



# ***THE SENIOR SCENE***



*Photo by Don Bell  
Taos Pueblo Pow Wow*

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

offered by:  
**Division of Senior Services**

**AUGUST  
2015**





# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

8/2015

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).



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Toll-Free Administration Line (866) 824-8714

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Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

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## Transportation Ride Reservations (page 4) 955-4700

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

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Daniel Mitchell, Special Projects Admin. 955-4744

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## 50+ Senior Olympics

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## Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool Room 955-4737

## Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

## Newsletter Production

Triston Lovato, Editor/Distribution 955-4760

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# ***DIRECTOR'S REPORT***

8/2015

Dear Patrons,

The City of Santa Fe Division of Senior Services in collaboration with the 50+ Senior Olympics sponsors the annual events in Santa Fe in preparation for the State games held each summer. These efforts promote healthy activity and provide individuals who are 50 and older with the opportunity to be part of many challenging athletic sports and events.

During the 2015 New Mexico 50+ Senior Olympics local games held in Santa Fe between March and April, there was a total of 300 local Senior Olympians who competed in 22 sports/events! There were 919 medals received, which included 509 Gold, 220 Silver, 88 Bronze and 102 fourth place and up.

At the State games in Roswell, NM held June 3-6, Santa Fe was proudly represented by 73 Olympians who competed aggressively and put their heart, endurance and talents to work. Santa Fe athletes were able to bring home an impressive total of 182 medals that included 85 Gold, 46 Silver, 29 Bronze and 22 fourth place and up. We are very proud of our Santa Fe 50+ athletes who represented our community during the statewide events. I want to personally thank each Olympian and congratulate both Santa Fe athletes and others who participated in the 2015 Games!

Santa Fe was represented at the National Games which were held July 3-16 in Saint Paul, Minnesota; three athletes in their 80's and two in their 60's competed. Ann Aceves, 81, competed in five events and medaled in four; she took Gold in the 50 Meter Backstroke, Silvers in 100 and 200 Backstroke, Bronze in 500 Freestyle and seventh place in 50 Freestyle. Harvey Taylor, 87, took Gold in 100 Freestyle, Silver in 50 Backstroke and got a fourth place in 50 Freestyle. Arlene Mayer, 84, took gold in the 3-on-3 Basketball along with her team "Albuquerque Cruisin' Big Dogs". Joe Roybal and John Miles, both 67, took the Gold in Men's Bowling Doubles and Joe took Bronze in men's Bowling Singles. Age is just a number to these outstanding athletes – let's give them a round of applause!

On another note, I also feel it is important to acknowledge and thank the Santa Fe 50+ Senior Olympics committee who is comprised of eight active volunteer members: Karin Roth, Chairwoman, Dick Roth, Karl Cardenas, Jay Stimmel, Arlene Mayer, Ann Aceves, Liz Armijo and Barbara Hays. Cristina Villa, Senior Services Coordinator is the staff liaison who works closely with the committee. The committee meets monthly to plan and coordinate; they also assist as Sports Event Managers during the local events. This is a hard working committee that definitely makes a difference related to the health and fitness of our Santa Fe participants.

If you are interested in participating with the 50+ Senior Olympics local games or want more information, please feel free to contact Cristina Villa, Senior Services Coordinator at 505-955-4725 (work) and 505-795-3817 (cell) or Cecilia Acosta, NM Senior Olympics Director, at 575-623-5777.

Again, congratulations Santa Fe Senior Olympians and let's all have a great month.

Sincerely,



Ron J. Vialpando, Division Director





# ***SENIOR SERVICES PROGRAM INFORMATION***

8/2015

## **SENIOR SERVICES REGISTRATION**

Anyone age 60 or over who participates at any of our centers, uses the Division Transportation, or other services is asked to register with our program. We can 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. We will notify 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. When scheduling a ride, 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

8/2015

## IN REMEMBRANCE

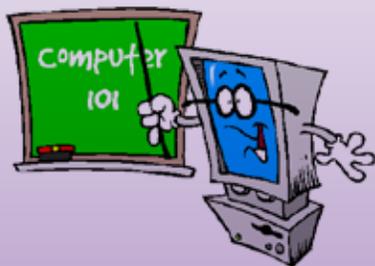


**Jose Ramon Martinez, 82**, of Santa Fe passed away on July 13, 2015. Ramon served in the US Army and Marine Corp, stationed at the Pentagon from 1956-58, where he played on the Fort Myer Virginia Post basketball and tennis teams. He received his Master's and Ed.S degrees in Mathematics

from NM Highlands University and taught high school Math and Social Studies for 28 years in the Santa Fe Public Schools. Ramon coached basketball and tennis at the elementary, junior high, high school and college levels. Ramon was a perfectionist with a fierce competitive spirit; always asking for the best from his students and athletes. From 1958-1975, Ramon was the City of Santa Fe singles, doubles and mixed doubles tennis champion and won the NM State singles tennis championship in 1967 and doubles state tennis championship in 1968. He competed in the Senior Olympics in tennis, basketball and billiards, qualifying for competition at the national level many times. Over the past four years he spent many wonderful hours at the Mary Esther Gonzales Senior Center; Ramon loved playing a variety of card games with his friends and family, loved to crack corny jokes, and often bet against his favorite teams in order to jinx their opponents. Ramon was a devout Roman Catholic and parishioner at St. Anne's Church and a family man who took great pride in his wife and children. He will be missed by many.

## COMPUTER CLASSES AT MEG CENTER

Computer classes (beginners) are scheduled to begin the second week in September at the Mary



Esther Gonzales Senior Center. If you would like to sign up please call Lugi at 955-4711. Please keep in mind that space is limited.

## 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. This schedule is subject to change; check updates online at [www.santafecounty.org](http://www.santafecounty.org) or call (505) 231-2382. **(All services free of charge)**

### August 2015 Dates, Times and Locations:

1st	Southside Library	9 am – 11 am
2nd	Smith's (Pacheco)	10 am – 2 pm
3rd	<b>No van – out for training</b>	
4th	Fort Marcy	10 am – 2 pm
5th	El Rancho Senior Center	10 am – 2 pm
6th	Santa Fe County Fair	9 am – 3 pm
7th	Santa Fe County Fair	9 am – 3 pm
8th	Santa Fe County Fair	10 am – 4 pm
9th	Santa Maria de la Paz Catholic	10 am – 2 pm
10th	Casa Rufina Apartments	10 am – 2 pm
11th	St John's Methodist	10 am – 12:30 pm
	Santa Fe Place	1 pm – 3 pm
	South Side Farmer's Market	3 pm – 6 pm
12th	Santa Cruz Senior Center	10 am – 2 pm
13th	Chimayo Senior Center	10 am – 2 pm
14th	MEG Senior Center	10 am – 2 pm
15th	San Ildefonso Pueblo	11 am – 1 pm
16th	Santa Fe Recovery	10 am – 2 pm
17th	Genoveva Chavez Center	10 am – 2 pm
18th	Luisa Senior Center	10 am – 2 pm
19th	Eldorado Senior Center	10 am – 2 pm
20th	Ventana de Vida Senior Center	10 am – 2 pm
21st	<b>No van – out for training</b>	
22nd	Smith's (Cerrillos)	10 am – 2 pm
23rd	San Isidro Catholic Church	10 am – 2 pm
24th	Zona De Sol	2:45 pm – 6:15 pm
25th	Pasatiempo Senior Center	10 am – 2 pm
	South Side Farmer's Market	3 pm – 6 pm
26th	Casa Solana	10 am – 2 pm
27th	Edgewood Senior Center	10 am – 2 pm
28th	Camino Consuelo	10 am – 2 pm
29th	San Ildefonso Pueblo	11 am – 1 pm
30th	Ride for the Clover	
	Harley Davidson, Rodeo Rd	10 am – 2 pm
31st	Santa Fe Community College	9 am – 1 pm



# NEWS & VIEWS

8/2015

## **PARKINSON'S DISEASE SUPPORT GROUP**

Join this group discussion at their monthly meetings – every third Thursday. On August 20th the guest speaker will be Kathryn Rider from the Department of Health, Medical Cannabis section. She will be available to answer your questions regarding medical cannabis and its applications for Parkinson's disease. For more information please contact Karen St. Clair from the NM Parkinson's Disease Coalition at (505) 780-5864. The next meeting will be:

- When: Thursday, August 20, 2015
- Time: 1:30 (meeting lasts about 2 hours)
- Where: Christus St. Vincent Holistic Wellness Center (490-B W Zia Rd)

## **'LET'S GROW!'**

### **EDUCATION SERIES FOR THE HOME GARDENER**

Join the Santa Fe Master Gardeners for two separate discussions in their 'Let's Grow!' monthly series to help you with your home gardening!

#### Fall Garden Prep – August 1st

Time to think about fall which is right around the corner...please visit the Xeric Garden at the SF County Fairgrounds Extension Office (3229 Rodeo Rd) on Saturday, August 1st from 10-11 a.m. Project leaders for this low maintenance, water conservative demo garden will discuss what to do in preparation for the fall season and how to do it.

#### Herb Harvesting & Propagation – August 29th

Join us for a visit to the Herb Garden at the SF County Fairgrounds (3229 Rodeo Rd) on Saturday, August 29th from 10 a.m. – 2 p.m. Following a brief tour and discussion with project leaders, each hour on the hour, participants may plant herb seeds, cuttings and divisions in pots to take home. For more information please visit [www.sfmga.org](http://www.sfmga.org).

## **SANTA FE COUNTY FAIR**

The 2015 County Fair kicks off Sunday, August 2nd at 9 a.m. with a horse show and Rodeo de Santa Fe at 3229 Rodeo Rd. For a complete list of events visit [www.santafecountynm.gov](http://www.santafecountynm.gov).

## **FREE BENEFITS COUNSELING AT MEG**

Do you have questions about your healthcare coverage, choices you need to make about your Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care? Or do you have issues regarding housing or need assistance with utility expenses? If so, Robert Meinershagen, a volunteer with over 13 years of experience in providing benefit counseling to seniors, is available to offer advice every Wednesday morning at the MEG Senior Center.

You must make an appointment ahead of time. To reserve a free individual session, call the MEG Center at 955-4721. If you are unable to make an appointment with Mr. Meinershagen, you may call the New Mexico Aging and disability Center at (505) 476-4846 or toll free at 1(800) 432-2080.

## **SAVVY CAREGIVER CLASS**

This is a free educational program for families and caregivers of those with memory loss, dementia, or Alzheimer's disease. For registration and information contact the Alzheimer's Association at 1-800-272-3901.

- Dates: Thursday, August 06, 2015  
Thursday, August 13, 2015  
Thursday, August 20, 2015  
Thursday, August 27, 2015
- Time: 1:00 p.m. – 3:00 p.m.
- Location: Alzheimer's Association Office (811 St. Michael's Dr.)

## **SOCIAL SECURITY Q&A**

Do you have questions about Social Security or Medicare? Rhonda Romero from the Social Security Administration will be at the MEG center on Wednesday, August 26th from 10:30 – 11:30 a.m. to answer questions and help people sign up for internet account access.

## **VOLUNTEER AT KINDRED SPIRITS PET HOSPICE**

A bookkeeper is needed 8-10 hours per month. Knowledge of QuickBooks and filing state and federal taxes is necessary. Must love old animals and work diligently on their behalf. Please send your resume and references to [kindredspiritsnm@earthlink.net](mailto:kindredspiritsnm@earthlink.net) or call (505) 471-5366.

*AT A GLANCE*

8/2015

It was a packed house at the MEG senior center during the June dance, which featured live music from Peter Vigil y Los Hermanos!



**SENIOR CENTER SUMMER BARBECUES – FUN AT PASATIEMPO AND VENTANA DE VIDA**  
Thank you to everyone who went out to the summer barbecues!



Enjoying the music of Frank Vigil and Josie at Pasatiempo





## 2<sup>nd</sup> End Hunger in New Mexico Summit

September 23-24, 2015  
Marriott Albuquerque  
Albuquerque, NM



### DID YOU KNOW?

- NM has the 2nd worst rates of poverty in the country— 1 in 5 people live below the poverty level.
- NM has the worst child hunger in the nation— 1 in 3 children do not have enough to eat.
- NM seniors are 2nd in the nation regarding food insecurity— last year over 30,000 seniors relied on food banks.
- Every day, 40,000 New Mexicans seek food assistance— 40% are children.
- 67,795—the number of additional meals needed every year to end hunger in New Mexico.

Brought to you by:  
New Mexico Cares Foundation, Inc.



North Central New Mexico  
Economic Development District  
Non-Metro Area Agency on Aging  
P.O. Box 5115  
3900 Paseo de Sol  
Santa Fe, NM 87502-5115  
Toll Free: 866-699-4927  
Direct: 505-395-2668

### HOW CAN YOU HELP?

- Volunteer at the Summit. Contact our office for details.
- Donate non-perishable food items for the food truck on September 21-25, 2015 at the Marriott Albuquerque (2101 Louisiana Blvd).
- Be a sponsor of the Hunger Summit. Go to [www.endnmhunger.com](http://www.endnmhunger.com) and look for the “Call for Partners and Presenters form.”
- Donate door prizes or items for our tote bags.
- Register for the Summit. Form is available on our website.

**Registration fee for all participants is \$20.00, plus a minimum of half a grocery bag of non-perishable food items. Deadline to register is September 4, 2015.**

**For more information or to help in one of the ways listed above, contact Dan Mitchell at 955-4744 or Dolores Gonzales at 505-395-2678. Also visit [www.endnmhunger.com](http://www.endnmhunger.com).**

## Santa Fe Senior Center: Canyonlands

**September 24 – October 1, 2015 (8 days round trip)**

For further information and reservations please contact:  
Cecilia Lopez 505-204-9527 OR Lilly Salazar 505-690-8873

### Day 1 – 24 Sept (Thurs) – Santa Fe – Monument Valley Area

Join your Tour Director this morning and depart for Monument Valley, where the weathering action of wind and water has carved the famous sandstone spires and towers that rise hundreds of feet above the valley floor. Your Tour Director is on hand this evening to answer any questions.

**Note:** Itinerary subject to departure at 8 am, from one central location in Santa Fe.

### Day 2 – 25 Sept (Fri) – Monument Valley – Lake Powell – Page

This morning, your 4-wheel-drive tour is a memorable way to experience Monument Valley. Then, head to Page and visit the Glen Canyon Dam, holding back the waters of the Colorado River in Lake Powell, the country's second-largest man-made lake. This afternoon, consider an optional Antelope Canyon cruise, which takes you onto the lake and into the tight, winding canyons.

### Day 3 – 26 Sept (Sat) – Page – Bryce Canyon National Park

Our optional early morning flight provides another unique perspective of Lake Powell. This beautiful sightseeing flight also includes Glen Canyon Dam, Wahweap Marina, Tower Butte, and Rainbow Bridge, the largest natural arch on Earth. Then, travel into Utah along the Grand Staircase to Bryce Canyon National Park. Bryce is famous for its unique geology; erosion has created bizarre shapes, including slot canyons, windows, fins, and spires called "hoodoos." Tinted with numerous colors, these rocks create a wondrous landscape. Make sure to have your camera on hand today! (Continental Breakfast)

### Day 4 – 27 Sept (Sun) – Bryce Canyon National Park – Zion National Park

"Zion" is an ancient Hebrew word meaning a place of refuge or sanctuary. Once a refuge for Mormon pioneers, Zion National Park's striking landscapes of steep canyons and stone towers carved out by rushing streams over millions of years will mesmerize you. There is plenty of time to explore the park; take the park shuttle, see the Visitor's Center and the museum, take a leisurely hike, bird watch, or join a park ranger to learn more about the animals, geology, plants, and human history. You'll stay overnight close to Zion National Park's borders.

### Day 5 – 28 Sept (Mon) – Zion National Park – Las Vegas

This morning begins with an orientation tour of St. George, the most important Mormon community in southern Utah. We continue to Las Vegas with a midafternoon arrival. Enjoy the evening at leisure. Your Tour Director is on hand to answer any questions.

### Day 6 – 29 Sept (Tues) – Las Vegas at leisure

Enjoy time at leisure to relax or do some independent exploring.

### Day 7 – 30 Sept (Wed) – Las Vegas – Grand Canyon area

Cross the desert and the old Mojave gold-strike country, passing through Williams on historic Route 66, and the Kaibab National Forest, to arrive in the Grand Canyon by mid-afternoon. Marvel at one of the Natural Wonders of the World as you experience breathtaking views of the Grand Canyon. There's plenty of free time to wander along the canyon rim. Overnight in Grand Canyon National Park.

### Day 8 – 01 Oct (Thurs) – Grand Canyon – Santa Fe

Depart this morning for Santa Fe, arriving in the early evening.

**Per person price based on double occupancy:**  
**\$1,299.00**

**Per person price based on single occupancy:**  
**\$1,699.00**

Price includes: land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director.

#### Hotels:

<b>Monument Valley area</b>	Kayenta Monument Valley Inn
<b>Page</b>	Quality Inn Page
<b>Bryce Canyon National Park</b>	Best Western Plus Ruby's Inn
<b>Zion National Park</b>	Best Western Zion Park Inn
<b>Las Vegas</b>	Harrah's Las Vegas (3 stars)
<b>Grand Canyon National Park</b>	Grand Canyon National Park Lodge

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

8/2015

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

### VENTANA DE VIDA KITCHEN ASSISTANT

A volunteer is needed in the kitchen at Ventana de Vida senior center M-F from 9 a.m. – 2 p.m. Duties include assisting the cook with packing and serving the food and minor clean up.

### MEG CENTER MEALS ASSISTANT

A volunteer is needed to help serve trays and assist with the salad bar M-F from 10 a.m. – 12:30 p.m. at the MEG senior center.

### VOLUNTEERS AT ESPERANZA SHELTER

Volunteers are needed to answer phones, direct calls and greet visitors. Shifts are available M-F between 9 a.m. and 5 p.m. Volunteers are also needed to help manage phone calls to the Shelter's emergency hotline. Training required.

### SOLACE CRISIS TREATMENT CENTER

Volunteers needed to assist people who may be experiencing distress, anxiety or other symptoms of traumatic stress. Volunteers will be trained to give a trauma informed response to the clients served.

#### Duties include:

- Answer phone calls in timely manner & transfer appropriately; directing all crisis calls to on-call staff advocate.
- Provide callers with information regarding available services for their needs.
- Greet everyone who walks through the door to help them feel comfortable/at ease.

#### Qualifications:

- An understanding & sensitivity to working with traumatized individuals.
- Positive attitude & professional demeanor.
- Excellent telephone & communication skills.
- Ability to maintain confidentiality regarding client & personnel issues.
- Must pass a criminal background check.
- Weekly commitment of 3+ hours/week for at least 6 months.

## RSVP volunteers born in AUGUST!



Agnes "Aggie" Cardenas	8/01	Beverly A. Ireland	8/14
Joyce M. Martinez	8/02	Jerre Fox	8/15
Judy Maes	8/04	Evelyn Jimenez-Iyow	8/15
Justo Quintana	8/04	Richard Pierson	8/15
Mike Amparan	8/05	Ingrid Chronis	8/16
Donald E. Bell	8/05	Lucille Martinez	8/16
Carolyn Minton	8/05	Gustav Kocsis	8/17
Carlos J. Ortiz	8/05	Louise J. Jackson	8/18
Roxanne Gonzalez	8/06	Jackie Cooper	8/19
Rose Marie Lenahan	8/06	Gail Takeshita	8/19
Barak Wolff	8/06	Corinne P. Willison	8/19
Ena Berglund	8/07	Bill Caperton	8/20
Annie L. Valdez	8/08	Ralph Nava	8/20
Ramona Griego	8/09	Pedro Garcia	8/22
Lee Leven	8/09	Frank Lucero	8/22
Dori Lynn	8/09	William Buchanan	8/23
Edward L. Gonzales	8/10	Dolores M. Brock	8/24
Rose Ortega	8/10	Angie P. Mireles	8/24
Lorraine Pike	8/10	Ernestine B. Hagman	8/27
Tonie Ann Gallegos	8/11	Cecilia Romero	8/27
Raymond L. Nichols Jr.	8/12	Beverly Hollander	8/30
Louie Bryant	8/13	Thomas Van Kampen	8/30
Arthur M. Gabaldon	8/13	Ben G. Martinez	8/31

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

# FGP/SCP Foster Grandparent / Senior Companion Programs

8/2015

## SHE WILL BE MISSED...



Rita Gallegos passed away on Monday, June 15, 2015. She is survived by her son Joe Quintana, sister Marcella Duran (Jose) and brother Luciano Sanchez (Jessie), as well as many nephews, nieces and other family members who cherished her. In her early years, Rita was a nurse and served in the U.S. Army for two years reaching the rank of Specialist Third Class.

Most recently, Rita was a member of the Foster Grandparent program, volunteering for the past six years mostly at Ramirez Thomas Elementary School. She was a dedicated volunteer who was loved and appreciated by the teachers and students there. She also had a wonderful group of friends and best friend Jane Sandoval whom she would meet up with at the Mary Esther Gonzales Senior Center for lunch. May she rest in peace.

## ATTENTION FOSTER GRANDPARENTS!

Is summer vacation over already? The first day of school for Foster Grandparents will be on Monday, August 24, 2015. It is standard to allow teachers one week with students before sending in our wonderful Foster Grandparents to volunteer. More details to follow at the August in-service.

## IN-SERVICE MEETING

On Tuesday, August 11, 2015, we will be having our monthly mandatory in-service meeting. The meeting will begin at 9:00 a.m. in the MEG Dining Room. You are not required to volunteer this day and should plan on attending the meeting instead.

## NOW RECRUITING FOSTER GRANDPARENT VOLUNTEERS FOR THE NEW SCHOOL YEAR

Are you ready to share today and shape tomorrow? As a Foster Grandparent, you're a role model, a mentor, and a friend. Serving at a Head Start or at a local public school – you help children learn to read, provide one-on-one tutoring, and guide children at a critical time in their lives. You give the kind of comfort and love that sets a child on a path toward a successful future. If you're at least 55 and want to share your experience and compassion, you might have what it takes to be a Foster Grandparent. You may qualify for a tax-free stipend, mileage reimbursement and many other benefits.

We are currently recruiting for the new school year and we have many volunteer stations to choose from. Volunteers are especially needed in the Head Starts.

When you volunteer, you're not just helping others – you're helping yourself! Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you to live longer and promotes a positive outlook on life!

If you are interested in becoming a Foster Grandparent volunteer, please call Melanie at (505) 955-4761.

## TRIVIA QUESTION

In what year did the Foster Grandparent Program begin as a pilot program, demonstrating that Americans of all ages who are willing to share their time could make a lasting impact on their community? The first FGP or SCP volunteer to give Melanie the correct answer will win a prize. Call or stop in.

## THE VOLUNTEER PROGRAMS WISH A VERY HAPPY BIRTHDAY TO OUR FGP AND SCP VOLUNTEERS BORN IN THE MONTH OF AUGUST

- |                  |      |
|------------------|------|
| • Genevieve Maes | 8/4  |
| • Ramona Griego  | 8/9  |
| • Bella Lucero   | 8/21 |



# FOSTER GRANDPARENTS

Share Today. Shape Tomorrow.

# ONGOING ACTIVITIES

8/2015

**All activities are open to registered seniors.**

**Most activities are free but some do request a small donation.**

**Schedule is subject to change.**

## Luisa Senior Center **955-4725**

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along (Spanish)	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

## Mary Esther Gonzales (MEG) Senior Center **955-4711**

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	8:00am-4:30pm
Guitar Class	Monday	9:00 am
EnhanceFitness	Mon, Wed & Fri.	9:30 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday	9:00 am
Nia Technique	1st & 3rd Tues.	3:00 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Chair Yoga	Thursday	1:00 pm
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Zumba Gold (low impact)	Tuesday	9:30 am
Oil Painting	Every other Tues.	1:30 pm

## Pasatiempo Senior Center **955-4725**

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga Practice	Mon. & Wed.	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Line Dance (Advanced)	Tues. & Thurs.	1:00 pm
Wood/Straw Applique	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Tuesday	8:30 am
Zumba Dance	Thursday	10:00 am

## Ventana de Vida Senior Center **955-4711**

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm

## Villa Consuelo Senior Center **955-4725**

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

## ART

Ventana-Class	Tuesday	1:00 pm
MEG-Oil painting	Every other Tues.	1:30 pm

## BINGO

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

## BRIDGE

Pasatiempo	Monday	12:30 pm
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## CERAMICS

Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

## COMPUTER - OPEN USE

MEG	Mon. - Fri.	8 am - 4:30 pm
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## FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm

## EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
Pasatiempo Yoga Practice	Mon. & Wed.	8:30 am
MEG Enhance Fitness	Mon, Wed & Fri.	9:30 am
MEG Nia Technique	1st & 3rd Tues.	3 - 4 pm
MEG Chair Yoga	Thursday	1:00 pm
MEG Zumba Gold (low impact)	Tuesday	9:30 am
Ventana Class	M/W/F	9:00 am

## TAI-CHI

MEG (beginner)	Mon. - Thurs.	8:15 am
Pasatiempo	Thursday	9:00 am

## GUITAR CLASS (Beginner)

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

## JEWELRY MAKING

MEG Center	Tuesday	9:00 am
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## SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
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## SING-ALONG

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm

## WOOD/STRAW APPLIQUÉ

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

**\* NOTE: Please print your name on our various sign-in sheets anytime you participate.**

# UPCOMING ACTIVITIES

8/2015

## MOVIE DAY AT THE MEG CENTER TUESDAY, AUGUST 25TH AT 1:00 P.M.

### "MY OLD LADY"

(2014 • PG-13 • 1 H 47 M)



Mathias Gold is a down-on-his-luck New Yorker who inherits a Parisian apartment from his estranged father. But when he arrives in France to sell the vast domicile, he's shocked to discover a live-in tenant who is not prepared to budge. His apartment is a viager - an ancient French real estate system with complex rules pertaining to its resale - and the feisty Englishwoman

Mathilde Girard, who has lived in the apartment with her daughter Chloé for many years, can by contract collect monthly payments from Mathias until her death.

## ZUMBA GOLD MEG CLASS

Classes for the month of August are as follows:

- August 4th 9:30 a.m.
- August 11th (no class)
- August 18th 9:30 a.m.
- August 25th 9:30 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 August are as follows at 10:00 a.m.

- Wednesday, August 5th MEG
- Wednesday, August 12th MEG
- Wednesday, August 26th Pasatiempo

The haircut sign-in sheet at the MEG center will be available in the reception area at 9:00 a.m.

## SENIOR SERVICES COMMITTEE MEETINGS

(Posted pursuant to the Open Meetings Act)

All meetings held at the MEG Senior Center during the month of August:

- Senior Olympics: 8/12/15 at 9:30 a.m.
- Transportation/Nutrition: No meeting in August
- Advisory Board: No meeting in August
- Travel Committee: 8/20/15 at 8:45 a.m.
- SAC Board: 8/20/15 at 10:00 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 in August.

Luisa – Thursday, August 6th	11-12 noon
Pasatiempo – Friday, August 7th	11-12 noon
Ventana – Thursday, August 13th	11-12 noon
MEG Center – Wed., August 19th	11-12 noon
Villa Consuelo – Thursday, August 27th	10-11 am

## AARP "SMART DRIVER" COURSE

Sign up today for the AARP Smart Driver course! Classes are held monthly in the dining room at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (check-in) to 5:00 p.m. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road.

New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the entire four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount. You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00, but if you are an AARP member the cost is only \$15.00; your AARP card or membership number must be presented the day of the class to receive the member price.

Please be prepared as temperatures fluctuate in the dining room, so it is recommended that you dress in layers. The number of participants for each class will be limited to 30 individuals. To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

- August 11th Don Blossom 984-9995
- September 8th Don Blossom 984-9995

## LET'S CELEBRATE YOUR BIRTHDAY

Humana will serve cake on Wednesday, August 5th at the MEG senior center in honor of all the August birthdays.





## UPCOMING ACTIVITIES

### **NIA TECHNIQUE ON 1ST & 3RD TUESDAYS** <sup>8/2015</sup> **HEALTH FAIR AT MEG SENIOR CENTER**

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

- August 4th 3:00 p.m.
- August 18th 3:00 p.m.

### **MyCD SIX-WEEK PROGRAM AT MEG THE ROAD TO HEALTH WITH MY CHRONIC DISEASE**

This six-week class which started on July 27th continues on Mondays and is free. Participants receive a copy of the book "Living a Healthy Life with Chronic Conditions" and a CD called "Relaxation for Mind and Body".

People with Chronic health challenges along with their family, friends, and caregivers are invited to attend. Two facilitators who themselves have chronic health challenges run the six-week class. Join this class to get support from others and learn new ways to cope with chronic challenges. This program started at Stanford University and has spread around the world. Sign up now by calling Lugi at 955-4711. Classes will take place on Mondays from 12:30 to 3:00 p.m. at the MEG senior center (1121 Alto Street) Board Room as follows:

Monday, August 3rd	12:30 - 3:00 p.m.
Monday, August 10th	12:30 - 3:00 p.m.
Monday, August 17th	12:30 - 3:00 p.m.
Monday, August 24th	12:30 - 3:00 p.m.
Monday, August 31st	12:30 - 3:00 p.m.

### **MEG OIL PAINTING CLASS**

Our very talented instructor returns to teach oil painting on Tuesday, August 11th at the MEG Center Arts & Crafts room. Class begins at 1:30 p.m. and classes will be every other Tuesday.

### **WEEKEND BINGO AT LUISA**

The Luisa Senior Center (1500 Luisa St) will be hosting a Bingo on Sunday, August 16, 2015 from 1:00 p.m.–4:00 p.m. There is a \$100 jackpot guarantee and everyone is welcome!

- \$12.00 for package
- Four specials at \$1.00 each
- \$2.00 jackpot

### **CHESS AT LUISA AUGUST 4TH FROM 1-3 P.M.**

Chess class given by Anton Gosson – he is very helpful and patient with students. Check it out!

Please join us on Wednesday, September 2nd for a Health Fair at the MEG Senior Center dining room (back area) from 9:30 a.m. to 1:00 p.m. There will be various health agencies participating in this fun event. Hope to see you there!



### **INTERNATIONAL FOLK DANCING AT MEG CENTER**

Volunteer Instructor Harvey Gardner will be teaching International Folk Dancing at the MEG Senior Center every Thursday in August.

Folk dancing is more fun than a treadmill and excellent exercise for brain, balance, muscle and mood. A typical session consists of 12 mostly easy-to-learn folk dances and instructions are given for every dance. For most dances we hold hands in a circle performing non-gymnastic steps (no twirling) to the rhythms of fascinating music from around the world (including the USA). No partner or prior experience is needed. Of course, experienced folk dancers are most welcome. Come watch us in action to see if this internationally embraced dance form is right for you! As we will be dancing on a tile floor, please consider wearing well-cushioned shoes. To see what folk dancing looks like, do a Google search on "FOLK DANCE SCOV YOUTUBE."

The classes will be from 9:30 to 10:30 a.m. in the back area of the dining room. The five sessions will be held on the following days:

- Thursday, August 6th
- Thursday, August 13th
- Thursday, August 20th
- Thursday, August 27th
- Thursday, September 3rd

### **YOGA IN A CHAIR**

The yoga in a chair class scheduled for Thursday at 1:30 p.m. at the MEG senior center has been cancelled. Class will resume in October. Sorry for the inconvenience.

# UPCOMING ACTIVITIES

8/2015

## 2015 EXCURSIONS

For additional information on these trips, please call Don Bell at 982-2707 after 5:30 p.m. Space reserved upon payment received.

**Note:** Make checks payable to SAC (Senior Activity Corporation) and mail to Don Bell, 110 Mesa Vista, Santa Fe, NM 87501.

(FYI – dates and prices are subject to change)

Saturday, August 15th

### Rio Grande Nature Center

Cost is \$20 per person – meals on your own.

Thursday, October 8th

### Albuquerque International Balloon Fiesta

Cost is \$20 per person – breakfast on your own.

Saturday, October 10th

### Chama Trip

Cost is \$120 per person with lunch included.

Friday, November 20 – Saturday, November 21st

### Bosque del Apache Bird Refuge

Cost is \$95 double occupancy only. No single rooms.

Thursday, December 10th

### River of Lights

Cost is \$20 per person – dinner on your own.

## DSS STATE FAIR TRIP

It's time to plan our annual trip to the New Mexico State Fair! We will be going on Monday, September 14th for "Senior Day at the Fair" and on Tuesday, September 15th for "Military/Veteran Appreciation Day." The bus will depart from the MEG Center at 9:00 a.m. and return at 3:30 p.m.

The suggested donation for the bus is \$5.00 and admission to the Fair is \$7.00. Please call Cristina Villa at 955-4725 to reserve your spot.

## DAY TRIP TO THE BOTANIC GARDEN & AQUARIUM

Join us for a trip to the ABQ BioPark Botanic Garden and Aquarium on Thursday, August 20th. We will be departing the MEG center at 9:00 a.m. There is a suggested \$5.00 donation for the bus ride. Please bring a sack lunch or some money to eat at the Park. Entrance fee is \$4.50 per senior. Don't forget to wear comfortable shoes! To sign up, please call Cristina at 955-4725.

## SANTA FE FIESTA ROYALTY AT MEG

Join us on Wednesday, September 2nd from 12:30-1:30 p.m. when Santa Fe Fiesta Royalty visits the MEG center. Don't miss it!

**Note:** MEG lunch will be green chile chicken enchiladas this day.

## FIESTA DANCE *Que viva la Fiesta!*

Join us at the annual Fiesta Dance on Thursday, September 3rd at the Fraternal Order of Eagles (833 Early St). The dance will be from 1-4 p.m. and admission is \$2. There will be live music by Camino Oscuro and don't miss the Santa Fe Fiesta Royalty from 1-2 p.m. This dance is sponsored by the Luisa Senior Center.

## FIESTACITA AT PASATIEMPO

Join the Santa Fe Fiesta celebration at the Pasatiempo Senior Center (664 Alta Vista St) on Thursday, September 10th. Enjoy live Mariachi music from 11 a.m.-2 p.m. and a visit with Don Diego de Vargas and his Cuadrilla and la Reina and her Princesas between 11-11:45 a.m. Refreshments will be served and, as always, this is a free event. See you there!

## MOVIE DAY AT LUISA SENIOR CENTER WEDNESDAY, AUGUST 19TH AT 1:00 P.M. "BLACK OR WHITE"

(2014 • PG-13 • 2 HR 1 MIN)

Attorney Elliot Anderson is widowed after the car-crash death of his wife. Elliot has raised his biracial granddaughter, Eloise, since his daughter died in childbirth. As he struggles with his grief, Elliot's world is turned upside-down when the child's African-American grandmother, Rowena, demands that Eloise be brought under the care of her father, Reggie, a drug addict who Elliot blames for the negligence that led to the death of his own daughter. Elliot finds himself deeply entrenched in a custody battle and will stop at nothing to keep his granddaughter from coming under the watch of his reckless son-in-law.



## POPCORN & ICE CREAM SOCIALS

MEG Center:

Popcorn Tuesday, 8/4 & Thursday, 8/27  
Ice Cream Thursday, 8/6 & Tuesday, 8/18

Luisa:

Ice Cream Wednesday, 8/5 & 8/12

Pasatiempo:

Ice Cream Friday, 8/21 & 8/28



# HEALTH & SAFETY

8/2015

## Palliative Care and Hospice

*By Senior Dorothea Dante*

In the February, 2015 issue of the Senior Scene, Jacob Gonzales, R.N., a hospice nurse associated with the Del Corazon Hospice in Santa Fe, explained what hospice care is all about. It was a comfort to know about the loving care and pain free peace at the end of life. Palliative care is a real blessing too and Jan Jahner, Coordinator for this program at St. Vincent Regional Medical Center, explains that it reaches a larger population and keeps those who are seriously ill pain free and comfortable.

During a second visit with Jacob, I asked him how palliative care and hospice relate to each other. He explained, "Palliative Care is not long-term. When the hospital can do no more and the patient still needs medical care, they are sent to a nursing home where medical care continues. If the illness becomes terminal and hospice only takes care of terminal patients, the primary doctor contacts hospice and explains to the patient the information relating to the terminal illness. The patient then is taken care of by hospice." It is important for the patient to know that they can choose the hospice that they would like if it is different from the primary care doctor's choice. It is a good idea to look into the Hospice Programs and learn about them.

I asked Jacob about the primary care doctor. Should every patient have one? He answered, "Yes. I highly recommend that all patients have a primary doctor who will play a very important role in end of life care."

Next comes a sensitive question – what if a patient has a strong will and fights against dying? Jacob said, "The body will begin shutting down as nature takes its course. When it is completed, the patient will die."

Thank you for your helpful comments on end of life care and please give us any closing comments. Jacob said, "During the past 25 years, there has been a big improvement in end-of-life care and things continue to improve so you can take comfort in this, and remember we will always be there for you."

Thank you for your kindness in sharing this information with us. We hope to visit with you again.



**Jacob J. Gonzales, R.N.**  
**Hospice Nurse**

# SENIOR OLYMPICS

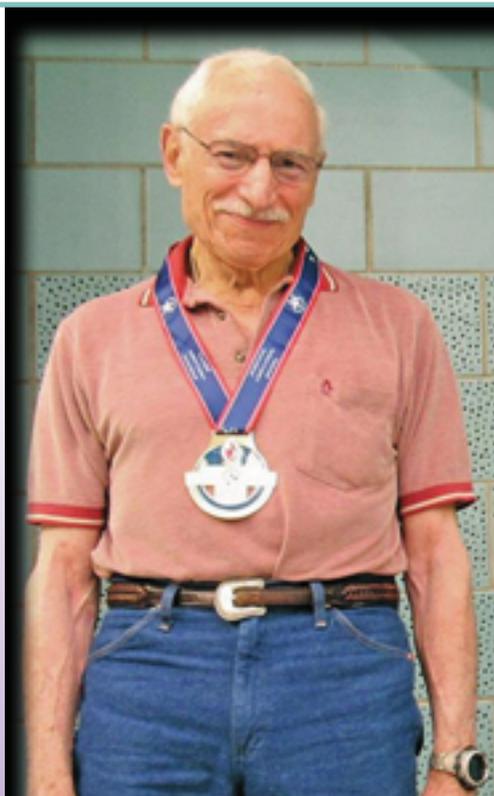
8/2015

**Congratulations to the Santa Fe Senior Olympic athletes who competed in the State and National games!**

## NATIONAL GAMES FIVE SENIOR ATHLETES BROUGHT HOME MEDALS



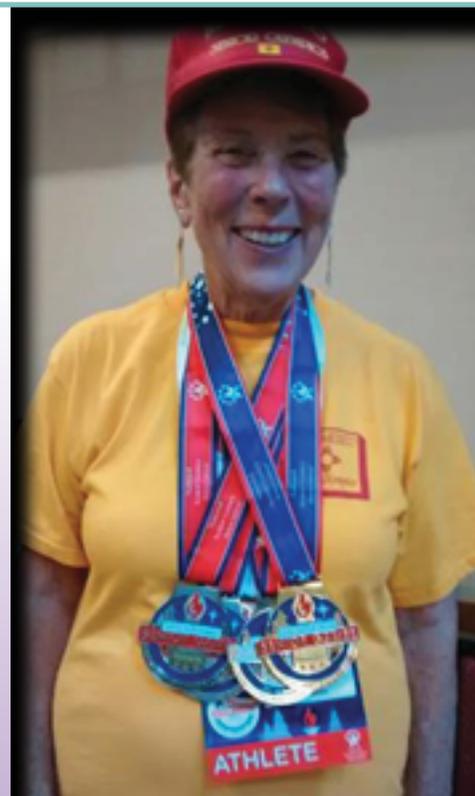
**Arlene Mayer of Santa Fe (far left) with her basket ball team the Albuquerque Cruisin' Big Dogs took gold at Nationals.**



**Harvey Taylor won gold in 100 free style swimming.**



**John Miles (left) and Joe Roybal (right) took gold in men's bowling doubles.**



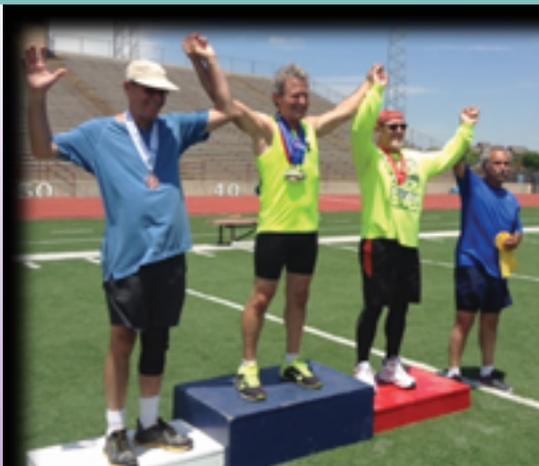
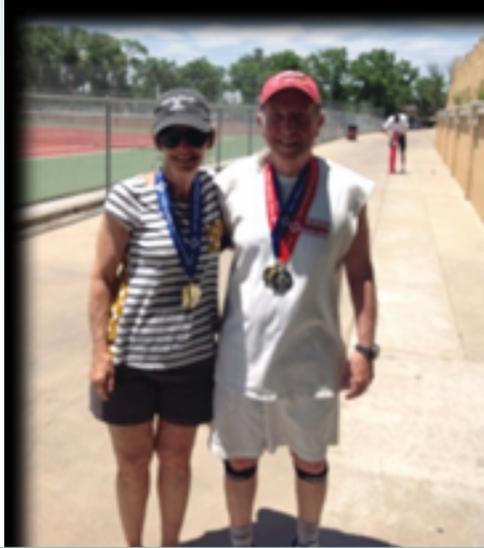
**Ann Aceves won 4 medals.**

# SENIOR OLYMPICS

8/2015

## STATE GAMES

68 SENIOR OLYMPIC ATHLETES FROM SANTA FE COMPETED IN THE 2015 STATE GAMES IN ROSWELL, NM AND BROUGHT HOME AN IMPRESSIVE 182 MEDALS!



# PUZZLE

8/2015

## PUZZLE 23

### ACROSS

1. Fairway shout
5. Oscillated
10. Attaches
14. Timeworn
15. Blooper
16. Cop's round
17. Skillful
18. Piano adornment
20. Moray
21. Young dogs
22. Gossip, in Toronto
23. Arab titles of honor
25. Hatteras, e.g.
26. Obscure
28. Lather

29. \_\_\_\_\_ Bernardino
32. Our: Fr.
33. Trio
35. Actor Skinner
36. Stains
37. Asset
38. Thingumajig
40. Drinker's salute
41. Marine bird
42. Low islands
43. Coasts
44. Single: pref.
45. Grain husks
46. Baby
49. Actor Alda
50. Chemist's workplace, for short

53. Car light
55. Baseball's Ruth
56. Increases, of old
57. \_\_\_\_\_ nous
58. Spheres
59. Allot
60. Tricks
61. Carrots' companions

### DOWN

1. Wane
2. Double curve
3. Mirror image
4. New York clock abbreviation
5. Protected
6. Outdoor garments
7. Large vases
8. Sleeper's land

9. Small explosives
10. Subside
11. Liability
12. Challenge
13. Play the leading role
19. Failure
21. Ache
24. Swamp
25. Larry and Moe's pal
26. Voltaic cell terminal
27. Helicopter part
28. Recoils
29. Sun eruption
30. Divert
31. Hornets' homes
33. Asian capital
34. Parody
36. More insufficient
39. Church images
40. Comparative word
43. Stratified rocks
44. Parsonage
45. \_\_\_\_\_ Boothe Luce
46. Piece of news
47. Cook in the microwave
48. Stew
49. Industrious insects
51. Swedish pop quartet
52. "Porgy and \_\_\_\_\_"
54. Wildebeest
55. Form of modern jazz

1	2	3	4		5	6	7	8	9		10	11	12	13
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53						54					55			
56					57						58			
59					60						61			



**PUZZLE**

8/2015

# *A Little Bungalow*

7

The first bungalow-style homes appeared in the U.S. in the 1880s but peaked in popularity in the 1920s. The small, narrow homes named for the thatched dwellings in India were so popular, in fact, that enterprising individuals could mail-order bungalow kits and build their own tropics-inspired dream house!

Solution on page 137

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> ARCHITECTURE      | <input type="checkbox"/> DINING room     | <input type="checkbox"/> GABLED roof            |
| <input type="checkbox"/> BEAMED ceilings   | <input type="checkbox"/> DOORS           | <input type="checkbox"/> HIPPED roof            |
| <input type="checkbox"/> BEDROOMS          | <input type="checkbox"/> EAVES           | <input type="checkbox"/> HOME                   |
| <input type="checkbox"/> BUILT-IN cabinets | <input type="checkbox"/> EXPOSED rafters | <input type="checkbox"/> KITCHEN                |
| <input type="checkbox"/> COLUMNS           | <input type="checkbox"/> FEATURES        | <input type="checkbox"/> LARGE windows          |
| <input type="checkbox"/> DESIGN            | <input type="checkbox"/> FIREPLACE       | <input type="checkbox"/> LIVING room            |
| S O F V K B N B E X P O S E D              |  | <input type="checkbox"/> LOW-PITCHED roof       |
| H G S E V A E R U R F W E D E              |  | <input type="checkbox"/> ONE AND A HALF stories |
| X C N X R D P A A I L U A E L              |  | <input type="checkbox"/> OPEN floor plan        |
| W F R I R U O C M L L A A S B              |  | <input type="checkbox"/> POPULAR                |
| A M S O V S T Y L E U T R I A              |  | <input type="checkbox"/> PORCH                  |
| I L O W P I T C H E D P I G G              |  | <input type="checkbox"/> PRACTICAL              |
| N M N E C A L P E R I F O N E              |  | <input type="checkbox"/> RECTANGULAR            |
| S C R A L U G N A T C E R P S              |  | <input type="checkbox"/> SLOPING roof           |
| C N L G S N O I T A I R A V E              |  | <input type="checkbox"/> STYLE                  |
| O N E A N D A H A L F H L X R              |  | <input type="checkbox"/> VARIATIONS             |
| T S V H E I M C W E A H C V U              |  | <input type="checkbox"/> WAINSCOTING            |
| I W W P C F P E A K N N O R T              |  | <input type="checkbox"/> WALLS                  |
| N C P C K T C O L U M N S M A              |  |   |
| G I G N I N I D L R A S T H E              |  |   |
| H T K O W C R K S S R O O D F              |  |   |

PUZZLE ANSWERS

8/2015

PUZZLE 23

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

7

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

# BREAKFAST MENU

8/2015

**DID YOU KNOW? YOU CAN NOW STOP BY VENTANA DE VIDA SENIOR CENTER FOR BREAKFAST!**

Breakfast is served Monday – Friday, 7:30-8:30 a.m. at MEG, Luisa and Pasatiempo Senior Centers. There is a suggested donation of \$1 for seniors 60 and over, and a \$5.42 fee for non-seniors (59 years of age or younger).

Please print your name on our various sign-in sheets when eating a meal at any of the centers.

**\*Note: Milk is served with every meal.**

3rd	Huevos Rancheros – egg, cheese, red chile, beans, corn tortilla
4th	Breakfast Burrito – sausage, cheese, green chile, margarine
5th	Boiled eggs, tomato juice, hot oatmeal, margarine
6th	Scrambled egg, French toast, maple syrup, tomato juice
7th	Sausage, cheese, salsa, potatoes, roll, margarine
10th	Scrambled egg, cheese, salsa, hash browns, bacon, roll
11th	Pancakes, maple syrup, sausage patty, tomato juice
12th	Scrambled egg, cheese, green chile, potatoes, toast, margarine
13th	Scrambled egg, hot oatmeal, roll, margarine, tomato juice
14th	Breakfast Burrito – scrambled egg, cheese, bacon, red chile, margarine
17th	Grilled ham, red chile, hash browns, tortilla, margarine
18th	Breakfast Burrito – sausage, cheese, salsa, potatoes, margarine
19th	Waffles, maple syrup, scrambled egg, tomato juice
20th	Breakfast biscuit – sausage, cheese, margarine, salsa
21st	Grilled ham & peppers, small roll, margarine
24th	Diced ham, potatoes, salsa, jelly
25th	Sausage patty, cheese, green chile, hash browns, roll, margarine
26th	Breakfast Burrito – scrambled egg, cheese, red chile, bacon
27th	Scrambled egg, sausage, hash browns, roll, margarine, tomato juice
28th	Breakfast Biscuit – sausage, cheese, margarine, tomato juice
31st	Scrambled egg, salsa, potatoes, toast, margarine

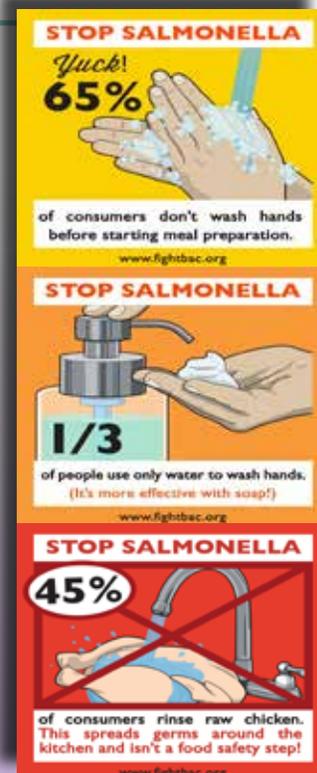
## FIGHT BAC (bacteria) – Stop Salmonella

*(Information from the Partnership for Food Safety Education)*

The CDC estimates 1.2 million illnesses and 450 deaths occur due to non-typhoidal Salmonella each year in the United States. Children are at the highest risk for Salmonella infection and illnesses caused by Salmonella spike in the summer. Outbreaks have been linked to a variety of food items from raw produce to frozen processed foods, so remember these 4 basic consumer practices important to reducing risk of Salmonellosis and other foodborne illnesses: clean, separate, cook, and chill.

Consumers know handwashing is important, but don't always follow the rules. You should wash your hands with water and soap for at least 20 seconds before and after handling food, as well as after using the bathroom, changing diapers, and handling pets. Handwashing is one of the most effective and inexpensive ways to reduce the risk of food poisoning.

You should not rinse your chicken – this spreads germs around the kitchen and it is not a food safety step! Cooking to 165°F is the only kill step you need, and remember to keep meat and poultry and their juices away from ready-to-eat foods. Also, using a food thermometer helps you to know if your meat and poultry is cooked to a safe temperature. For more information visit [www.fightbac.org](http://www.fightbac.org).



# SENIOR CENTER LUNCH MENU

AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Bean Burrito w/Green Chile Sauce Spanish Rice Salsa Corn Green Salad w/ Dressing Baked Spiced Apples</p>	<p><b>4</b></p> <p>Roast Beef Mashed Potatoes w/Brown Gravy Steamed Green Beans Wheat Roll White Cake</p>	<p><b>5</b></p> <p>Baked Ham Baked Yams Steamed Broccoli Wheat Roll w/ Margarine Chilled Plums</p>	<p><b>6</b></p> <p>Baked Chicken Breast w/Veggie Sauce Steamed White Rice Steamed Spinach Wheat Roll w/Margarine Chilled Tropical Fruit</p>	<p><b>7</b></p> <p>Beef Stroganoff w/Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/Chilled Pears</p>
<p><b>10</b></p> <p>Green Chile Hamburger Stew Tossed Salad w/Dressing Cornbread w/ Margarine Peanut Butter Cookie</p>	<p><b>11</b></p> <p>Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/Peaches</p>	<p><b>12</b></p> <p>Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing Whole Wheat Roll w/Margarine Apple Cobbler</p>	<p><b>13</b></p> <p>Meatloaf Scalloped Potatoes Steamed Green Beans Wheat Roll w/Margarine Strawberry Shortcake</p>	<p><b>14</b></p> <p>Baked Chicken Wild Rice Carrot and Raisin Salad Biscuit w/Margarine Mandarin Oranges</p>
<p><b>17</b></p> <p>Baked Fish Fillet w/Tartar Sauce Parsley Potatoes Creamy Coleslaw Wheat Roll Chocolate Pudding</p>	<p><b>18</b></p> <p>Beef Tips w/Rice Steamed Broccoli Green Salad w/ Dressing Wheat Roll w/Margarine Chilled Pears</p>	<p><b>19</b></p> <p>Hot Turkey Sandwich w/Turkey Gravy Baked Sweet Potatoes Broccoli w/Cheese Cranberry Topping Jell-O</p>	<p><b>20</b></p> <p>Chicken Fettuccini w/Alfredo Sauce Carrots &amp; Peppers Garlic Bread Chilled Tropical Fruit</p>	<p><b>21</b></p> <p>Red Chile Beef Enchiladas Pinto Beans Spanish Rice Vanilla Pudding</p>
<p><b>24</b></p> <p>Chicken Salad Creamy Coleslaw Glazed Carrots Crackers Cherry Cobbler</p>	<p><b>25</b></p> <p>Beef Chalupa w/Garnish &amp; Salsa Fiesta Salad Chilled Fruit Cocktail</p>	<p><b>26</b></p> <p>Baked Chicken w/Noodles and Alfredo Sauce Buttered Steamed Carrots Whole Wheat Roll Fresh Orange</p>	<p><b>27</b></p> <p>Pork Posole w/Red Chile Spinach Salad Pinto Beans &amp; Tortilla Strawberry &amp; Peaches Peanut Butter Cookie</p>	<p><b>28</b></p> <p>Spaghetti w/Meat Sauce Steamed Green Beans Green Salad w/ Dressing Garlic Bread Jell-O w/ Pears</p>
<p><b>31</b></p> <p>Chile Con Carne Grilled New Potatoes Steamed Cabbage Wheat Roll Chilled Peaches</p>	<p><b>SEPT. 1</b></p> <p>Beef Steak Topped w/ Veggie Melody Pinto Beans Tossed Salad w/Dressing Strawberry Shortcake</p>	<p><b>SEPT. 2</b></p> <p>Glazed Ham Buttered Mashed Potatoes Steamed Green Beans Wheat Roll w/Margarine Sugar Cookie</p>	<p><b>SEPT. 3</b></p> <p>Chicken Taco w/Garnish Pinto Beans Calabacitas Jell-O w/Mixed Fruit</p>	<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>Note: Milk is served with every lunch meal</p>

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

Non-Senior (59 years of age or younger) Mandatory Meal Fee: Breakfast \$5.42 and Lunch \$5.42

Lunch is Served at: MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers  
11:00am -- 12:30pm Monday through Friday

Please print your name on our various sign-in sheets when eating a meal at any of the centers.

City of Santa Fe

# Senior Center Locations



## Legend

-  City Senior Center Location
-  Down Town
-  City Limits

**Mary Esther Gonzales (MEG)**  
**(505) 955-4721**  
**1121 Alto Street**

**Pasatiempo**  
**(505) 955-6433**  
**664 Alta Vista Street**

**Ventana de Vida**  
**(505) 955-6731**  
**1500 Pacheco Street**

**Luisa**  
**(505) 955-4717**  
**1500 Luisa Street**  
**(entrance on Columbia St)**

**Villa Consuelo**  
**(505) 474-5431**  
**1200 Camino Consuelo**

