

**APRIL  
2016**

# ***THE SENIOR SCENE***

**Programs & Activities  
for Older Adults**

**Programas y Actividades  
para Adultos Mayores**



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

Photo by:  
Don Bell  
Lower  
Falls in  
Yellowstone  
National Park

**Turn to page 11  
for information  
on this years trip  
to Yellowstone!**

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

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

**APRIL-2016**

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." You may also find it on the Retired Senior Volunteer Program (RSVP) website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

## **Front Desk Reception**

Toll-Free Administration Line

**Ron Vialpando, DSS Director**

**(505) 955-4721**

(866) 824-8714

955-4710

## **Administration**

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

## **Senior Services Registration**

Brenda Ortiz, Database Specialist

955-4722

## **Transportation Ride Reservations (page 4)**

**955-4700**

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

955-4702

955-4703

955-4756

## **Nutrition**

Thomas Vigil, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

955-4740

955-4750

955-4794

## **Meals On Wheels (for homebound individuals)**

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

955-4748

955-4739

955-4747

## **Senior Center Programming (Activities)**

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

M.E.G. Center, Ventana de Vida Center

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

## **In Home Support Services: Respite Care, Homemaker, Non-Medical Personal Care**

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

## **Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin.

Daniel Mitchell, Special Projects Admin.

955-4761

955-4744

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

Triston Lovato, RSVP Administrator

Marisa Romero, Administrative Secretary

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

## **50+ Senior Olympics**

Cristina Villa, Program Coordinator

955-4725

## **Miscellaneous**

Lobby Area

Craft Room

Pool (Billiard) Room

955-4735

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

231-2382

## **Newsletter Production**

Triston Lovato, Editor/Distribution

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

Veet Deha, Copy Editor

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4760

# ***DIRECTOR'S REPORT***

**APRIL-2016**

Dear Patrons,

As mentioned in the February Director's Report, the Division of Senior Services submitted a 2016 Capital Outlay Request and monitored those projects through the State Legislative process. As many of you are aware, the 2016 Legislative Session ended on February 18; through this process we are pleased to announce that our capital outlay request was reviewed, prioritized, considered and approved. Our requested legislation was signed by Governor Susana Martinez on March 9, 2016 along with many other state-funded projects.

Therefore, the following capital outlay projects will now be part of the 2016 November General Obligation Bond election process, **which will require voter approval in order to move forward**. Mary Esther Gonzales (MEG) Senior Center parking lot improvements (Phase II) \$200,000, MEG roof repairs \$36,500, MEG computer lab equipment/furnishings \$70,300, program vehicles \$496,800, Pasatiempo Senior Center facility improvements \$198,500, Villa Consuelo Senior Center cafeteria expansion project \$198,000 and Villa Consuelo meals equipment \$80,900. The total 2016 request is \$1,281,000.

As always, we are truly thankful to our state legislators, the Aging and Long-Term Services Department and the Non-Metro Area Agency on Aging, who all continually support our program needs and have made the above state-funded projects possible.

Thank you for your support:

## **House of Representatives**

Brian E. Egolf

Matthew McQueen

Nick Salazar

Carl Trujillo

Jim Trujillo

Luciano "Lucky" Varela

## **Senators**

Ted Barela

Nancy Rodriguez

Peter Wirth

On another note, our current scheduled senior center construction projects include: the Luisa Senior Center (facility improvements and computer lab), Villa Consuelo Senior Center (facility improvements) and the MEG Senior Center (nutrition supply warehouse and computer lab); all are on schedule and will be completed by June 2016. The total cost for these state-funded construction projects is \$1,003,344.

Again thank you so much New Mexico state leaders for improving the quality of life for Santa Fe's elderly population!

Sincerely,



Ron J. Vialpando, Division Director

# **REPORTE DEL DIRECTOR**

**APRIL-2016**

Estimados clientes,

En el reporte del Director de febrero, mencionamos que la Oficina de Servicios para las Personas Mayores presentó una propuesta de Desembolso de Capital 2016 y estuvo al tanto del progreso de esos proyectos durante la sesión Legislativa del 2016. Como muchos de ustedes saben, la sesión terminó el 18 de febrero. Nos sentimos contentos de poder anunciar que nuestra propuesta para el desembolso de capital fue revisada, se le dió prioridad, y la aprobaron. El proceso legislativo que solicitamos fue firmado por la Gobernador Susana Martínez el 9 de marzo, 2016 junto con otros proyectos financiados por el estado.

Por lo tanto, los siguientes proyectos relacionados al desembolso de capital serán parte del proceso electoral de Bonos de Obligación General en noviembre 2016. Se requiere que las personas voten a favor de ésta propuesta para que pueda seguir en proceso. La fase II de mejoras al estacionamiento del Centro para personas mayores Mary Esther Gonzales (MEG) \$200,000, reparaciones al techo en MEG \$36,500, muebles y mejoras a las computadoras en MEG \$70,300 y vehículos para el programa \$496,800. Mejoras al Centro para persona mayores Pasatiempo \$198,000 y al equipo de comida para la Villa Consuelo \$80,900. La cantidad total que se requiere es de \$1,281,000.

Como siempre, estamos muy agradecidos hacia los legisladores de Nuevo Mexico, al Departamento de Aging and Long-Term Services y al Non-Metro Area Agency on Aging, quienes continuamente apoyan las necesidades de nuestros programas y ayudan a que estos programas continuen en en la comunidad.

Gracias por tu apoyo:

## **Cámara de Representantes**

Brian Egolf  
Matthew McQueen  
Nick Salazar  
Carl Trujillo  
Jim Trujillo  
Luciano "Lucky" Varela

## **Senadores**

Ted Barela  
Nancy Rodriguez  
Peter Wirth

Adicionalmente, el horario actual de construcción para los centros de personas mayores incluye: el Centro Luisa (mejoras generales al centro y laboratorio de computadoras), Villa Consuelo (mejoras generales al centro) y en el Centro MEG (bodega de alimentos y laboratorio de computadoras), todos estos proyectos serán terminados en Junio 2016. El costo total de estos proyectos financiados por el estado es de \$1,003,344.

Nuevamente, muchas gracias a los líderes estatales por ayudar a mejorar la calidad de vida de la población mayor de edad en Santa Fe.

Sinceramente,



Ron J. Vialpando, Division Director



# **SENIOR SERVICES PROGRAM INFORMATION**

APRIL-2016

## **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. 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.

Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 am to 4:30 pm. 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 photo membership card for \$2. *(Please bring exact amount)*. We will inform you when you should come in to renew/update your registration. Please note that cards are not official 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.

For more information, contact Brenda Ortiz at 955-4722.

Email [\*\*bmortiz@santafenm.gov\*\*](mailto:bmortiz@santafenm.gov).

## **SENIOR TRANSPORTATION INFORMATION**

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**  
Ride reservations can be made up to five business days in advance.  
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: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**
- SF County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

# NEWS & VIEWS

APRIL-2016

## Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change so please check for the updates online at [www.santafecounty.org](http://www.santafecounty.org) or call (505) 231-2382. All services are free.

### Dates for April:

#### 01 – Van not out

#### 02 – Van not out

03 – Santa Fe Recovery Center 9 am – 3 pm

04 – Southside Library 10:30 am – 3:30 pm  
(Nurse inside library – no van on site)

#### 05 – Van not out

06 – Fort Marcy 10 am – 2 pm

07 – Edgewood Senior Center 10 am – 2 pm

08 – Casa Villita 10 am – 2 pm

#### 09 – Van not out

10 – Santa Fe Recovery Center 9 am – 3 pm

11 – Villa Consuelo Housing 10 am – 2 pm

12 – Eldorado Senior Center 10 am – 2 pm

13 – El Rancho Senior Center 10 am – 2 pm

14 – Santa Cruz Senior Center 10 am – 2 pm

15 – Ventana de Vida Senior Center 10 am – 2 pm

#### 16 – Van not out

17 – Santa Fe Recovery Center 9 am – 3 pm

18 – Pasatiempo Senior Center 10 am – 2 pm

19 – Chimayo Senior Center 10 am – 2 pm

20 – Santa Fe Community College 10 am – 2 pm

21 – Solana Center 10 am – 2 pm

22 – Genoveva Chavez Center 10 am – 2 pm

#### 23 – Van not out

24 – Santa Fe Recovery Center 9 am – 3 pm

25 – Casa Rufina 10 am – 2 pm

26 – St. John's United Methodist Church  
9 am – 1 pm

27 – Villa Alegre Senior Housing 10 am – 2 pm

28 – Pojoaque Senior Center 10 am – 1 pm

29 – Mary Esther Gonzales Senior Center  
10 am – 2 pm

#### 30 – Van not out

## Graceful Aging Workshop 4 to Focus on Well-Being on May 3rd

This free Graceful Aging workshop, titled "Your Well-Being...Well-Planned," is the fourth in the series. Open to all, this session will help seniors consider their well-being in the following areas:

- Mental and Emotional – Are lifestyle and role changes possible?
- Physical and Spiritual – What makes a life have quality and meaning?
- Financial – What do I treasure? The value of giving and receiving.

After a brief introduction by a panel of experts, participants will break into small groups. They will discuss and share ideas, concerns and insights about maintaining well-being in their lives, with the assistance of an experienced facilitator.

The event will be held in Santa Fe on Tuesday, May 3, from 10 a.m. to 2 p.m. at the Santa Maria de la Paz Catholic Community Parish Hall, (11 College Ave). To attend, contact (505) 988-4131, extension 114, by May 1 and provide attendees' names and phone numbers. The workshop is offered by the Pastoral Counseling Center and Christus St. Vincent Regional Medical Center and Holistic Health & Wellness. Support for the program is provided by the Christus Health Fund. A free lunch is provided by Brookdale Santa Fe.

## Santa Fe Community Farm is Now Open

The SF Community Farm is a non-profit organization that grows organic fresh fruits and vegetables to donate to the hungry in our community. They rely on volunteers and donations to get the work done, and need your support! To arrange to volunteer, contact [feedsantafe@gmail.com](mailto:feedsantafe@gmail.com) or (505) 983-3033. Farm hours are 9:30 a.m. to 2:30 p.m. Mon., Tues., and Thurs. – Sat. The farm is located at 1829 San Ysidro Xing. For more information visit their website at <http://santafecommunityfarm.org/>



# NEWS & VIEWS

APRIL-2016

## She will be missed



Agustina "Chata" Carrillo Villa loving mother, grandmother, sister, wife and friend passed away on her birthday March 4, 2016 due to a short battle with breast cancer. She is preceded in death by her beloved son Amancio Villa Jr. She leaves behind her daughters: Armida Villa, Sylvia Villa, Sally Padilla (Al.), Amancio Villa, grandchildren: Cynthia, Estevan, Cristina, Marcos, Alenna, Arianna, great-grandchildren: Jay, Miquela, Leia, Sevastian, Santiago, Sepherino, Jady, Arrybella and baby boy on the way, sisters: Maria Lujan, Manuela Martinez (Antonio), Jessie Villa (Roberto). Her love and kindness extended to many lifelong friends and many that called her "grandma." She loved going to play bingo at the casino and had many bingo friends. Though this loss is unbearably difficult, we know she is home pain free accompanied by many family and friends.

## Parkinson's Support Group Meetings

The Parkinson's support group meetings are held on the third Thursday of each month, from 1:30 to 3 p.m. at the Christus St. Vincent Holistic Wellness Center (located at 490-B West Zia Rd). This is an opportunity for anyone with Parkinson's disease and/or their care partners to share experiences and information with those in similar situations. For more information please contact Karen St. Clair at (505) 780-5864 or visit [www.NMParkinson.org](http://www.NMParkinson.org).

## The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of April.

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

## FREE Legal Fair

There will be a free legal fair for Santa Fe, Rio Arriba, and Los Alamos Counties presented by the First Judicial District Access to Justice Committee. It will include consultations with attorneys on many issues: divorce, custody, child support, bankruptcy, landlord/tenant, immigration, wills/probate, powers of attorney, and much more. It is on a first-come, first-served basis.

•When: Saturday, April 16, 2016  
10 a.m. to 1 p.m.

•Where: Beatrice Martinez Senior Center in Española  
(735 Vietnam Veterans Rd)



This event features vendors with products and services for today's seniors! See what it's all about on Tuesday, April 12, 2016 anytime between

9 a.m. and 1:30 p.m. at the Courtyard Marriott in Santa Fe (3347 Cerrillos Rd). Admission is free, there will be a roulette wheel for door prizes, and seniors on stage beginning at 10 a.m. with the Kika fashion show, followed by Vicki's traveling boutique fashion show. Then at noon don't miss Los Colonias for a traditional Spanish dance and a singing performance by Ken from Home Instead. The show will wrap up at 1:30 p.m. with "Sweets for Seniors," a free dessert bar – don't miss out!

## PMS Head Start Needs Your Help

PMS head start has 11 centers in Santa Fe County with children 0-5 years old that would love



**PMS**

PRESBYTERIAN MEDICAL SERVICES

Our purpose is you.

to meet you. Help is needed in feeding, diapering, playing, and just keeping company with some adorable and charming kids. A background check will be required and you will receive training in appropriate classroom techniques. If you can donate 3-6 hours per week, please contact PMS today! Call Dr. Japji Keating at (505) 982-4484.



# NEWS & VIEWS

APRIL-2016

## Santa Fe Master Gardeners Association Presents Spring Classes

### Pruning and Fertilizing Roses in Santa Fe

- When: Saturday, April 9, 2016  
9 a.m. to noon
- Where: Cornell Rose Garden, corner of Galisteo and Cordova

Hands on demo and lecture on pruning and fertilizing roses 9:30 to 11:30 a.m. Practice your skills pruning in Santa Fe's historic rose garden. Bring bypass pruner, lopper and gloves. Fertilizing roses will be covered at the end from 11:30-Noon.

### Basic Composting

- When: Saturday, April 16, 2016  
1 to 3 p.m.

County Fairgrounds compost area (3229 Rodeo Rd.) hands on compost demo - learn to start a new compost pile and how to maintain it as it develops. We'll also cover the basics of worm composting.



## NM Mission of Mercy Free Dental Clinic

Don't miss out on the New Mexico Mission of Mercy (NM MOM) free dental clinic coming to the Santa Fe Convention Center. Clinic dates are Friday and Saturday, April 8-9 with doors opening at 5:30 a.m. The clinic is on a first-come, first-served basis and all are welcome. Treatment will be provided for 12 hours, but doors will close when clinic capacity is reached. No appointments will be taken. There is a possibility that not everyone in line will be seen, so go early!

NM MOM is a program of the New Mexico Dental Association Foundation and is a place and time where dental professionals and community volunteers can come together to help provide dental care at no cost to individuals who cannot access and/or afford dental care. Please note that you will only be allowed to bring one small personal item (purse or backpack) into the clinic. Free childcare will be provided for all patients receiving care.

## 29 Local Restaurants Participating in Angel's Night Out Event

Local nonprofit organization Kitchen Angels is holding its 18th annual fundraising event, Angel's Night Out, at 29 restaurants in Santa Fe. On Thursday, April 21, participating restaurants will contribute 25% of their revenue to Kitchen Angels. You can contribute to this special community event by dining out for breakfast, lunch or dinner at any one of the participating restaurants:



**Breakfast:** The Teahouse

**Breakfast & Lunch:** Tecolote Café

**Lunch:** Omira Bar & Grill

**Lunch & Dinner:** Andiamo!, Piccolino Italian Restaurant, TerraCotta Wine Bistro & The Ranch House

**Dinner:** 2nd Street Brewery @ Railyard, 315 Restaurant & Wine Bar, Bouche Bistro, Bourbon Grill, Café Castro, Café Fina, Café Pasqual's, Counter Culture, Cowgirl BBQ, El Meson, Fire and Hops, Galisteo Bistro, India House, Jambo Café, L'Olivier, Mariscos Costa Azul, Midtown Bistro, Pizzeria Espiritu, Plaza Café Southside, Santa Fe Bite, Sazon & Vinaigrette.

Santa Feans can show their support by simply dining out at one of the participating restaurants on Thursday, April 21. People are encouraged to invite their friends and fill the restaurants. Diners will be able to enter a drawing for several fabulous prizes. Kitchen Angels is a community-based, volunteer-driven agency that provides free, home-delivered meals to people in Santa Fe who are living with life-challenging health conditions. For the past 24 years, they have enhanced the quality of life and supported the dignity of homebound individuals who are unable to prepare their own meals. Kitchen Angels is a partner of RSVP Santa Fe, the city senior volunteer program.



# AT - A - GLANCE

APRIL-2016



St. Patty's Day fun

at Pasatiempo



Thank you for your help Pasatiempo Meals on Wheels volunteers – you are appreciated!

(Pictured below: Maria Archuleta, Leonardo Duarte, Sonny Kolkmeier, and Daena Lopez)

Photo by Elaina Gonzales



# FREE TAX HELP

**Friday, January 29 – Friday, April 15, 2016**

**We will prepare your income taxes for FREE!  
No income limits. First come first served.**

## **Santa Fe Community College Fitness Center**

(6401 Richards Ave) \*Closed for Spring Break at SFCC from March 14-20

Monday – Friday 8:30 am – 5 pm

Saturday 9 am – 1 pm

## **Boys & Girls Club of Santa Fe**

(730 Alto Street – between St. Francis and Guadalupe)

\*Closed for Spring Break from March 28-31

(Please note: they follow the SF Public Schools calendar)

Monday – Thursday 9 am – 1 pm

### Photo ID

Social Security Cards for parents and children

Health Insurance: proof that you have it or not

W-2 year end wage forms from each job & for each person

If you work for yourself: bring all the income & expenses from your work & any 1099's you receive

Interest, dividends, and stock or CD sales: bring the 1099 forms from the bank

Social Security: bring the year end statement from Social Security

Unemployment: bring the W2-G form from Work Force Solutions

Gambling: bring the 1099 tickets and win/loss report from the casinos

Pensions: bring the 1099-R form you received from the pension payer

Child care, college or vocational training: bring the list of expenses you paid

Medical expenses & Charity donations: bring a list of everything including mileage to doctors

Mortgage interest and property taxes

## **FREE Direct Deposit of Refund**

Bring a blank check to get direct deposit of your refund in 8-10 days with no fees!

**Anyone in Santa Fe with income less than \$24,000 should file for NM  
Low Income and Santa Fe property tax state rebates.**



**CONTACT:** Peter Doniger, District Coordinator  
AARP Tax-Aide in Santa Fe  
Cell: 670-6835 or SFCC: 428-1780  
Email: [taxhelpsantafe@gmail.com](mailto:taxhelpsantafe@gmail.com)





**Santa Fe Senior Activity Corporation Presents: Arches, Yellowstone & Tetons  
September 13 – 20, 2016**

**Day 1: 13 Sep (Tue) – Santa Fe – Moab, Utah**

Join your Tour Director this morning and drive north passing through Pagosa Springs, known for its amazing hot springs. Continue through southern Colorado to Durango before arriving in Moab for an overnight stay and welcome dinner at the hotel. (D)

**Day 2: 14 Sept (Wed) – Moab – Arches National Park – Salt Lake City**

Your day begins early with visits to Canyonlands National Park and Arches National Park, with over 2,000 preserved natural sandstone arches, including the world-famous Delicate Arch. Depart early afternoon for Salt Lake City, founded by Brigham Young in 1847. Upon arrival, enjoy an orientation tour of the capital city and its historic monuments. Check into the hotel and enjoy the evening at leisure. (B)

**Day 3: 15 Sept (Thu) – Salt Lake City – Yellowstone National Park**

Continue your journey today from Utah into Wyoming to Yellowstone National Park, established in 1872 as the world's first national park. Check into the hotel and enjoy your evening at leisure. (B)

**Day 4: 16 Sept (Fri) – Yellowstone National Park**

Spend the day exploring all the wonders of Yellowstone. See world-famous Old Faithful Geyser, Mammoth Hot Springs, the Grand Canyon of Yellowstone, and Fountain Paint Pots. Keep a lookout for some of the park's wildlife that can include moose, bison, elk, deer, bighorn sheep, wolves, bear, fox, otter and beaver. (B)

**Day 5: 17 Sept (Sat) – Yellowstone National Park – Grand Teton National Park – Jackson**

This morning explore more of America's first national park by returning to visit the geyser basins with bubbling mud paint pots and the reliable "blow" of Old Faithful. In addition to superb mountain scenery, the park is one of the world's principle wildlife preserves and a photographer's paradise. In the afternoon head south into magnificent Grand Teton National Park, one of America's last preserves of wild solitude. Its 13,770-foot-high ridges are crested with snow most of the year. Stroll along the shores of beautiful glacier-fed Jenny Lake before ending the day in the Wild West town of Jackson, with its wooden sidewalks and swing-door saloons. This evening, join an optional barbecue cookout and Wild West show. (B)

**Day 6: 18 Sept (Sun) – Jackson**

Today you have a full day of leisure in the spectacular town of Jackson. How about joining an optional scenic trip down the Snake River? This optional excursion covers an 8-mile float trip that begins at Pritchard Creek and travels past the nesting areas of both bald eagles and ospreys. Later, the afternoon is free in Jackson to explore the shops and museums of historic downtown. This evening, maybe stroll along the old-time boardwalks downtown and enjoy supper at one of the swing-door saloons. (CB)

**Day 7: 19 Sept (Mon) – Jackson – Steamboat Springs**

Head south today and cross into Colorado, with an overnight in Steamboat Springs. Enjoy your evening in this quaint mountain town. Explore downtown and see its shops and restaurants. (CB)

**Day 8: 20 Sept (Tues) – Steamboat Springs – Santa Fe**

Depart early this morning and continue south today and depart beautiful Colorado and arrive in Santa Fe. Your vacation ends upon arrival in Santa Fe. (CB)

**Contact Don Bell  
at (505) 982-2707  
between 5:30  
and 7:30 p.m.  
Leave message.**

**Arches, Yellowstone, and Jackson Trip  
September 13<sup>th</sup> through 20<sup>th</sup>  
Cost: Double room 2 persons per room \$1995  
Upgrade for single room \$570.  
A 10% fee will be charged on all cancellations.  
Itinerary is subject to change at any time!!!  
Travel insurance \$149 per person is extra.  
1 dinner and 6 breakfasts are included.  
Tips for driver and on board guide are included.  
**THIS TRIP IS IN HIGH DEMAND. SIGN UP NOW!****

**Contact Chuck  
Niggemann at  
(505) 988-2958.  
Leave message.**

**COSMOS**  
Turning travel dreams into reality



# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

APRIL-2016

## 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 current volunteer opportunities.

If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato at (505) 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov).

### April is National Volunteer Month

We want to say a BIG thank you to all volunteers for taking time out of your day to give back to your community. RSVP volunteers serve in many different types of roles – and all are extremely important. You are all very much appreciated!

*"Everybody can be great; because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love." ~Martin Luther King, Jr.*

### Great American Spring Clean Up Day

Keep Santa Fe Beautiful needs volunteers on Saturday, April 30, 2016 to assist with spring clean-up. Registration is from 7-9 a.m. at 1142 Siler Road. Clean up will last until noon, followed by a volunteer picnic. For more information about this opportunity call Triston.



### SF Botanical Garden Needs Volunteers

It's spring – time to get outdoors! There are many volunteer opportunities available at the SF Botanical Garden in areas such as: education, garden docents, horticulture, hospitality, office, special event, council members, visitor service, citizen science, and more. To find the perfect opportunity for you, please call Triston today!

## Literacy Volunteers of SF Need You

Interested in helping adults with basic literacy skills, computer literacy, or English as a Second Language (ESL)? Join the Literacy Volunteers of SF! Call Triston for more information.

## Happy Birthday

### RSVP volunteers born in APRIL

Martha Catanach	4/01
Charlie Lujan	4/02
Charles A. Marquez	4/02
Rita Garcia	4/03
Victor E. Montoya	4/03
Dolores Gonzales	4/06
Connie Sena	4/06
Magdalena Babuljak	4/07
Virginia M. Lucero	4/07
Matilda Rios	4/07
Robert A. Fernandez	4/08
Manuel Valdez	4/08
Esther Ann "Erica" Coleman	4/10
Robert Suspanic	4/10
Deborah Farson	4/11
Deolinda Montoya	4/11
Edna Bube	4/13
Lynne R. Coyle	4/13
Sheila Gumerman	4/13
Bernard Preskin	4/13
Clarice Getz	4/14
Benjamin Baca	4/15
Carmen J. Chavez	4/16
Maria E. Duran	4/16
Kathleen M. Farnan	4/16
Kathy Martinez	4/16
Michael Robison	4/17
Maria Barton	4/19
Ann Hunziker	4/20
Joan Ferran	4/21
Marsha Reindorf	4/22
Reynalda "Bernie" Sanchez	4/23
Ron Levy	4/26
Pat E. Garrett	4/28
Corrine Sanchez	4/28
Mela Delgado	4/29
Sally A. Rodriguez	4/29
Nazario Roybal	4/29
Linda J. Miller	4/30

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

# ONGOING ACTIVITIES

APRIL-2016

All activities are open to registered seniors.

*Schedule is subject to change.*

## Luisa Senior Center Activities – Cristina Villa (505) 955-4725

**\*LUIA IS CLOSED FOR REMODELING THROUGH JUNE 2016\***

## Mary Esther Gonzales (MEG) Senior Center Activities – Albert Chavez (505) 955-4715

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 am:</b> Guitar class <b>9:30 am:</b> Enhance Fitness <b>11:30 am:</b> Colorama <b>1 pm:</b> Hospice Crafts <b>1-3 pm:</b> Bingo	<b>8:15 am:</b> Tai Chi <b>9 am:</b> Zumba Gold (low-impact) <b>9 am:</b> Jewelry class <b>9 am:</b> Guitar class <b>11:45 am:</b> Sing along <b>1:30 pm:</b> Oil painting (4/12, 4/26) <b>3 pm:</b> Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays)	<b>9:30 am:</b> Enhance Fitness <b>9:30 am:</b> Ceramics <b>1-3 pm:</b> Bingo	<b>8:15 am:</b> Tai Chi <b>9:30 am:</b> Wood-Straw Applique <b>2-4 pm:</b> Veterans Ear Acupuncture	<b>9:30 am:</b> Enhance Fitness <b>9:30 am:</b> Ceramics <b>2 pm:</b> Knitting

**7 am-4:30 pm:** Pool/cards/billiard room **AND** Fitness room

**8 am-4:30 pm:** Computer (open use)

## Pasatiempo Senior Center Activities – Cristina Villa (505) 955-4725

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 am:</b> Yoga (class currently full) <b>12:30 pm:</b> Bridge	<b>8:30 am:</b> Zumba <b>1 pm:</b> Line Dance (Advanced)	<b>8:30 am:</b> Yoga (class currently full) <b>9 am:</b> Wood/straw Applique <b>Noon:</b> Sing along	<b>9 am:</b> Tai Chi <b>10 am:</b> Zumba <b>10 am:</b> Ceramics <b>1 pm:</b> Bingo <b>1 pm:</b> Line dance (Intermediate)	<b>1 pm:</b> Line dance (Beginner/Low intermediate) <b>1 pm:</b> Bingo

**8 am – 1:30 pm:** Fitness room

## Ventana de Vida Senior Center Activities – Albert Chavez (505) 955-4715

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 am:</b> Exercise class	<b>1 pm:</b> Art class	<b>9 am:</b> Exercise class		<b>9 am:</b> Exercise class

## Villa Consuelo Senior Center Activities – Cristina Villa (505) 955-4725

**\*VILLA CONSUELO IS CLOSED FOR REMODELING THROUGH JUNE 2016\***

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

# UPCOMING ACTIVITIES

APRIL-2016

## AARP "Smart Driver" Course



p.m. to check-  
paperwork.

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, to 5 p.m. but please arrive at 12:30

in and fill out any required

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.

Also, please 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. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Classes will be taught by Don Blossom and/or Bob Guillen. Upcoming dates are:

- April 12, 2016
- May 10, 2016

## Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows:

- April 5th 3 p.m.
- April 19th 3 p.m.

## Monthly Senior Services Committee Meetings

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

Transportation/Nutrition:	4/12/16 at 9 a.m.
Senior Olympics:	4/13/16 at 9:30 a.m.
Advisory Board:	4/20/16 at 9:30 a.m.
Travel Committee:	4/21/16 at 8:45 a.m.
SAC Board:	4/21/16 at 10 a.m.

## Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola, a licensed beautician will provide free senior haircuts (on a first come, first serve basis - 20 haircuts per day). The haircut days in April are as follows at 10 a.m.:

- Wednesday, April 6 MEG
- Wednesday, April 13 MEG
- Wednesday, April 20 Pasatiempo



The haircut sign-in sheet at MEG will be available in the Program Coordinator's Office Door starting at 9 a.m.

## 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:

MEG	Thursday, 4/7	11 a.m. – noon
MEG	Wednesday, 4/20	11 a.m. – noon
MEG	Thursday, 4/28	11 a.m. – noon
Pasatiempo	Friday, 4/8	11 a.m. – noon
Ventana de Vida	Thursday, 4/14	11 a.m. – noon

**Note: Luisa and Villa Consuelo senior centers will not be scheduled due to construction**



# UPCOMING ACTIVITIES

APRIL-2016

## Weekend Bingo at Pasatiempo

The Pasatiempo Senior Center (664 Alta Vista) is hosting a Bingo on Sunday, April 3, 2016 from 1 – 4 p.m. It is \$12 for a package and there will be four specials at \$1 each. There will be two \$100 jackpots – one in the middle of the games and the other will take place at the end. Blackouts are \$2. We will be serving frito pie for \$5; please bring small bills. Everyone is welcome, so don't miss out on a chance of winning!

## Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, April 25 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.

## Free Ear Acupuncture for Veterans

Licensed Acupuncturist Carolyn Bleakley is offering free ear acupuncture to veterans from 2 – 4 p.m. every Thursday at the MEG senior center dining room. \*There will be no acupuncture on April 14.

## MEG Exercise Room

Please welcome volunteer trainer Gitte Mainland who will assist seniors in the MEG exercise room. Ms. Mainland will be available on both Tuesdays and Thursdays from 9 to 11 a.m. during the month of April. Please join her if you would like assistance!

## Let's Celebrate Your Birthday

Humana will be supplying cake to celebrate all seniors who have birthdays this month. This will take place every first Wednesday at MEG, every second Wednesday at Pasatiempo, and every third Wednesday at Ventana de Vida. Join us!

## Spring Dance

Please join us at the MEG center for a dance on Thursday, April 21, 2016 from 1 to 4 p.m.; live music by Bandalegre. Admission is \$2 – don't miss out!

## Wood Carver Needed

We are looking for a woodcarver to teach at the Pasatiempo and MEG senior centers. If you are interested in this activity please contact Albert for more information at (505) 955-4715.

## Movie Day at the MEG Senior Center Tuesday, April 26, 2016 at 1 p.m.

**"Against The Wild"**

2013 • PG • 1h 32 m

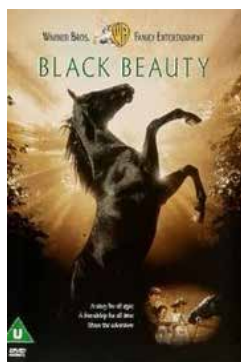


Zach Wade is a mischievous kid who – along with his younger sister Hannah and their devoted dog Chinook – become lost in the wilderness when their small plane has engine problems and must make an emergency landing. Their mom and dad are frantic, and rescue teams are searching. But for the next few days, Zach, Hannah and Chinook must learn how to combine their skills, trust their instincts and navigate a terrain as beautiful as it is untamed.

## Movie Day at Ventana De Vida Senior Center Wednesday, April 27, 2016 at 1 p.m.

**"Black Beauty"**

1994 • G • 1h 28m



An overprotective father agrees to let his teenage daughter spend the summer in the country with her grandfather rehabilitating an injured horse. Soon, they'll realize that Black Beauty has brought them closer, and taught them each enduring lessons in love and trust.

## Senior Services Membership Assessment/ Reassessment Dates

- Monday, April 4 at Ventana de Vida
  - Monday, April 18 at MEG center
  - Wednesday, April 13 at Pasatiempo
- Stop by and provide your updated information. There will be popcorn!

# UPCOMING ACTIVITIES

APRIL-2016

## Trip to the Very Large Array near Socorro



Don't miss this day trip to the Very Large Array on Saturday, April 2, 2016. The cost is \$25. Space is limited so call Don Bell after 5:30 p.m. to reserve a spot today! (505) 982-2707

## Informational Meeting for Yellowstone Trip



There will be a slide presentation for our September Yellowstone trip on Thursday, April 21, 2016 at 10 a.m. and again at 10:45 a.m. in the MEG center dining room. A representative from Globus/Cosmos tours will be available for your questions. We will also be taking your bookings and payments at this time. Please do not hesitate on committing to this trip as it is in high demand. We do not want you to be disappointed, so book and pay in full as early as possible! Turn to page 11 for details on this trip.

## Trip to Kasha-Katuwe Tent Rocks National Monument

We will be taking 20 seniors to Tent Rocks on Monday, April 25, 2016. You must be able to hike so wear good walking shoes! There is an entrance fee of \$1 per person to enter the park and a \$5 suggested donation for the van; also everyone should bring their own sack lunch and drinks, but we will have water bottles on ice. We



will leave the MEG senior center at 9 a.m. so please be here by 8:30 a.m. to sign-in; estimated time back is 3:30 p.m. To reserve a place call Albert at (505) 955-4715.

## Colorama

Sister Jo invites you to experience the joy of coloring – flowers, birds, etc. This is for those who can't draw a straight line! Just bring yourself to the MEG Center on Mondays from 11:30 to noon.

## SAY "YES" TO NEW MEXICO SENIORS

### 2015 PIT- D NM Voluntary Contributions Schedule



### You have a new opportunity!

#### *SUPPLEMENTAL SENIOR SERVICES Contribution*

*CHECK BOX 15 to contribute any portion of your tax refund to supplemental funding to enhance or expand **senior services** throughout New Mexico*

*Contact 505-395-2668 or 866-699-4927 for additional information*



# HEALTH & SAFETY

APRIL-2016

## Seniors and Oral Health (Source: Academy of General Dentistry)

Proper oral care can keep you smiling well into retirement. Contrary to common belief, tooth loss is primarily the result of preventable oral disease and not a result of the aging process. Taking care of your teeth can help them last a lifetime.

### Special needs for seniors

As you get older, your dental needs become increasingly specialized, making regular visits to the dentist even more essential. Some common problems to watch for are:

- **Gum (periodontal) disease.** Most people don't realize how important it is to take care of their gums as well as their teeth. Gum disease is an infection of the gum tissue that supports the teeth and is the leading cause of tooth loss in adults. Most adults show some signs of gum disease.
- **Gingivitis.** Gingivitis is an early stage of gum disease that is reversible with good oral hygiene and professional treatment. Gingivitis is caused by the bacteria found in plaque. Symptoms of gingivitis include red, swollen gums and possible bleeding when you brush. If you have any of these symptoms, see a dentist at once. If left untreated, gingivitis can advance into periodontitis.
- **Periodontitis.** Periodontitis, a more severe form of gum disease, affects more than half of 65 to 74 year olds. With this condition, bacterial infection causes your gums and the bone supporting the teeth to break down. Your gums may begin to recede, pulling back from the teeth. In the worst cases, the bone supporting the teeth is destroyed and, if untreated, can lead to tooth loss.
- **Root caries (decay).** As we age, gums may recede due to the damage caused by brushing too hard or gum disease. Receding gums cause the exposure of the root surfaces of teeth. Root surfaces are softer and more porous and therefore more susceptible to decay than the tooth crown.
- **Oral cancer.** Oral cancer most often occurs in people over 40 years of age. See a dentist immediately if you notice any red or white patches on your gums, tongue or other oral tissues, and watch for sores that fail to heal within two weeks. Unfortunately, oral cancer is often difficult to detect in its early stages, when it can be cured more easily. Your dentist should perform a head and neck exam to screen for signs of cancer at your regular checkups.
- **Dry mouth.** Many seniors take medications that can cause changes to oral tissues. Many common medications cause a decrease in saliva, leading to dry mouth. Since saliva plays a major role in preventing tooth decay by rinsing away bacteria and food particles and by neutralizing harmful acids, you should talk to your dentist about ways to treat dry mouth.
- **Difficulty brushing and flossing.** If you have arthritis, you may find it difficult to brush and floss. Ask your dentist for ways to overcome this problem. Certain dental products are designed to make oral care more comfortable. You may want to try strapping the toothbrush to a larger object, such as a ball, to make the brush more comfortable to handle. Electric toothbrushes do a good job of removing plaque and can help by doing some of the work for you. Tools to help make flossing easier are available in most drug stores.
- **Limited dentist access.** Some seniors have less access to dental services because of lack of transportation, medical conditions or limited mobility. Family members or caregivers can play an important role in helping to schedule regular dental visits for homebound seniors or those in nursing homes. Seniors planning to enter a nursing home or assisted living facility should inquire about the facility's dental care service.



### Maintaining your overall health

Regular dentist visits can do more than keep your teeth health – they can tell a dentist a lot about your overall health. New research suggests good oral health is essential to good overall health and high quality of life. The best way to achieve good oral health is to prevent disease through daily brushing and flossing, and visiting your dentist regularly.



# SENIOR OLYMPICS

APRIL-2016

## SENIOR OLYMPICS SPOTLIGHT



I am super excited to announce that we had a total of 424 athletes register for local games!

The air rifle/air pistol competition was our first event and took place March 15-16 at the Santa Fe County Extension Building. Twenty Olympians participated, which included five women. There were 20 new target stands for air rifle and air pistol for supported and standing positions; all were non-ricochet targets. Everyone seemed very pleased with the new equipment and how it ran.

The top women's scorer for rifle bench rest was Helen Beach with 333 out of 400. The top men's scorer was event manager Robert Napier with 379 out of 400. In addition to scoring big Robert did a phenomenal job coordinating this event with the help of his volunteers Charles Beach, Helen Beach, Jack Berryhill, Lou Ann Berryhill and Margaret Murray who all dedicated numerous hours building stands, judging, scoring, setting up and tearing down. Thank you all for your wonderful work! Also, a round of applause to our oldest competitor Bruce Kidman age 84, who shot a high score of a 341 in pistol bench rest. On a side note, I finally tried pistol bench rest for the first time – I was timid at first but I really enjoyed it. Thanks for teaching me Bob!

On Thursday, March 17, St. Patty's Day, we had basketball free-throw at the Genoveva Chavez Community Center with 25 participants competing for gold, silver and bronze. Each participant had 15 shots. The top women's score was 11 shots, made by Brenda Mallory (age group 50-54). The top men's score was 13,

made by Gilbert Sanchez (age group 80-84). Following the free-throw competition was the three-point shot, with each shooter getting six shots. The top scorer was Johnny Roybal who shot four baskets out of six – great job Johnny! A big shout out goes to our oldest competitor Hutch Hutchison, age 86, who shot two baskets. He remains dedicated to the competition!

The event ran smoothly and first-time event manager, George Baros did a terrific job along with his assistants Karl Cardenas, Alfred Padilla, and Liz Armijo!

## April Olympic events are as follows:

- April 2: Handball at Ft. Marcy
- April 5: Bowling at Cities of Gold
- April 7: Bowling at Cities of Gold
- April 8-10: Racquetball at GCCC
- April 12: Huachas practice at the County Extension Building
- April 14: Huachas at the County Extension Building
- April 19: Shuffleboard practice at the County Extension Building
- April 21: Eight-ball pool at the MEG Senior Center
- April 22: Table tennis at GCCC
- April 23: Swimming at GCCC
- April 23: Archery at Marty Sanchez
- April 26: Badminton at GCCC
- April 27-28: Shuffleboard at the County Extension Building

If you have any questions regarding scheduled events please don't hesitate to call me at (505) 795-3817 or you may also email me at [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov).

Good luck Olympians! Until next month!

-Cristina Villa-



# PUZZLE

APRIL-2016

## PUZZLE 53

### ACROSS

1. Andy of comics
5. Sewer grill
10. Egyptian seaport
14. Winglike
15. Truman's birthplace
16. Within: prefix
17. Donuts
18. Betelgeuse's constellation
19. Capital of S. Yemen
20. Certain pastries
22. Coeur d'\_\_\_\_, Idaho
23. Northern Indian

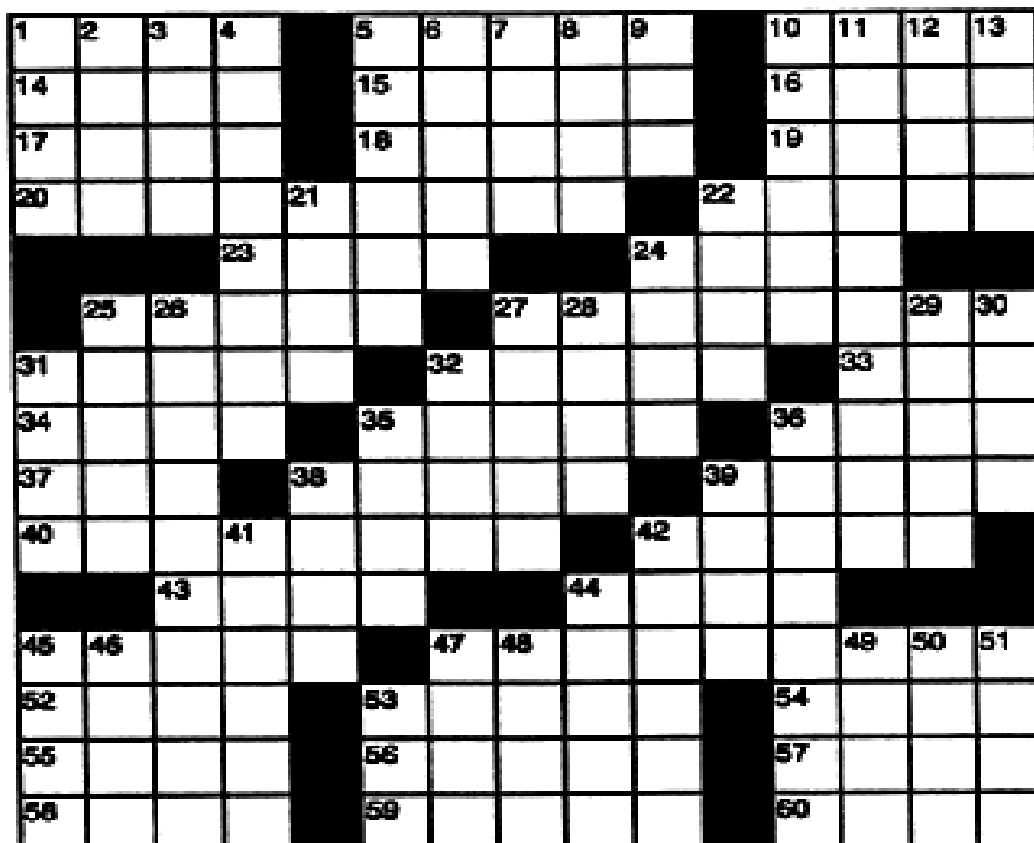
24. Maple genus
25. Gives incentive
27. Volte-face
31. Violet
32. \_\_\_\_ alive!
33. Score identically
34. Ransom Eli \_\_\_\_
35. Pilots' "OK"
36. Unadulterated
37. Lao-\_\_\_\_
38. Stratagems
39. More venerable
40. Repaired
42. Braces
43. Aspiration
44. Outfit

45. Desist's partner
47. Supervisors
52. Low female voice
53. Kind of leather
54. Distance units
55. One who laces
56. Farm measures
57. Celestial bear
58. Gondola propellers
59. Graph
60. Scads

### DOWN

1. Suffragist Carrie Chapman \_\_\_\_
2. Baseball surname
3. Sixth wife of Henry VIII

4. "\_\_\_\_ Daisy"
5. Gauntlets
6. \_\_\_\_ show
7. Mideast potentate
8. Western arts center
9. Bald eagle's kin
10. Varnish base
11. Theatrical backup
12. Utopia
13. Region
21. Paris airport
22. "Flying \_\_\_\_"
24. Swear
25. Sham
26. Where to seek Cousteau
27. Fumed
28. Pieces (out)
29. Buenos \_\_\_\_
30. Malicious look
31. Kitchen gear
32. Lone
35. In the money
36. Generous portion
38. Sagacious
39. Lex Luthor's cohort
41. Eyeshields
42. Most confident
44. Passover meal
45. Roman statesman
46. Charles Lamb
47. Pained sound
48. Actress Miles
49. Architect Saarinen
50. Sunday's schedule
51. RR depots: abbr.
53. Iowan tribe



One of the most popular and clever TV shows for children in the '90s was "Animaniacs." Puns peppered the fast-paced, pop culture-oriented animated series about three zany cartoon characters who escaped from the confines of Warner Bros. and ran amuck! "Animaniacs" is listed below among the titles of other children's and young adult TV programs from the '90s.

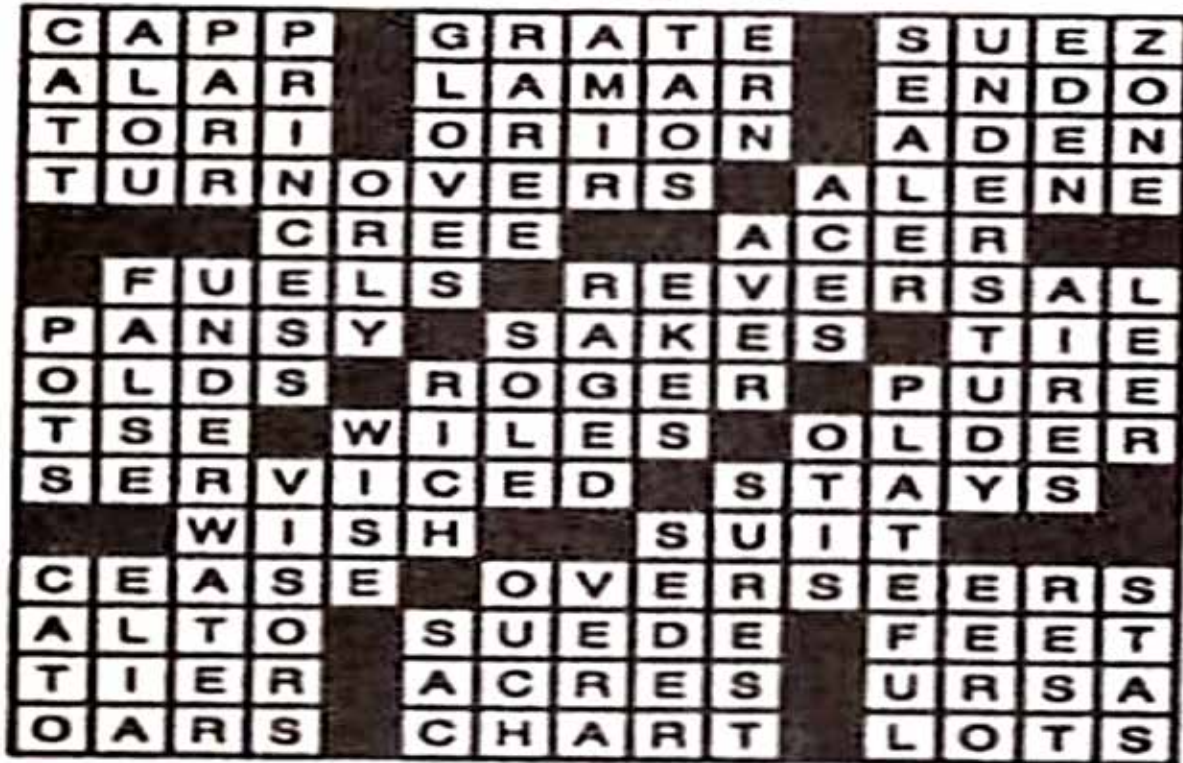
- |   |  |  |
|---|--|--|
| <input type="checkbox"/> ALL THAT         | <input type="checkbox"/> BOBBY'S World     | <input type="checkbox"/> GOOF Troop        |
| <input type="checkbox"/> ANIMANIACS       | <input type="checkbox"/> BUMP in the Night | <input type="checkbox"/> HEY ARNOLD!       |
| <input type="checkbox"/> ANIMORPHS        | <input type="checkbox"/> CATDOG            | <input type="checkbox"/> HEY DUDE          |
| <input type="checkbox"/> ARTHUR           | <input type="checkbox"/> DARKWING Duck     | <input type="checkbox"/> KENAN & Kel       |
| <input type="checkbox"/> BARNEY & Friends | <input type="checkbox"/> DOUG              | <input type="checkbox"/> LIFE With Louie   |
| <input type="checkbox"/> BEETLEJUICE      | <input type="checkbox"/> EEK! THE CAT      | <input type="checkbox"/> POKEMON           |
| L T A M A A V N R F C S T B N             | <input type="checkbox"/> REBOOT            | <input type="checkbox"/> RESCUE Heroes     |
| R O A G S G N I W K R A D O D             | <input type="checkbox"/> RUGRATS           | <input type="checkbox"/> SAVED by the Bell |
| U E N L U E G I O M Z V M B L             | <input type="checkbox"/> SMART Guy         | <input type="checkbox"/> TALESPIIN         |
| G I B E E O I A M M L E D B K             | <input type="checkbox"/> TAZ-MANIA!        | <input type="checkbox"/> TELETUBBIES       |
| R B W O D S D B A O K D T Y C             | <input type="checkbox"/> TICK, The         | <input type="checkbox"/> WHERE'S Waldo?    |
| A L S T O F P N B O R Y K S I             | <input type="checkbox"/> WISHBONE          | <input type="checkbox"/> X-MEN             |
| T R A M S T I I P U N P W Z T             |  |  |
| S C A I N A M I N A T H H E A             |  |  |
| B E E T L E J U I C E E N S C             |  |  |
| C B D F A H E Y A R N O L D E             |  |  |
| S Y U Y I H L A E U B W O E H             |  |  |
| G T D M N L T S G H L A V E T             |  |  |
| O J Y G P E C L S T N A N E K             |  |  |
| O P E P M U M I L R L M J T E             |  |  |
| F U H G E B W X B A R N E Y E             |  |  |



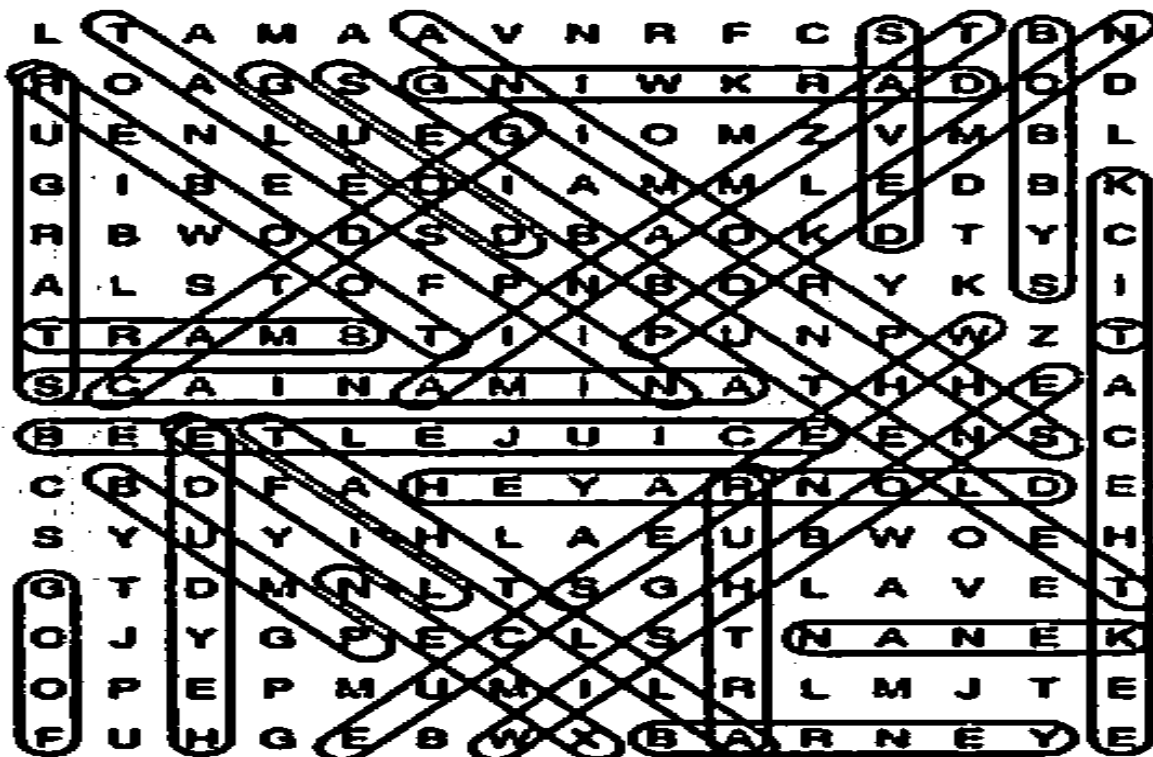
# PUZZLE ANSWERS

APRIL-2016

## PUZZLE 53





31



## BREAKFAST MENU

APRIL-2016

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Pasatiempo, and Ventana de Vida senior centers. There is a suggested donation of \$1 for seniors 60 and over and a \$5.42 fee for non-seniors (59 and younger). Please print your name clearly on our meal sheets when eating at any of the centers. \*NOTE: Milk is served with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
			Menu is subject to change.	1 Breakfast burrito w/scrambled egg, cheese, red chile, hash browns, bacon
4 Boiled eggs Salsa Small roll w/margarine	5 Sausage Cheese, red chile Small roll w/margarine	6 Cold cereal Whole wheat toast w/peanut butter & jelly, tomato juice	7 Breakfast burrito w/scrambled egg, sausage, green chile, hash browns Margarine	8 Hot cereal Cottage cheese Tomato juice Margarine
11 Ham & cheese biscuit Jelly Tomato juice	12 Scrambled egg cheese, bacon Green chile Hash browns	13 Grilled ham Salsa & peppers Small roll w/jelly	14 Scrambled egg w/red chile & cheese Potatoes Margarine	15 Sausage w/salsa Hash browns Small roll w/margarine
18 Grilled ham Red chile Hash browns Margarine	19 Breakfast burrito w/scrambled egg, cheese, salsa, bacon, & hash browns	20 Hot cereal Cottage cheese Tomato juice Margarine	21 Scrambled egg w/salsa, cheese, hash browns & bacon Whole wheat toast	22 Cold cereal Small roll w/jelly & peanut butter Tomato juice
25 Sausage w/cheese, Green chile Potatoes Margarine	26 Scrambled egg w/red chile, cheese, bacon & hash browns	27 Breakfast burrito w/scrambled egg, cheese, salsa, bacon & hash browns	28 Waffles w/syrup & margarine Boiled eggs Tomato juice	29 Hot cereal Cottage cheese Tomato juice Margarine

## NUTRITION EDUCATION

### Spring Clean Your Way to a Safer Kitchen *(Source: Partnership for Food Safety Education)*

Spring cleaning – it's a great time to target harmful bacteria that can lurk on kitchen surfaces and even in your refrigerator. You can't see or smell bacteria (BAC!) but they are everywhere, and they especially like moist environments. Here are some cleaning tips you should practice year round to make your kitchen and your meals safer for you and your family:


- **Always clean surfaces thoroughly with hot, soapy water** and you can sanitize them with a diluted chlorine bleach solution or a disinfectant kitchen cleaner. Use just 1 teaspoon bleach to 1 quart of water. Let the solution stand on the surface for a few minutes; then blot dry with clean paper towels.
- **Disinfect dishcloths often** using the hot water cycle of the washing machine and be sure to dry them in the dryer. Dishcloths harbor bacteria and, when wet, promote bacterial growth. Also, consider using paper towels to clean up kitchen surfaces.
- **Rid your fridge of spills, bacteria, mold and mildew.** Clean your refrigerator weekly to kill germs that could contaminate foods. To tackle bacteria,

mold and mildew, clean interior refrigerator surfaces with hot, soapy water. Rinse with a damp cloth; dry with a clean cloth. Manufacturers recommend against using chlorine bleach as it can damage seals, gaskets and linings.

- **Clean your kitchen sink drain and disposal** once or twice a week by pouring a solution of 1 teaspoon of chlorine bleach in 1 quart of water down the drain. Food particles get trapped in the drain and disposal, creating the perfect environment for bacterial growth. With these simple tips, you can reduce your risk of foodborne illness. **Remember to FightBAC! by following four simple steps: Clean, Separate, Cook and Chill.** For more information, please visit [www.fightbac.org](http://www.fightbac.org).

# APRIL

## SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>MENU IS SUBJECT TO CHANGE</b>  Milk is served with each meal.	<b>REMINDER:</b> Salad bar is open Monday - Friday during lunch at the MEG senior center. Stop by and try it today!	<b>1</b> Red chile tamale Pinto beans Vegetable salad Tortilla (1) Chilled mandarin oranges
<b>4</b> Chile dog w/red chile topping Baked potato wedges Mixed vegetables Fresh orange	<b>5</b> Classic meatloaf Scalloped potatoes Steamed green beans Whole wheat roll w/butter Strawberry shortcake	<b>6</b> Pork stir fry Stir fry vegetables Tossed salad w/dressing Whole wheat roll w/butter Apple cobbler	<b>7</b> Beef steak w/veggie sauce topping Steamed spinach Potato rounds Whole wheat roll w/butter Lemon Bar	<b>8</b> Tuna casserole w/noodles Tossed salad Saltine crackers Chilled orange pieces w/pears
<b>11</b> Hot open face turkey sandwich Baked sweet potatoes Broccoli w/cheese Cranberry sauce Jell-O	<b>12</b> Chicken fried steak Mashed potatoes w/brown gravy Steamed green beans Whole wheat roll w/margarine Apple Cobbler	<b>13</b> Baked chicken Breast sandwich Celery sticks Baked tater tots Cottage cheese w/peaches	<b>14</b> Baked pork chop Rice pilaf Steamed peas & carrots Whole wheat roll Jell-O w/Mixed Fruit	<b>15</b> Beef pot roast Mashed potatoes w/brown gravy Steamed peas Whole wheat roll w/margarine White cake
<b>18</b> BBQ chicken thighs Creamy coleslaw Tossed salad Whole wheat roll w/margarine Chocolate pudding w/whipped topping	<b>19</b> Roasted pork roast Mashed potatoes w/brown gravy Asparagus tips Whole wheat roll w/margarine Chilled applesauce	<b>20</b> Baked chicken Wild rice Carrot raisin salad Biscuit w/margarine Chilled mandarin Oranges	<b>21</b> Beef stroganoff w/egg noodles Steamed spinach Cauliflower w/cheese Cottage cheese w/pears	<b>22</b> Red chile Carne adovada Spanish rice Country blend veggies Tortilla (1) Jell-O w/mixed fruit
<b>25</b> Chicken taco w/garnish Pinto beans Calabacitas Jell-O w/mixed fruit	<b>26</b> Salisbury steak w/mushroom gravy Mashed potatoes Steamed spinach Whole wheat roll w/margarine Tropical Fruit Salad	<b>27</b> Chicken fettuccini w/alfredo sauce Buttered carrots & peppers Garlic bread Chilled pears	<b>28</b> Roasted turkey w/turkey gravy Sweet potatoes Steamed green beans Cornbread w/margarine Sugar cookie	<b>29</b> Frito pie w/garnish & red chile Pinto beans Chilled apricots & Angel food cake

**Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50**  
**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$5.42 --- Lunch \$5.42**

Lunch is served at MEG, Ventana de Vida & Pasatiempo Centers 11 a.m. -12:30 p.m. M-F

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



