energy medicine for health and harmony, embrace the universal forces of nature through sacred animal forms" at the Mary Esther Gonzales Senior Center dining room. The class focuses on slow, deliberate movements, meditation and breathing exercises to help your circulation, balance and alignment. The low-impact exercise session takes place on Thursdays from 10:00–11:00 am. For more information please call Rezi at (505) 992-1909.

## Nia Technique on 1st & 3rd Tuesdays

The Nia Technique class at MEG takes place from 1:30–2:30 pm on the following Tuesdays:

- Tuesday, April 2
- Tuesday, April 16

Please join them for this enjoyable class!

## UPCOMING ACTIVITIES

APRIL 2019

### Luisa Computer Room Basic Instruction Available on Fridays

If you could use some basic computer help, a volunteer is available to help you on Friday mornings from 9:00–11:00 am at the Luisa computer room. He will be answering basic computer questions.

This is not a computer class; however, our volunteer can teach you the following:

- Turning computers on and off;
- Use of internet;
- Internet courtesy and safety tips.

### MEG Senior Center Computer Instruction

Do you need help using computers and the Internet? If so, stop by the Mary Esther Gonzales Senior Center (MEG) for assistance. Get help with basic browsing, email, Microsoft programs and other general computer questions. The volunteer instructors will be available during this time block; walk-ins are welcome!

- **Tuesdays:** (10:00 am–noon)  
On Tuesdays, the instructor is available to assist with Android phones, Android tablets, Kindle tablets, and computers.
- **Wednesdays:** (10:00 am–noon)

### Teeniors Coaching Event

Teeniors, the tech-savvy teens and young adults who help seniors learn technology through one-on-one coaching will be back in April. They will be at the Mary Esther Gonzales Senior Center (1121 Alto Street) on Friday, April 26 from 3:00–5:00 pm. If you would like to attend the coaching event, please call Albert at 955-4715 to sign up.

### MEG Exercise Room Personal Trainer

Please stop by the MEG exercise room on Wednesdays and meet our volunteer personal trainer Mauro Jaramillo. Mr. Jaramillo is available to assist seniors from 10:00–11:00 am (one hour) on Wednesdays so mark your calendars and come on by.

### Free Hair Cuts at MEG

Senior Center volunteer Fabiola, a licensed beautician, will provide free senior haircuts (on a first come first serve basis, 20 haircuts per day). The April haircuts are scheduled for the following days at 10:00 am.

- Thursday, April 4 at MEG
- Thursday, April 11 at MEG

The sign-in sheet for haircuts at the MEG center will be available at 9:00 am in the Program Coordinator's office door.



### Free Hair Cuts at Ventana De Vida

Senior center volunteer Nancy Quintana, a licensed beautician, will provide free haircuts to 20 seniors per session (on a first come first serve basis). She will be available on the first and third Tuesday each month starting at 10:00 am.

- Tuesday, April 2
- Tuesday, April 16

The haircut sign-in sheet will be at the lunch check in table starting at 9:00 am.



### Aging & Long-Term Services Department Adult Protective Services Division Community Outreach and Presentation

Steven Lovato, with the Aging and Long-Term Services Department - Adult Protective Services Division, will be providing a community outreach and presentation on Tuesday, April 9 from 10:00–11:00 am at the Ventana de Vida Senior Center. The presentation will include the services that the Adult Protective Services Division provides. Mr. Lovato will also be available to answer your questions and go over other services and resources offered through the Aging and Long-Term Services Department. Steven Lovato will be conducting similar presentations at all the senior centers in Santa Fe during the 2019 calendar year.



# UPCOMING ACTIVITIES

APRIL 2019

## ICAN Nutrition Classes Available at Senior Centers

ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that can help you:

- Choose low-cost, nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits, and whole grains
- Be more physically active
- Maintain a healthy weight

## ICAN classes are held as follows:

- **Luisa Senior Center**  
Mondays at 10:00 am (April 8 & 22)
- **Mary Esther Gonzales Senior Center**  
Wednesdays at 10:30 am (April 10 & 24)
- **Ventana De Vida Senior Center**  
Monday at 1:30 pm (April 8)
- **Villa Consuelo Senior Center**  
Thursdays at 10:00 am (April 4 & 25)

For more information please contact Renee at (505) 471-4711.

## Trip to El Santuario de Chimayo



The Division of Senior Services will be taking its annual trip to El Santuario de Chimayo on Tuesday, April 9, 2019. There is a mass at the Santuario at 11:00 am, so the bus will leave the MEG Senior Center at 9:30 am to arrive on time. The suggested donation is \$5.00 per

person which will be taken the morning of the trip not prior. Therefore, please bring the exact amount since staff is not able to provide change. Additionally, the group will stop at a Santa Fe County Senior Center for lunch, so again we ask you to please bring the suggested donation of \$1.50 for a lunch meal. If you would like to travel to the Santuario de Chimayo please call Albert at (505) 955-4715 to reserve a seat or for additional information.



**Movie Day**  
**at Ventana de Vida Senior Center**  
**Wednesday, April 10 at 1:00 pm**  
**"Bless Me Ultima"**  
(2013 • PG-13 • 1h 46m)

Based on Rudolfo Anaya's classic novel, "Bless Me Ultima", the film tells the story of a young boy growing up in New Mexico during World War II. When an elderly curandera (medicine woman) moves in with his family, the boy witnesses a series of events that have a profound impact on his concepts of divinity and fate. Filmed entirely in New Mexico (in Albuquerque, Rowe, Las Vegas and Santa Fe), the film stars Luke Ganalon, Miriam Colon, Benito Martinez and Dolores Heredia. In English with Spanish subtitles.



**Movie Day**  
**at MEG Senior Center**  
**Tuesday, April 30 at 1:00 pm**  
**"Crazy Rich Asians"**  
(2018 • PG-13 • 2h 1m)

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.



## UPCOMING ACTIVITIES

APRIL 2019

### Luisa Weekend Bingo \$100 Jackpot

The Luisa Senior Center at 1500 Luisa St. (enter on Columbia street) will be hosting a weekend bingo on Sunday, April 7 from 1:00–4:00 pm.

The cost:                      Package for \$12.00  
   (\$100.00 jackpot)

Selling Frito pies and a drink for \$5.00; please bring small bills, and everyone is welcome.

### Luisa Bingo – Friday, April 12 \$100 Jackpot Guarantee & Easter Basket Giveaway

Once again the Luisa Senior Center invites you to join them on Friday, April 12 at the Luisa Senior Center (1500 Luisa Street – off Columbia) for a \$100 guarantee bingo jackpot and Easter basket giveaway on certain bingos. Don't miss out on a chance of winning the jackpot or an Easter basket – join us from 1:00-3:00 pm.

### Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Senior Center on Monday, April 29 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

### Blue Lotus Art Outreach

Artist and Fold Art Museum Docent Diana Mamalaki will lead a monthly Book Making Project Art Class at the Luisa Senior Center.

Classes held on:

- Monday, April 8 at 1:30–3:30pm
- Monday, April 22 at 1:30–3:30pm

### Santa Fe County Treasurer's Office Accepting Property Tax Payments at MEG

Do you need to pay your property tax? The Santa Fe County Treasurer's Office will be on site at the Mary Esther Gonzales Senior Center to accept payments on days listed below. They will only accept: check, money order, credit card, or a cashier's check; no cash.

- Monday, April 15, 10:30 am – 1:00 pm
- Friday, April 26, 10:30 am – 1:00 pm

### SENIOR OLYMPIC SPOTLIGHT

This year (2019) there was a total of 377 participants that registered for local games.

The April Olympic events are as follows:

- April 3: Bowling Singles at Big Rock
- April 4: Bowling Doubles at Big Rock
- April 6: Swimming at GCCC
- April 6: Handball at Ft. Marcy
- April 10: Bowling Mixed at Big Rock
- April 11: Bowling Team at Big Rock
- April 12: Table Tennis at GCCC
- April 13: Cycling in Pojoaque
- April 17: Shuffleboard Practice  
(at the County Ext. Bldg.)
- April 23: Badminton at GCCC
- April 25-26: Shuffleboard at Cnty ext bldg.
- April 27: Road Race at SF Mall
- April 27: Tai Chi at Ft. Marcy

Everyone is invited to come and be a spectator at these events. It is great fun and your attendance helps encourage the athletes! For the latest event news, like us on Facebook: Santa Fe 50+ Senior Olympics. If you have any questions regarding these scheduled events please don't hesitate to call me at (505)795-3817. Good luck Olympians!

*Cristina Villa*

50+ Senior Olympics Program Coordinator

### Change in May Day Trip

The Christ of the Desert day trip scheduled for May has been cancelled due to transportation issues. A new trip has been scheduled; read on for details. Join us on the afternoon of Thursday, May 16 as we attend "Tarde de Oro," a free musical production presented by the City of Albuquerque Department of Senior Affairs, Cultural Affairs and De Oro Productions, at the KIMO Theatre in Albuquerque. The event celebrates the rich, evolving history of New Mexico through music and dance and will feature many local musicians and dance groups. The bus will leave the MEG Senior Center at 11:00 am (check in at 10:30) and the suggested donation is \$5.00 for the bus. Call Albert at (505) 955-4715 to reserve your seat.

# HEALTH & SAFETY

APRIL 2019

## APRIL IS NATIONAL STRESS AWARENESS MONTH

### TAKE TIME TO UNWIND...IT'S HEALTHY TO RELAX, RENEW, AND REJUVENATE

(Source: Federal Occupational Health, [www.foh.psc.gov](http://www.foh.psc.gov))

**Take time to unwind...Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate.**

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

### The Fight or Flight Response

The sympathetic stress response is a survival mechanism that is hardwired into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash. When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness. Danger triggers the stress response. Unfortunately, so can work conflicts, concerns over debt, bad memories, or anxiety in general. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

### Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

### Relax and Recharge

Be sure to carve out some time to relax and take care of yourself each day—even just 10 to 15 minutes per day can improve your ability to handle life's stressors. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend Or loved one
- Meditate
- Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.



# CONSUMER & LEGAL

APRIL 2019

## How to Fight Medicare Fraud & Protect your Identity

(Source: Medicare.gov)

### Identity theft: protect yourself

Identity theft is a serious crime that happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes things like your name and your Social Security, Medicare, or credit card numbers.



### Guard your card and protect your personal information

- To help protect your identity, Medicare is mailing new Medicare cards. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number.
- Don't share your Medicare Number or other personal information with anyone who contacts you by phone, email, or by approaching you in person, unless you've given them permission in advance.
- Medicare, or someone representing Medicare, will only call and ask for personal information in these situations:
  1. A Medicare health or drug plan can call you if you're already a member of the plan. The agent who helped you join can also call you.
  2. A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.
- Only give personal information like your Medicare Number to doctors, insurers acting on your behalf, or trusted people in the community who work with Medicare like your State Health Insurance Assistance Program (SHIP).
- Be familiar with how Medicare uses your personal information. If you join a Medicare plan, the plan will let you know how it will use your personal information.

If someone calls you and asks for your Medicare Number or other personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227). If you suspect identity theft, or feel like you gave your personal information to someone you shouldn't have, contact the Federal Trade Commission.

### How to report Medicare fraud

You can report suspected Medicare fraud in any of these ways:

- Call us at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- Report it online to the Office of the Inspector General.
- Call the Office of the Inspector General at 1-800-HHS-TIPS (1-800-447-8477). TTY: 1-800-377-4950.

Have this information before you report fraud:

- The provider's name and any identifying number you may have
- The service or item you're questioning
- The date the service or item was supposedly given or delivered
- The payment amount approved and paid by Medicare
- The date on your MSN
- Your name and Medicare Number
- The reason you think Medicare shouldn't have paid
- Any other information you have showing why Medicare shouldn't have paid for a service or item

# PUZZLE

APRIL 2019

## PUZZLE 98

• POKER PARTY •

### ACROSS

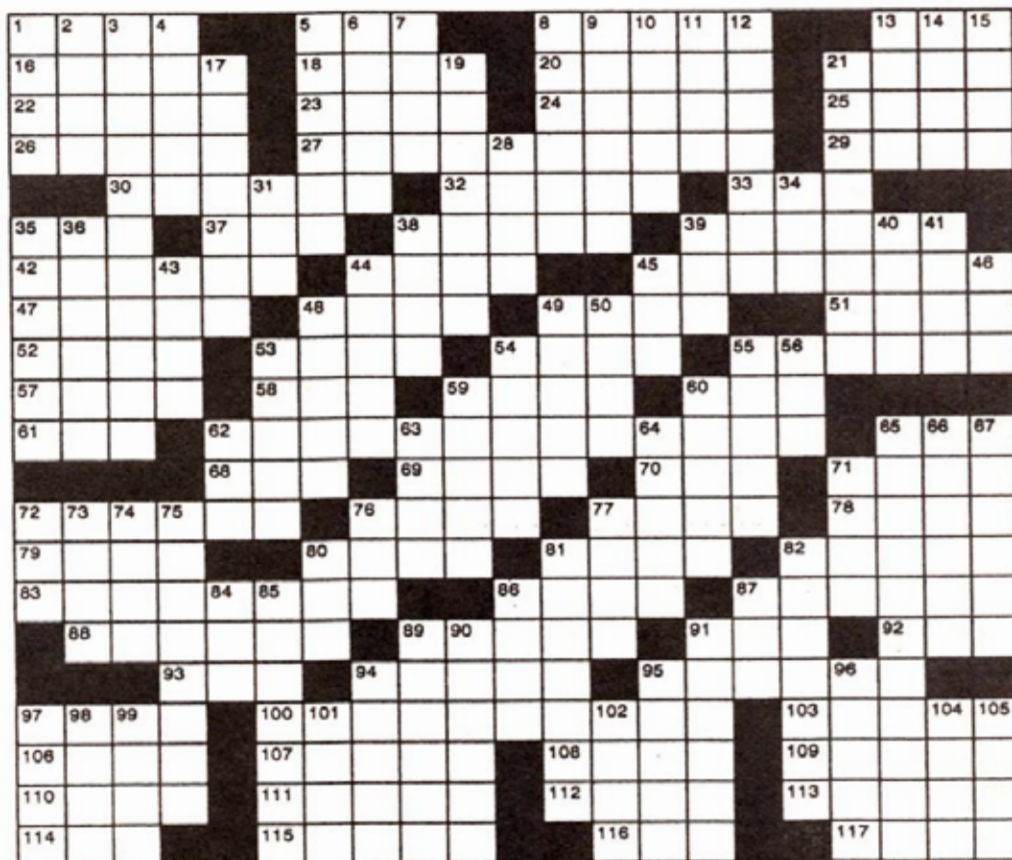
1. Fix
5. Spring month: abbr.
8. Some hermits
13. Coal scuttle
16. Kirghiz mountains
18. Tiny sphere
20. Vladimir Ulyanov
21. Melt
22. Shift
23. Othello's ensign
24. Solo
25. Stare
26. Minor Prophet
27. Moat feature
29. Chicago area
30. Haifa's locale
32. Sibling's child
33. Netman Laver
35. Uproar
37. Cap
38. Handles
39. Unruffled
42. Actress Bergman
44. Swordplay
45. Tire part
47. Neckwear
48. Equal
49. Competition
51. Woody's son
52. Twofold
53. Shade of blue
54. Alley Oop's girl
55. Shyest
57. Toledo's lake
58. Yale grad
59. Deeds
60. Calico wearer
61. Chess pieces
62. London novel, with "The"
65. Hairdo
68. Forage vetch
69. Scurries
70. "2001" star
71. Splitsville
72. Soft leathers
76. Entertainer Parks
77. Asian bird
78. Elevator man
79. "Vissi d' \_\_\_\_"
80. Slosh
81. Suggestion
82. Singer Page
83. Sweetbread
86. Dim
87. Soup dish
88. California team
89. \_\_\_\_ Lama
91. Owned
92. Flavor enhancer: abbr.
93. "\_\_\_\_ Alibi"
94. Trellis
95. Indira \_\_\_\_
97. Singer Moffo
100. Pre-Civil War
103. Dipper
106. Invent
107. Viking
108. James \_\_\_\_ Jones
109. Mathematician
- Leonhard \_\_\_\_
110. Grip

### DOWN

1. Soupcon
2. Choir member
3. Running amok
4. Baseball teams
5. Stayed
6. Type of barley
7. Hindu melody
8. Red wine
9. Antiques
10. Battery part
11. Cherry type
12. Scoffed
13. Author Victor \_\_\_\_
14. Norwegian city
15. Intense
17. Like the desert sky
19. Fluffier
21. Studio bed
28. Designer Blass
31. Help
34. Poem
35. Crown
36. Make certain
38. Singer Lewis

39. Convene
40. Biblical weed
41. Additions
43. Function
44. Fiend
45. Vast expanse
46. "Salem's \_\_\_\_"
48. Becomes tiresome
49. Night-flyers
50. Or \_\_\_\_!
53. Gets closer
54. Musical group
55. Showy lily
56. Timeworn
59. Excited
60. Goliath
62. Average grade
63. Exclaimed
64. Gripe
65. "The Rose" star
66. Joins
67. Projecting edge
71. Yell
72. Undermine
73. Caspian feeder
74. Alcohol lamp

75. Sailor
76. \_\_\_\_-relief
77. Skirt length
80. Used to be
81. City in the Netherlands
82. Pools
84. Female ruff
85. Chores
86. Berg's kin
87. Beach color
89. Fancy
90. Monasteries
91. Village
94. Courtyards
95. Experts
96. Couture or cuisine
97. Pain
98. Cozy corner
99. Blue or green
101. Actor Beery
102. Vientiane locale
104. Fit
105. Al Jolson's wife





41

## Mac Daddy

In 1998, computer users were introduced to the iMac, the newest incarnation of the Apple company's Macintosh computer. Unlike IBM PC's, the iMac had a distinctive look: it was compact, with the processor built into the monitor, and had translucent monitor casings and keyboards that were available in several bright colors. It also launched the "i" prefix trend in brand names!

- |   |                                  |  |
|---|----------------------------------|--|
| <input type="checkbox"/> BLUE             | <input type="checkbox"/> MODEM   | <input type="checkbox"/> RED                 |
| <input type="checkbox"/> BUTTONS          | <input type="checkbox"/> MONITOR | <input type="checkbox"/> SCREEN              |
| <input type="checkbox"/> CASINGS          | <input type="checkbox"/> MOUSE   | <input type="checkbox"/> STEREO speakers     |
| <input type="checkbox"/> CLEAN lines      | <input type="checkbox"/> ORANGE  | <input type="checkbox"/> TRANSLUCENT plastic |
| <input type="checkbox"/> COLORS           | <input type="checkbox"/> PORTS   | <input type="checkbox"/> VENTS               |
| <input type="checkbox"/> COMPACT unit     | <input type="checkbox"/> PURPLE  |  |
| <input type="checkbox"/> DESIGN           |                                  |  |
| <input type="checkbox"/> DESKTOP computer |                                  |  |
| <input type="checkbox"/> DISK drive       |                                  |  |
| <input type="checkbox"/> FUNCTIONAL       |                                  |  |
| <input type="checkbox"/> GLASS            |                                  |  |
| <input type="checkbox"/> GREEN            |                                  |  |
| <input type="checkbox"/> HANDLE           |                                  |  |
| <input type="checkbox"/> HEADPHONE jack   |                                  |  |
| <input type="checkbox"/> HOME computer    |                                  |  |
| <input type="checkbox"/> KEYBOARD         |                                  |  |
| <input type="checkbox"/> LOGO             |                                  |  |
| <input type="checkbox"/> MACHINE          |                                  |  |
| <input type="checkbox"/> MEMORY           |                                  |  |
| <input type="checkbox"/> MODEL            |                                  |  |

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



# PUZZLE ANSWERS

APRIL 2019

## PUZZLE 98

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

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

# BREAKFAST MENU

APRIL 2019

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1.00 for seniors 60 and over and a fee of \$7.00 for non-seniors (59 and younger). *\*Milk is served with each meal. Menu is subject to change.\**

Please print your name clearly on our meal sheets when eating at senior centers.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Corn Flakes Apple Mini Muffin Tomato Juice	<b>2</b> Malt-O-Meal Ham, Egg & Cheese Croissant Apple	<b>3</b> Cinnamon Oatmeal Raisins, Orange Toast with Margarine	<b>4</b> Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	<b>5</b> Cheerios French Toast w/ Syrup, Bacon Sliced Pears
<b>8</b> Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	<b>9</b> Malt-O-Meal English Muffin w/ Egg, Cheese, & Sausage Green Chile Mixed Fruit	<b>10</b> Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	<b>11</b> Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	<b>12</b> Biscuit w/ Country Gravy Sausage Patty Orange
<b>15</b> Corn Flakes Apple Mini Muffin Tomato Juice	<b>16</b> Malt-O-Meal Ham, Egg & Cheese Croissant Apple	<b>17</b> Cinnamon Oatmeal Raisins Toast w/ Margarine Orange	<b>18</b> Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	<b>19</b> Cheerios French Toast w/ Syrup, Bacon Sliced Pears
<b>22</b> Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	<b>23</b> Malt-O-Meal English Muffin w/ Egg, Cheese & Sausage Green Chile Mixed Fruit	<b>24</b> Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	<b>25</b> Pancakes with Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	<b>26</b> Biscuit w/ Country Gravy Sausage Patty Orange
<b>29</b> Corn Flakes Apple Mini Muffin Tomato Juice	<b>30</b> Malt-O-Meal Ham, Egg & Cheese Croissant Apple	<b>REMINDER: City of Santa Fe Division of Senior Services Meal Take out Policy</b> No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.		



## Benefits of Coffee

Wake up and smell the ... antioxidants?

If you think your morning cup of joe provides nothing more to your body than a jolt of caffeine, you might be pleasantly surprised to learn that your daily cup (or three) provides some health benefits as well. Drinking moderate amounts of coffee (including decaf) has been linked to lower risk of cardiovascular disease, Type 2 diabetes, Parkinson's disease and some cancers.

And those antioxidants? Although researchers have yet to determine the exact mechanisms behind some of the disease-preventing effects, it is important to keep in mind that these compounds may be exerting other beneficial effects, such as acting as an anti-inflammatory. Coffee also contains small amounts of

some nutrients, including potassium, niacin and magnesium.

Making your coffee a vehicle for fat-free milk is one way to ensure your daily calcium and vitamin D needs are met. If your diet does not include dairy, a fortified soy beverage is a calcium-rich alternative.

So how much java is *too* much? It's wise to stick to no more than 3 to 4 cups per day. Certain groups, such as people with hypertension and the elderly, may be more susceptible to the adverse effects of caffeine. Pregnant and breast-feeding women will want to limit intake to a *maximum* of 200 to 300 milligrams a day of caffeine (the amount in 2 to 3 cups of coffee). The American Congress of Obstetricians and Gynecologists recommends that pregnant women cap caffeine consumption at 200 milligrams a day.



# SENIOR CENTER LUNCH MENU

## APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Swedish Meatballs</b> over Noodles Buttered Peas Spinach Salad Garlic Bread Tapioca Pudding	<b>2</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Oriental Veggies Egg Roll Rainbow Sherbet	<b>3</b> <b>Turkey Sandwich</b> Garnish Carrot & Celery Sticks Macaroni Salad Fresh Pear	<b>4</b> <b>Burrito Supreme</b> with Green Chile Sauce Spanish Rice Tossed Salad Mixed Fruit Jell-O	<b>5</b> <b>Salmon Patty</b> Tomato Macaroni Asparagus Spears Peaches in Cottage Cheese
<b>8</b> <b>Chicken Cordon Bleu</b> Rice Pilaf White Cheese Sauce Broccoli, Cauliflower Pineapple	<b>9</b> <b>Crunchy Beef Taco</b> Garnish Salsa Chile Beans Calabacitas Tropical Fruit	<b>10</b> <b>Pork Roast</b> Mashed Potatoes Brown Gravy Cauliflower Whole Wheat Roll with Margarine Applesauce	<b>11</b> <b>Teriyaki Chicken</b> Fried Rice Oriental Veggies Whole Wheat Roll with Margarine Mandarin Oranges Fortune Cookie	<b>12</b> <b>Baked Cod</b> French Fries Mixed Veggies Coleslaw Lemon Bar
<b>15</b> <b>Spaghetti with Meat Sauce</b> Italian Veggies Tossed Salad Garlic Bread Yogurt	<b>16</b> <b>Pepper Steak</b> Mushroom Gravy Potatoes Au Gratin Spinach Whole Wheat Roll with Margarine Jell-O with Whip Topping	<b>17</b> <b>Baked Chicken</b> Mushroom Sauce Wild Rice French Style Green Beans with Red Peppers Whole Wheat Roll with Margarine Chocolate Pudding	<b>18</b> <b>Polish Sausage</b> Sauerkraut Buttered Carrots Parsley Potatoes Whole Wheat Roll with Margarine Fresh Apple	<b>19</b> <b>Tuna Salad</b> Tossed Salad Cold Peas Potato Chips Crackers / Orange
<b>22</b> <b>Chicken Fried Chicken</b> Mashed Potatoes Chicken Gravy Asparagus Whole Wheat Roll with Margarine Chilled Apricots	<b>23</b> <b>Cobb Salad</b> with Chicken, Bacon & Egg Pickle Spear Breadstick with Margarine Brownie	<b>24</b> <b>Frito Pie</b> Pinto Beans Garnish Mexicorn Coleslaw Cherries in Cobber	<b>25</b> <b>Cabbage Rolls</b> Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll with Margarine Whipped Fruit Salad	<b>26</b> <b>BBQ Chicken</b> Potato Salad Coleslaw Corn Bread Green Grapes
<b>29</b> <b>Pork Red Chile Tamale</b> Spanish Rice Calabacitas Sliced Pears	<b>30</b> <b>Chicken Fajita</b> with Peppers & Onions, Salsa Refried Beans Fajita Veggies Ice Cream Sandwich	<p style="text-align: center;"><b>Look out for the new Composting Project at the Mary Esther Gonzales Senior Center beginning this month! You'll see a new set up in the dining hall and learn an environmentally-friendly method of disposing food waste.</b></p>		

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

**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.00 --- Lunch \$7.00**

**Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers  
11:00 am – 12:30 pm Monday through Friday**

**\*Please print your name clearly on our meal sheets when eating at any of the centers.\***

**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  
(505 955-4721)

**PASATIEMPO**  
664 ALTA VISTA STREET

**VENTANA DE VIDA**  
1500 PACHECO STREET

**LUISA**  
1500 LUISA STREET  
(entrance on Columbia St.)

**VILLA CONSUELO**  
1200 CAMINO CONSUELO  
(closed for renovation)

Genoveva Chavez Community Center

