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

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

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

<table>
<thead>
<tr>
<th>Front Desk Reception</th>
<th>(505) 955-4721</th>
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</thead>
<tbody>
<tr>
<td>Toll-Free Administration Line</td>
<td>(866) 824-8714</td>
</tr>
<tr>
<td>Gino Rinaldi, DSS Director</td>
<td>955-4710</td>
</tr>
</tbody>
</table>

**Administration**

Cristy Montoya, Administrative Secretary 955-4721
Cara Alunno, Receptionist 955-4741
FAX Machine - Administration 955-4797

**Senior Services Registration**

Erika Cuellar, Administrative Assistant 955-4722
Kim Crowder, Administrative Assistant 955-4754

**Transportation Ride Reservations** 955-4700
Linda Quesada-Ortiz, Project Specialist / Dispatch 955-4700

**Nutrition**

Yvette Sweeney, Program Manager 955-4739
Enrique DeLora, Inventory Supervisor 955-4750
Tebrina Roibal, Administrative Assistant 955-4749
FAX Machine - Nutrition 955-4794

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

Carlos Sandoval, Program Supervisor 955-4748

**Senior Center Programming (Activities)**

Lugi Gonzales, Center Program Manager 955-4711
Albert Chavez, Program Coordinator 955-4715
Mary Esther Gonzales (MEG), Ventana de Vida
Cristina Villa, Program Coordinator 955-4725

**In Home Support Services:**

Homemaker and Respite Care,
Vacant, Program Supervisor 955-
Saul Carta, Program Coordinator 955-4735

**Foster Grandparent/Senior Companion Program**

Anya Alarid, Volunteer Prog.Manager 955-4744
Theresa Trujillo, Project Administrator 955-4745

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Public & Community Relations Officer 955-4760
Marisa Romero, Program Coordinator 955-4743

**50+ Senior Olympics**

Cristina Villa, Program Coordinator 795-3817

**Miscellaneous**

Craft Room Not in service
Pool (Billiard) Room 955-4730

**Other Important Numbers**

Santa Fe Civic Housing Authority 988-2859
Santa Fe County Information 992-3069

**Newsletter Production**

Kristin Slater-Huff, Editor/Distribution 955-4760
kwslater-huff@santafenm.gov
Gil Martinez, Graphic Artist
Linda Miller, Proofreader
“The best thing one can do when it’s raining is to let it rain.” Henry Wadsworth Longfellow

“Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby.” Langston Hughes

“Rain is grace; rain is the sky descending to the earth; without rain, there would be no life.” John Updike

I guess you can see the trend from the quotes; rain is the word for the month of July, and I hope and pray it is for the month of August. It has been so nice, especially since June was so hot.

I hope everyone has been able to get his or her vaccination. If you still need help registering for or scheduling a vaccination, please contact Senior Services and we can help you. I cannot stress enough how important it is for everyone to be vaccinated, especially with the increase in the COVID-19 Delta Variant. I think as a society we have gotten used to a quick fix to everything, but we know better. No one can say for sure how things will look in 6 months, but the more of us who are fully vaccinated, the better.

We are moving towards reopening our senior centers. But, first we have to return the home delivered meals process to what it was before COVID-19, when only those seniors who were truly homebound were receiving meal delivery. Our staff is calling meal recipients to complete assessments over the phone. The State defines a “homebound” person as one who gets above a certain score on the assessment form we use. Only those people will be eligible for home delivered meals. Others will need to get meals at our curbside service or come to our meal sites, when we are able to reopen them. The first senior center to open will be Mary Esther Gonzales. We are currently using Pasatiempo as the preparation site for meals for our traditional homebound seniors.

At this point, we have to use almost all of our staff to run the curbside program and deliver all of the meals we have been delivering to homes. We need to free up staff in order to resume our other services, such as Transportation to the grocery store or homemaker services. Our reopening date depends on reducing the number of home delivered meals.

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

Senior Centers Remain Closed due to COVID

The Division of Senior Services continues to provide limited services to seniors age 60+ within City limits, but our senior centers are not yet officially open.

We offer curbside meals at the back of the MEG Senior Center at 1121 Alto St., M-F from 10:30 a.m. to 12:30 p.m. Just pull up and let us serve you.

Senior Services continues to take seniors to doctor appointments and pharmacies, preferably with 2-3 day notice and maximum of a week notice. There is a suggested donation of .50ȼ per one-way trip. To schedule your ride, please call (505) 955-4700.

GFNY Bike Race Seeks Volunteers

GFNY Santa Fe bike race is a 75 - mile course on Sunday, September 19, 2021. GFNY has held several races around the world during the pandemic in COVID-safe conditions.

They are looking for volunteers interested in helping from the sidelines or at registration. Volunteer perks include a t-shirt, lunch, and the fun of being part of this exciting event. To sign up to volunteer, call Kristin at 955-4760. For more information, see page10.

Santa Fe Indian Market
August 21 & 22, 2021

Attracting over 200,000 visitors from around the world, the Santa Fe Indian Market is recognized as the largest and most prestigious juried Native arts show in the world. The same weekend, look for Sovereign Santa Fe, which features talented Native American artists whose work highlights New School Native American Art and its elusive relationship between traditional and contemporary.

Flora’s Corner

The top “secrets” of people who live to 100+ Part 2

• Follow a regular daily schedule; live efficiently.
• Cherish and preserve your independence.
• Eat and drink in moderation.
• Lighten your emotional load.

-From the Canyon Ranch Guide to Living Younger Longer
Emergency Broadband Benefit (EBB)

The Emergency Broadband Benefit is a new Federal Communications Commission (FCC) program. The $3.2 billion temporary benefit will help to lower the cost of broadband service for eligible households during the on-going COVID-19 pandemic.

Benefits of the program include:

- Up to $50 per month discount for broadband services per household;
- Up to $75 per month discount for broadband services per household on tribal lands;
- A one-time discount of up to $100 for a laptop, desktop, or tablet computer purchased through a participating provider.

A household is eligible if one member of the household meets at least one of these criteria:

- Has an income that is at or below 135 percent of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid or the FCC’s Lifeline program;
- Approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, in the 2019-2020 or 2020-2021 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income through job loss or furlough since Feb. 29, 2020 and the household had a total income in 2020 at or below $99,000 for single filers and $198,000 for joint filers; or
- Meets the eligibility criteria for a participating provider’s existing low-income or COVID-19 program.

Additional information is available at www.fcc.gov/broadbandbenefit or by calling 833-511-0311 between 9 a.m. and 9 p.m. any day of the week.

Join the Senior News Email List

Allow Senior Services to email you with news about exciting events, important activities, reopening updates and more.

We often receive information about relevant, interesting upcoming events. But if the news arrives and occurs between newsletter publication dates, we can’t share it with you. If we have your email address, we can alert you to these happenings, so you don’t miss out. We will not email you more than three times a month.

Email kwslater-huff@santafenm.gov to get on our contact list. We will not share your information.

He will be missed

Richard Montoya, 80, beloved husband, father, grandfather, and great-grandfather, passed away on June 3, 2021 surrounded by his loving family, following a brief illness.

Richard was born in Santa Fe, and worked for the State Highway Department for over 33 years before retiring to his ranch. He lived simply and proudly, sharing the knowledge he acquired over his lifetime with others. He is survived by Senaida, his wife of 44 years, children and grandchildren.

He was a familiar presence in the MEG Center poolroom.

“Color! What a deep and mysterious language, the language of dreams.”
- Paul Gaugin, submitted by James Urioste

Upcoming Food Depot Distributions

Thursdays, August 5 & 19 and September 2
7:00 – 9:00 a.m. at Food Depot 1222 Siler Rd.
National Night Out - August 3

The Santa Fe Police Department is planning an event to strengthen their connection with the community. National Night Out will be at Franklin Miles Park 5:00 – 9:00 p.m. on Tuesday, August 3rd. There will be information booths and games, and it will be a busy event. You are invited to attend.

Online Fall Prevention Workshop with Ann Church and Maria Francis

Falls are the leading cause of death for seniors. Many can be prevented. Join Ann and Maria to discuss falls and learn how to age without injury. Sponsored by Villages of Santa Fe. 

Tuesday, August 17th, 10:30 am MT, 90 minutes

Register at: https://villages.punchpass.com

This workshop is designed to reduce fear of falling and increase activity levels, focusing on:

- The importance of an exercise routine
- The importance of speaking up and being assertive
- Reviewing medications, hearing, and vision issues
- Positive interaction with healthcare providers and family
- Making the home environment safer

Burning of Zozobra!

Tickets are on sale now for the September 3rd Burning of Zozobra at Fort Marcy Park. There is general admission as well as premium viewing areas, including a seating area with valet drop off and pick up.

Go to www.burnzozobra.com for tickets.

Making Effective Changes: The Four-Week Support and Action Program

The first 4 weeks in August: 
Tuesdays, 1-2pm, on Zoom 
or 
Fridays, 2-3pm, at the Unitarian Church, 107 W. Barcelona Rd.

Changes are an inevitable part of life. There are the ones we need to do and the ones we sure didn’t ask for. After any devastating loss, you might find yourself overwhelmed with grief, as well as dealing with the hardship of having to do all the things that need to get done.

Making Effective Changes is an action program that supports you in coping with your daily challenges by planning, taking rests, and doing projects one action at a time.

This coaching program supports you in:

- Defining your projects
- Prioritizing your challenges
- Clarifying what you can and cannot change
- Creating your action plan

Join this small group, four-week program for $90 (attending one or all four weeks).

Email Eileen at ej@eileenjoyce.com or call her at (505) 428-0670 to reserve your place online or in person, or to ask about private coaching and grief recovery. Eileen has 25 years of experience as a Certified Coach/Grief Recovery Specialist.

As one door closes or is closed many more open.

Often, we spend so much time trying to get back in the closed door we fail to see doors stretching open to infinity.

—“Mudman” Smith/Johnson
NM-NEW is a budding non-profit (also known as a “social profit”) organization. It’s mission is to capture the genius of and provide pathways of engagement for New Mexico’s age 50+ professionals from private and public sectors. They aim to do this by purposefully using the 50+ participants’ skills to help encourage the startup community, further strong social causes, learn new skills, and provide access to ways to supplement their income if needed.

NM-NEW is hosting an interactive educational event on Zoom designed by Dr. Steve Poland.

“Happiness & the Art of Flourishing”
August 20 11:30 a.m. -1:00 p.m. online via Zoom

The event is sponsored by AARP and Nusenda Credit Union and is free to participants. To register, go online to NM-NEW.org/events

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Santa Fe Wine Festival

The 27th annual Santa Fe Wine Festival at El Rancho de las Golondrinas will be held on August 14th, starting at noon, rain or shine. Tickets are $18 for adults (includes a wine glass) and $5 for children 13-20, free for those 12 and under. Go to https://tickets.holdmyticket.com/tickets/376047 or call (505) 471-2261.

Shakespeare in the Garden

Shakespeare in the Garden returns to Santa Fe for a 16-performance run through August 22, 2021. Presented by Santa Fe Classic Theater, this year’s annual outdoor production in the Santa Fe Botanical Garden is “As You Like It.” In Shakespeare’s pastoral comedy, Rosalind and her cousin escape into the forest to find Orlando, Rosalind's love. Disguised as a boy shepherd, Rosalind has Orlando woo her under the guise of “curing” him of his love for her. Performances are Thursdays – Sundays, beginning at 6:45 p.m. Picknicking in the Garden begins at 5:15. Tickets are $35 – $45 and can be purchased on the website www.santafebotanicalgarden.org or call (505) 466-1358.

Trivia Night Fundraiser

The Santa Fe Memory Care Alliance is hosting Brain Teasers “Trivia Goes to Hollywood Night” on August 14th. Reserve a table of eight seats for $250.00 for this event at the Montecito.

Genoveva Chavez Community Center Update

The GCCC no longer requires a reservation, except for the recreational swimming pool. The therapy pool is open Mondays - Fridays in sessions. Sessions are 9:30 – 10:30 a.m. or 11:30 a.m. – 1:30 p.m. or 2:00 – 3:00 p.m. You must have a membership to GCCCC and must sign in. Masks are required until you climb in the pool.

www.chavezcenter.com or (505) 955-4090.
Dear Stan,

My Medicare Advantage plan with drug coverage ended last month because I moved to a different county, and I did not realize that I needed to enroll in a new plan. Currently, I do not have drug coverage. I found a new plan, but it starts the beginning of next month.

I cannot afford to pay the full costs for my medications. I am enrolled in the Extra Help program, but without a drug plan this month, how can I receive assistance to ensure that I can get my prescriptions?

Rhonda L.
Bloomfield, NM

Dear Rhonda,

Thank you for your question. Medicare has a program called Limited Income Newly Eligible Transition Program (LINET). LINET is a temporary Medicare prescription drug program designed to eliminate gaps in prescription coverage for limited income Medicare beneficiaries. When a person enrolled in Extra Help like you experiences a gap in Part D coverage, the LINET program will cover all Part D covered drugs at the Extra Help cost sharing with no restrictions.

You qualify for LINET because you are enrolled in Extra Help, the federal program that helps with Medicare Part D prescription drugs. To qualify for Extra Help in 2021, a single person can receive a monthly income up to $1,630 ($2,198 for a couple) and have up to $14,790 in assets ($29,520 for a married couple).

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at 1-800-432-2080

The New Mexico SMP will provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse.
Note: For people who have limited income, but high assets, they may still be eligible for Extra Help by applying to the state administered benefits called the Medicare Savings Programs (MSP). The highest income limit for the MSPs in 2021 is $1,469 for a single person ($1,980 for a couple). If approved for an MSP, the Medicare beneficiary would be automatically enrolled in the Extra Help program regardless of their assets. In this way, the MSPs in New Mexico function as a backdoor to accessing full Extra Help.

LINET also provides retroactive coverage for people who pay out of pocket for their drug costs. If you paid out of pocket for your prescription medications, you can be reimbursed by LINET. If you need assistance, I encourage you to call the Aging & Disability Resource Center (ADRC) and request to speak with a State Health Insurance Assistance (SHIP) counselor.

The number to the ADRC is 1-800-432-2080.

If you find that your pharmacist is not aware of the LINET program, there are important provider resources that you can share to educate them. See the LINET document for pharmacy providers [HERE](https://www.humana.com/provider/pharmacy-resources/medicare-limited-income-net-program).

Stan,
SHIP SMP Volunteer Counselor

To read more about the LINET program, see the link here:
[https://www.humana.com/provider/pharmacy-resources/medicare-limited-income-net-program](https://www.humana.com/provider/pharmacy-resources/medicare-limited-income-net-program)

For assistance with your Medicare questions contact SHIP at the ADRC 1-800-432-2080

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at 1-800-432-2080. We provide training on Medicare content, and can work with your schedule. We can serve more people together!

This project was supported, in part by grant number 90MPPG0045-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.
RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)  
AUGUST 2021

AmeriCorps Seniors  
RSVP  
Santa Fe

Give a little time.  
Get a lot back.

Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations.

We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition.

rsypsantafe.org  
(505) 955-4760

Non-Profit Organizations Seeking Volunteers:  
To learn more or sign up, please contact Kristin Slater-Huff at 505-955-4760 or kwslater-huff@santafenm.gov

Catholic Charities’ Partnering For Seniors

Catholic Charities runs many programs. “Partnering for Seniors” is one of them. It aims to provide rides and escort to doctor appointments for seniors who need them.

They are seeking more volunteers to use their own cars to drive other seniors to appointments. Orientation and support are provided. Volunteers can choose their own schedules. Mileage is reimbursed through RSVP. COVID-safety protocols are mandated.

Volunteers needed for  
GFNY Bike Race September 14-19

All volunteers will receive a race t-shirt, Sunday volunteers may have lunch at the Convention Center after the race, and everyone will have a great time, being a part of this exciting international event.

Thursday: Prepare Racer Packets  
• Packet Stuffing 10am-2pm

Friday: Registration  
• Info Desk 3:30-7pm  
• Store 3:30-7:00 pm: These volunteers will sell store items and process on-site registrations. Volunteers will take credit cards and cash.

Saturday: Registration  
• Saturday Info Desk 12:30pm-6pm  
• Registration 12:30pm-6:00pm:  
• Store 12:30pm-6:00pm:

Sunday: Race  
• Temporary Roadblock volunteers 6:00 am-7:15am:  
• Flaggers at Race Route intersections with side roads 6:00am-3:00pm:  
• Ham radio operators 6:45am-3:15 pm:  
• Bag Drop off 5:15am-7:15am, 9:30am-1:00pm (medium finish), 10:00am-3:30pm (long finish):  
• Aid Stations various times between 5:30am-4:00pm:  
• Course Sweep Vehicles 6:45am-4:00pm:  
• Awards Helpers 1:30pm-3:00pm:  
• Race lead vehicles 6:45am-3:30 pm: one a car; the other a lead motorcycle.  
• Motorcycle Rider to drive Photographer  
• 6:45am-3:30 pm:

To sign up, email kwslater-huff@santafenm.gov or call 955-4760.
Habitat for Humanity is a nonprofit organization that helps families build and improve places to call home. We believe affordable housing plays a critical role in strong and stable communities.

They need volunteers in their ReStore which sells donated building materials and furniture to raise funds for the organization. They also need volunteers to build houses. All volunteers must show proof of full vaccination against COVID-19.

Kitchen Angels

Kitchen Angels prepares and delivers free, nutritious meals to Northern New Mexicans who are homebound and facing life challenging illnesses and conditions.

They need volunteers for cooking, meal prep and delivery routes, and especially substitute drivers for delivery routes. Unvaccinated volunteers and all drivers at a client’s home must wear a mask.

This museum seeks to strengthen public understanding of how military conflicts have shaped the state of New Mexico as well as the national experience.

They are looking for volunteer gallery docents to interact with guests, take attendance, and answer questions to the best of their ability. Curatorial staff will provide a docent guide and will train volunteers.

Please note that the above names are people who are enrolled in the Senior Volunteer Program and who turn in their reports of hours served.
Here are **5 things** you can do to avoid a Coronavirus scam:

- **Ignore offers for vaccinations and home test kits.**
  - Scammers are selling products to treat or prevent COVID-19 without proof that they work.

- **Hang up on robocalls.**
  - Scammers use illegal sales call to get your money and your personal information.

- **Watch out for phishing emails and text messages.**
  - Don’t click on links in emails or texts you didn’t expect.

- **Research before you donate.**
  - Don’t let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](http://ftc.gov/charity).

- **Stay in the know.**
  - Go to [ftc.gov/coronavirus](http://ftc.gov/coronavirus) for the latest information on scams. Sign up to get FTC’s alerts at [ftc.gov/subscribe](http://ftc.gov/subscribe).

If you see a scam, report it to [ftc.gov/complaint](http://ftc.gov/complaint).
Choose a Representative Payee for Social Security to Consider Before You May Need One

By Rhonda Romero, Public Affairs Specialist, Social Security Administration

The future can be uncertain. However, the Social Security Administration’s (SSA) Advance Designation program can help you if a time comes when you need a representative payee to help manage your Social Security benefits or Supplemental Security Income payments. Advance Designation enables you to identify up to three people, in priority order, who you would like to serve as your potential representative payee.

SSA recently celebrated the one-year anniversary of their Advance Designation program. Since its launch in March 2020, more than one million eligible individuals have opted to participate.

Adults and emancipated minors who do not have representative payees may make advance designations whether they are applying for, or receiving, benefits. If you are eligible, you may provide and update Advance Designation information when you:

• File a claim for benefits online.
• Use the application available in your personal my Social Security account at www.ssa.gov/myaccount.
• Call us by telephone at 1-800-772-1213 (TTY 1-800-325-0778).

You may also change your Advance Designation(s), including the priority order, at any time if you are still capable of making your own decisions. In the event that you can no longer make your own decisions, you and your family will have peace of mind knowing you have already chosen someone you trust to manage your benefits.

What is Advance Designation?
From www.faq.ssa.gov

Advance Designation allows you to choose an individual(s) you deem has genuine concern for your well-being to manage your benefits should the need arise. The law requires Social Security to select the designated individual with certain policy exemptions. Capable adults and emancipated minors, who are beneficiaries or claimants and who do not have a representative payee may advance designate.

If you are receiving benefits, you may advance designate at any time. If you have filed a claim for benefits, you may advance designate with the initial claim or while the claim is pending at the initial, reconsideration, hearing, or Appeals Council levels. Choose anyone you believe has genuine concern for your well-being. You may not designate an organization to be an advance designee. Advance Designation is voluntary.

If we deny your claim or you stop receiving benefits, your advance designation will remain in our records, so we can access it again if you reapply for benefits, file an appeal, or begin receiving benefits again.

NOTE: Advance Designation is NOT:

• An indication of your capability to manage or direct the management of your benefits.
• An indication of someone’s suitability to serve as a payee. (If you need a representative payee to assist with the management of your benefits, we will first consider your advance designees, but we must fully evaluate them and determine their suitability at that time.)
• An appointment of a representative payee.
• Power of attorney. In addition, a person named in a power of attorney cannot advance designate on behalf of an incapable or capable beneficiary or claimant.
Healthier Baking Ingredients
From: SNAP-Ed. Eat Together PA.

Plain, Low-Fat Yogurt - Using yogurt in place of oil or butter is one of the best ways to cut the fat, and you can hardly taste the difference. Works best in: Cakes, breads, muffins

How to do it:
• For every one cup of butter you take out, replace it with ¼ cup yogurt and ½ cup of butter.
• Cut the recipe’s amount of oil by half.
• Add ¾ cup of yogurt for every cup of oil that you remove from the recipe.
• ¼ cup of yogurt can also replace one egg.

Banana - Replacing butter in a recipe with banana makes a rich, dense product. Works best in: Cakes, breads, muffins, cookies

How to do it:
• Using banana for butter may reduce cooking time by up to 25%, so keep an eye on your sweets!
• ¼ cup of mashed banana can replace 1 egg. This works well with banana or zucchini bread.
• Substitute the same amount of mashed banana for the butter in the recipe. If a recipe calls for 1/2 cup softened butter, use 1/2 cup with mashed banana.

Evaporated Milk (low-fat or skim) - Replacing heavy creams with evaporated milk is another great way to cut fat and calories. Works best in: Sweet Desserts

How to do it: Cook with the same amount of evaporated milk as you would cream.

Applesauce
For cakes and bakes, you can reduce the sugar and fat content by adding applesauce. Works best in: Cakes, cookies, muffins, fruit dishes

How to do it:
• Cut the sugar in half; then, add the same amount of applesauce plus about 1/3 more.
• Take out 1/2 cup of the fat (butter or oil) in baked goods. Add 1/4 cup of applesauce instead.
• 1/3 cup applesauce is the same as adding 1 egg in baked goods like cakes.
ACROSS
1) Met squarely
6) Rubberneck
10) Numbered Beethoven work, e.g.
14) Domicile
15) Lotion additive
16) Deepest sleep
17) Crash program?
20) Popular street name
21) Fingerboard ridge
22) Edmonton skaters
23) Old Roman port
25) Mixologist's supply
26) Arm bone
28) Corrupt
32) Opposite of fronts
34) Northernmost Japanese
35) Quid quo
38) Features of some modern signs

42) "It's no ___!"
43) Missing from the Marines
44) Add up
45) Farewells from a tyke
48) 100 centavos
49) "General Hospital," e.g.
51) Burdened
53) Build up
55) Cracker spread
56) Darned spot?
59) Convincer's activity
62) 1996 candidate Bob
63) Crude bed, in Britain
64) Slow, musically
66) Pot starter
67) Certain palms

DOWN
1) Fall out of contention
2) Biblical shepherd
3) Joint use of anything
4) Tokyo, once
5) Dutch pottery city
6) French pastry
7) Came down to the ground
8) Court
9) Gambler's game
10) Feral feline
11) ___ over (studied)
12) Eclipse-viewing spot
13) "___ who?"
18) "The Black Prince" author Murdoch
19) Cause a disturbance
24) Indian attire
26) Language of Lahore
27) Island rings
29) "Men Behaving ___" (Old TV show)
30) Seven on a sundial
31) Starfleet Academy grad.
33) "Don't move!"
35) Making legal, as an invention
36) Rugs from Sweden
37) Christiania, now
39) Wonderment
40) Tennis ploy
41) Bound
45) Seville notable
46) Go by, as time
47) Fill to the brim
49) Go quickly
50) Dome-top openings
52) Glens
53) Comments further
54) Icelandic epic
55) "Check this out!"
57) "I'm ___ you!"
58) Centers of pride
60) Charged bit
61) Grassland
PUZZLE
AUGUST 2021

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

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

TRIANGRAM

Three-word groups of anagrams are called triplets or trianagrams.
Complete the group:

A S L E E P

BEDSTEAD
CEILING
CHIMNEY

COLONNADE
CORRIDOR
DOORSTEP
Medical Aid in Dying Authorized in NM
By Barak Wolff

Starting in March 2020, just when we were all beginning to hear about a possible new flu-type illness that might spread throughout the land and impact us all, I began a series of monthly articles about end-of-life issues. The objective was to improve your chances of having the kind of death you wish to have. They covered topics such as:

- thinking through and documenting our advance directives and sharing them with our loved ones and caregivers;
- understanding the basic elements of the medical care system that supports seniors as we approach the end of life, including treatment, palliative care, and hospice;
- becoming familiar with the full range of end-of-life options so that as need be, and for us who desire, we can be pro-active and make good choices about how to achieve that “good death”.

Here is a link to the archive of Senior Scene newsletters: Senior Scene Newsletters
https://www.santafenm.gov/senior_scene_newsletter

I noted that the 2021 NM Legislative Session would consider a bill to authorize “medical aid in dying”, a practice that allows a qualified adult to request medications from a willing provider that they can take when and if they choose, to achieve a peaceful death. The Elizabeth Whitefield End-of-Life Options Act passed the legislature, was signed into law by Governor Grisham in April, and went into effect on June 18, 2021.

As a refresher, to qualify for medical aid in dying a patient must have a terminal diagnosis of six months or less, must have the mental capacity to be able to make informed healthcare decisions, and must be able to self-administer the medication. Medical aid in dying is entirely voluntary for all parties...no patients, no facilities or clinical providers have to participate. Our new law provides safeguards and protections for everyone involved—patients, families, clinical providers and healthcare institutions.

Interestingly, the data from 20+ years in Oregon and 20 additional years of combined experience in other states shows that very few terminal patients (less than 1/2 of 1%) request medical aid in dying. For many it provides peace of mind knowing that if their illness becomes unbearable, they have an alternative and may be able to avoid any further pain and suffering. Some feel that the mere existence of a medical aid in dying law allows those with serious illness to live more fully, knowing they have a measure of control, until they die, either naturally or with assistance from medication. The data also show that the practice is effective and that there have been no cases of abuse or misuse involving medical aid in dying.

Compared to other state laws, our NM End-of-Life Options Act is very efficient. It allows not just Physicians, but also Nurse Practitioners and Physician Assistants to be the prescribing or consulting providers. Our law significantly reduces the waiting period to only 48 hours between a prescription being written and it being filled. Our law also recognizes that patients in hospice have already been evaluated as having a terminal condition and thus do not need a second referral in most cases.

A new non-profit corporation, End of Life Options New Mexico, has been established to assist with the implementation of this new law. It provides resources and explanations of how the law works, arranges training for clinicians in the practice of medical aid in dying, and supports trained volunteers to assist patients and families understand their options and make good end-of-life decisions.

To learn more or request assistance, visit their website: https://endoflifeoptionsnm.org or send an email to info@endoflifeoptions.org or by calling and leaving a message at (505) 393-1321.
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Senior Meal Suggested Donation for Lunch $1.50 Non-Senior Price: $7.00

Lunch is served at MEG Center curbside 10:30 – 12:30

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