

# THE SENIOR SCENE

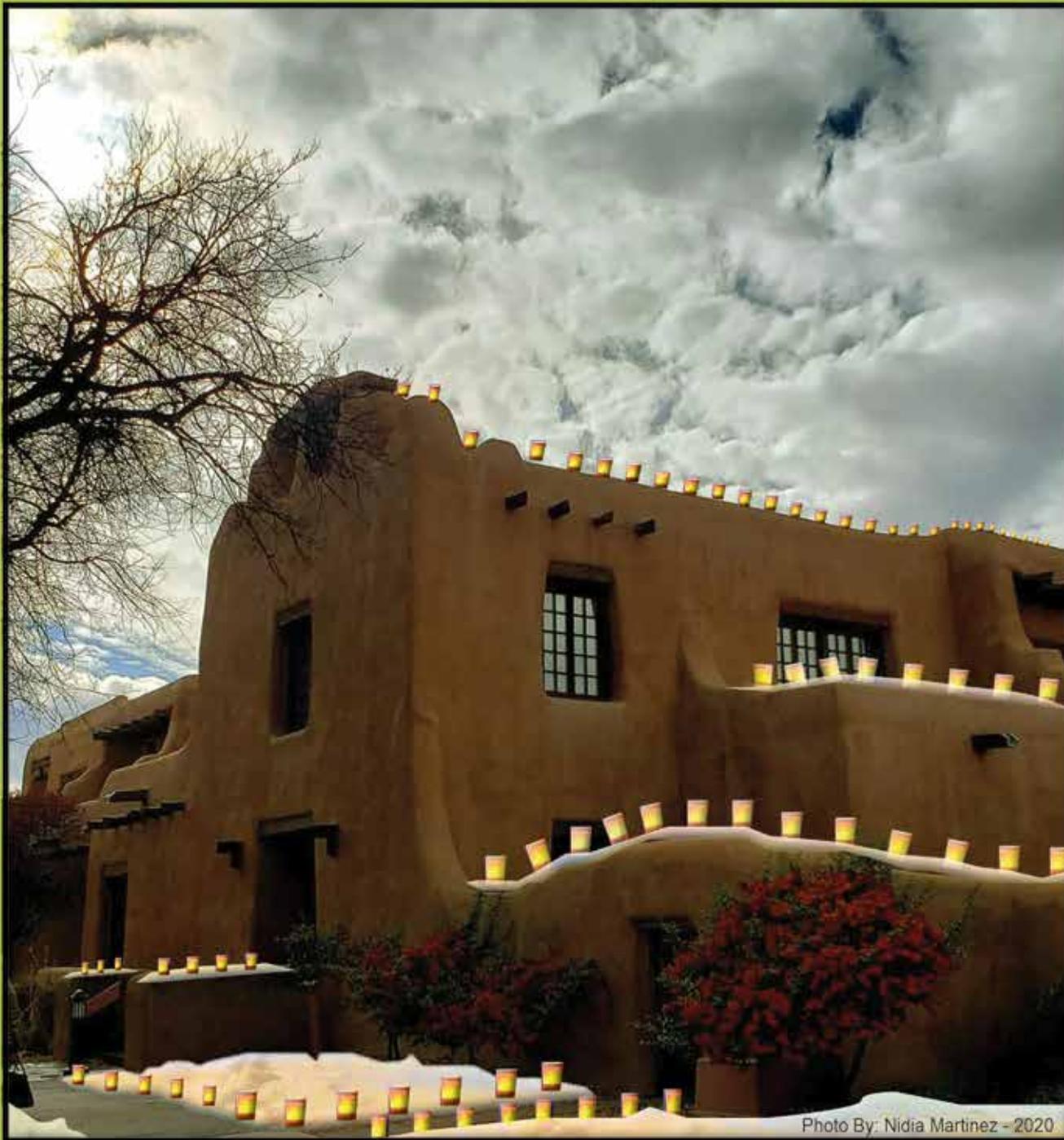


Photo By: Nidia Martinez - 2020



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

DECEMBER  
2020

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

## CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501  
DECEMBER 2020

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

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

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

### PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

<b>Front Desk Reception</b>	<b>(505) 955-4721</b>	<b>In Home Support Services:</b>	
Toll-Free Administration Line	(866) 824-8714	<b>Homemaker and Respite Care,</b>	
<b>Gino Rinaldi, DSS Director</b>	955-4710	Theresa Trujillo, Program Supervisor	955-4745
<b>Administration</b>		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Katie Ortiz, Clerk Typist	955-4746
Cara Alunno, Receptionist	955-4741	<b>Foster Grandparent/Senior Companion Program</b>	
FAX Machine - Administration	955-4797	Vacant, Volunteer Prog. Manager	955-4761
<b>Senior Services Registration</b>		Anya Alarid, Project Administrator	955-4744
Vacant, Database Specialist	955-4722	<b>Retired Senior Volunteer Program (RSVP)</b>	
<b>Transportation Ride Reservations</b>	<b>955-4700</b>	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	Marisa Romero, Program Coordinator	955-4743
Erika Cuellar, Administrative Assistant	955-4702	<b>50+ Senior Olympics</b>	
<b>Nutrition</b>		Cristina Villa, Program Coordinator	795-3817
Yvette Sweeney, Program Manager	955-4739	<b>Miscellaneous</b>	
Enrique DeLora, Inventory Supervisor	955-4750	Craft Room	Not in service
Tebrina Roibal, Administrative Assistant	955-4749	Pool (Billiard) Room	955-4730
FAX Machine - Nutrition	955-4794	<b>Other Important Numbers</b>	
<b>Meals On Wheels (for homebound individuals)</b>		Santa Fe Civic Housing Authority	988-2859
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe County Information	992-3069
<b>Senior Center Programming (Activities)</b>		<b>Newsletter Production</b>	
Lugi Gonzales, Center Program Manager	955-4711	Kristin Slater-Huff, Editor/Distribution	955-4760
Albert Chavez, Program Coordinator	955-4715	<b><a href="mailto:kwslater-huff@santafenm.gov">kwslater-huff@santafenm.gov</a></b>	
Mary Esther Gonzales (MEG), Ventana de Vida		Gil Martinez, Graphic Artist	
Cristina Villa, Program Coordinator	955-4725	Linda Miller, Proofreader	
Luisa, Pasatiempo, Villa Consuelo			

# By Gino

A message from the Division Director



As I sit here thinking about what quotes to use, I am also thinking about the pandemic and the newest restrictions, bummer. I found two:

“Do not judge me by my success, judge me by how many times I fell down and got up again” – Nelson Mandela.

“Don’t despair: despair suggests you are in total control and know what is coming. You don’t – surrender to events with hope.” – Alain de Botton

The new restrictions won’t change what we are currently doing. We will continue to provide weekly home-delivered meals and curbside meals, limited transportation, wellness checks, assessment updates, food boxes, and a lovely newsletter. I hope we can get back to normal, but I am not sure. For now we will do the best we can. You might notice our little tent for the curbside meals. This is to keep the staff out of the elements.



I want to thank folks for their donations. Everything helps and it goes right back into the program. Also, please make sure to thank the staff for the great things they do. They are the greatest folks doing great things every day.

Remember to please keep your distance from our staff as they deliver or hand you (curbside) your meals. We are trying to keep everybody safe - us too.

I would like to give a special offer of gratitude to our dear Melanie Montoya the Volunteer Program Manager. After over 25 years with the City of Santa Fe and 17 with Senior Services, she has decided to retire. Melanie, we are sure going to miss you and wish you well on your next adventure.

And I want to encourage all of you to stay safe and remain vigilant. COVID-19 has ramped up and everyone needs to do their part to protect each other.

Happy holidays!

The staff at Senior Services would like to wish each of you a joyous and peaceful holiday season. Due to COVID-19, we felt it would be safer to have one person sign everyone's names. Please understand that our hearts go out to you, even if our personal signatures cannot.

Anya Harid  
Cara Alunno  
Cathy Anaya  
Tammy Anderson  
Sofia Barefoot  
Carol Blankenship  
Delilah Cde Vaca  
Debbie Cardiel-Griego  
Saul Carta  
Louie Chavez  
Willie Chavez  
Erika Cuellar  
Danne Dean  
Enrique Delora  
Raymond Dominguez  
Michael Franco  
Darlene George  
Anjelica Gonzales  
Lugi Gonzales  
David Kennedy  
Chris Lucero  
Jose Lujan  
Lisa Maestas  
Wesley Martinez  
Lee Mendida  
Carlos Mendonca  
Cristy Montoya  
Melanie Montoya

Yessenia Ornelas  
Manuel Padilla  
Linda Quesada-Ortiz  
Eugene Rinaldi  
Monique Rodriguez  
Tebrina Roibal  
Gilbert Romero  
Marisa Romero  
Sharon Romero  
Orlando Roybal  
Gerard Sanchez  
Mark Sanchez  
Carlos Sandoval  
Kristin Slater-Huff  
Yvette Sweeney  
Brenda Tapia  
Johnathan Toyak  
Theresa Trujillo  
Valerie Trujillo  
Jolene Ulibarri  
Kathleen Vargas  
Margarita Vargas-Ogas  
John Vigil  
Cristina Villa  
Wanda Wright

# NEWS & VIEWS

DECEMBER 2020

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

## Upcoming Closures

All City of Santa Fe offices and facilities will be closed on **Friday, December 25th and on Friday, January 1st**. There will be no meals on either day, but an extra frozen meal will be offered along with the hot meal on December 24th and December 31st. Curbside meals will be served 10:00 – 11:30 a.m. on December 24th and 31st.

**Note: Curbside meal service may be suspended** when the weather is particularly cold or snowy. Please call (505) 955-4721 to confirm service.

## Property Tax Payment

The County Treasurer's office cancelled their outreach on November 20th, due to the Governor's COVID restrictions. Unless restrictions are extended, they will hold the next scheduled event at the M.E.G. Center on December 4th 10:30a.m. – 1:00 p.m.



Please call 955-4711 to confirm their attendance.

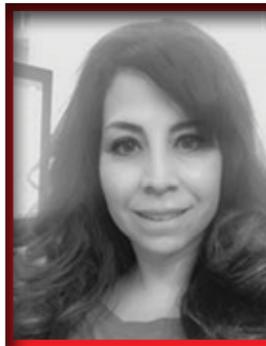
To pay your property tax, you must enter through the gate outside the exercise room by the park, rather than the front doors. Anyone entering the building must wear a mask and will have their temperature taken and be asked the standard COVID-spread prevention questions.

## Practical Winter Ice Solution

Anita Stalter Tapley wants to remind you to be prepared for winter ice. She suggests carrying recycled water bottles filled with sand from any arroyo or sandy area in your yard. Keep one in your purse, a couple in your car, and some by your front door. Whenever you encounter ice on the ground, just unscrew the lid and sprinkle some sand before you step. It could make all the difference between a safe, pleasant winter, and a fall that could break a bone. Plan ahead, for your own sake.



## Transition for FGP & SCP Volunteer Programs



### From Melanie Montoya:

"After working for the Division of Senior Services for over 17 years and working for the City of Santa Fe 25 ½ years, I have decided that it is the perfect time to retire my position as the Program Manager for the Foster Grandparent and Senior Companion Volunteer Programs. The main reason

for my decision is that I am going to be a grandma at the end of December and I want to be available to help my daughter and her family with the baby as they flourish in their careers. This is a bittersweet goodbye as I have enjoyed my job and working with each and every one of "my" volunteers. Rest assured that Director Gino Rinaldi and Anya Alarid will support the programs and make sure that they continue for many years to come."



### From Anya Alarid:

"Hello Senior Citizens of Santa Fe! I would like to formally introduce myself (sorry it took 9 months to do so, because we closed the senior centers). I am the new Project Administrator for DSS. I am a native Santa Fean and previously worked for 17 years with the Parks and Recreation

Department. I started working for the City right out of High School and obtained a Bachelor's Degree in Business Administration from NM Highlands University while working full time and raising three beautiful daughters. The past two years I worked in Special Events and administered programs like the beloved Holiday Tree Lighting Ceremony on the Plaza, Veterans Day Parade, and Southside Summer. I thoroughly enjoy working with the public and can't wait to be able to interact with you all when the time comes for us to be together once again."

# NEWS & VIEWS

DECEMBER 2020

## Send Us Photos from Your COVID Life

Everyone misses seeing everyone else, during COVID isolation. Several times since we closed the senior centers in March, we have published pictures of DSS staff working to serve our seniors.

But we don't have pictures of you, our readers, showing what you are up to while you are away from us. We would love it if you would send us photos (or drawings or paintings or poems) of how you are spending your time since March.

Inspire us with great ideas for keeping busy, show us what makes you happy, demonstrate social distancing (with everyone except your household members), share your emotions and thoughts at this difficult time, and help bring us all together.

- Email to: [kwslater-huff@santafem.gov](mailto:kwslater-huff@santafem.gov)
- Mail to: Kristin at Seniors, City of Santa Fe, PO Box 909 Santa Fe, NM 87504-0909
- Or drop off at curbside meal service

## Need to Get Tested for COVID-19?

Your Public Health Office can help you.

Santa Fe Public Health Office  
605 Letrado St. in Santa Fe

(505) 476-2600

Monday-Friday 8:00 a.m. -11:00 a.m.

Call for an appointment, or  
Save time and register online:  
[CVTESTREG.NMHEALTH.ORG](http://CVTESTREG.NMHEALTH.ORG).



## DSS Halloween Fun



**Care Attendant Dianne Dean** wore a sinister mask as she distributed curbside meals on November 31st.



**Respite Care Provider Cathy Anaya** sported a cheerful pumpkin mask and earrings and a fun T-shirt for the holiday.

## December Food Depot Distributions

The Food Depot is an equal opportunity provider.

- Thursdays, December 10, 17 & 31 from 7:00 to 9:00 a.m. in The Food Depot parking lot, 1222 Siler Rd. No documentation is required.
- On Saturdays, December 5 & 19 from 9:00 to 11:00 a.m., **but subject to change** to 8:00 – 10:00 a.m. at Santa Fe Place Mall (enter from Zafarano). These are USDA commodity food distributions so recipients must provide name, address and household income.

Go to [www.thefooddepot.org](http://www.thefooddepot.org) for current info



## Flora's Corner

The real voyage of discovery lies not in seeking new landscapes, but in having new eyes. -Anon.



**They will be missed...**



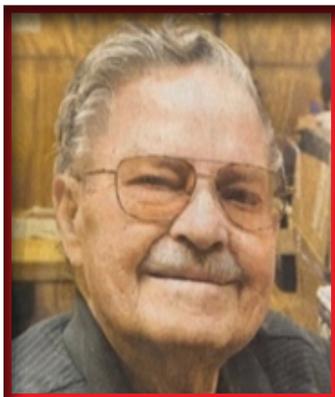
**Earl Joseph (José) Jaramillo passed away on October 30th** at the age of 79. He died doing one of the things he loved best, walking at Frenchy's Field/Trail in Santa Fe.

He was born in Algodones, New Mexico on October 16th, 1941. He attended Los Alamos

High School, where he fell in love with and later married Ruth (Montoya) Jaramillo. He also played basketball, played the trumpet for the High School Band and graduated in 1959. He first worked as an Ironworker at Zia Company for Los Alamos National Laboratory and then later as a Mail Carrier for the U.S. Postal Service.

Earl enjoyed the outdoors, especially the mountains, where he fished and camped with his wife and their 7 children. He had a great love for travel and was able to enjoy many trips with his family including trips to Spain, Mexico and the Bahamas. He was a great cook was quite the jokester. He had a green thumb and a love of gardening. He was a devout member of San Isidro Catholic Church.

Earl was an active member of the Santa Fe Senior Center where he enjoyed spending time with his friends. He also devoted his time volunteering with the Santa Fe Food Depot, Habitat for Humanity and Al-Anon.



**Benjamin G. Martinez, aka Benji, 86, on October 8, 2020.**

A lifelong resident of Santa Fe, Ben was born August 31, 1934. He attended St. Michaels High School and was state boxing champ for three straight years. Upon graduation, Ben enlisted in the

United States Army and retired after 23 years active duty and one tour of duty in Vietnam as a helicopter crew chief. Ben was also stationed

with his family in Colorado, Oklahoma, Alabama, and three tours of duty in West Germany.

Upon retirement from military service, Ben returned to his home in Santa Fe and worked for the State of New Mexico Corrections Department as an arts and crafts instructor. Ben retired and immediately did volunteer work at Mary Esther Gonzales (MEG) Senior Center teaching jewelry and ceramics. Ben was honored as one of "Ten Who Make a Difference" in 2016.

Ben was an amazing artisan skilled in carpentry, jewelry, ceramics, micaceous clay, and other arts and crafts mediums. Ben was very much loved and will be very much missed by his family, friends, and former students of MEG.



**Nicolas Leopoldo Salazar: April 18, 1929 - October 23, 2020**

Was born of humble beginnings in Chamita, New Mexico. He loved ranching and helped his parents raise livestock, fruit trees especially apples and a variety of crops, especially his mother's famous green

chili. At a young age he accompanied his grandparents to Colorado where they worked as migrant laborers picking potatoes and other crops. He graduated from Espanola High School. In 1950 he married the love of his life Maria Ana Abeyta. They have 3 children.

He worked in Los Alamos from 1943 to 2016. He worked his way up from dishwasher at the Jemez boys ranch to the highest level Tech doing thermonuclear research at the Lab and ended his career as one of the governors of the National Laboratories. He was in the Air Force and was New Mexico State Representative for 46 years. He was an elected county commissioner, meeting at Tierra Amarilla during the court house raid by Reies Lopez Tijerina where he was held hostage along with the other commissioners at that meeting. At one time or another during his public career, he was either President or Chairman of 20 some odd national organizations.

As a Legislator he was a champion for the elderly, education for all that wanted it, advancement in technologies, economic development and law enforcement.



United States Department of Agriculture

# NUTRITION EDUCATION

DECEMBER 2020



**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary**  
**Guidelines**  
for Americans

## Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

### 1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to [Supertracker.usda.gov/myrecipe.aspx](http://Supertracker.usda.gov/myrecipe.aspx).



### 6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



### 2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

### 7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

### 3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

### 8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

### 4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

### 9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

### 5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



### 10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
for more information.

DG TipSheet No. 32  
December 2013  
Revised October 2016



United States Department of Agriculture

# NUTRITION EDUCATION

DECEMBER 2020



Basado en las Guías Alimentarias para los Estadounidenses

**10**  
consejos  
Serie  
de Educación  
en Nutrición



**MiPlato**  
MisVictorias

## Haga elecciones más saludables en las festividades

Las festividades a menudo están llenas de tradiciones consagradas en el tiempo que incluyen algunas de nuestras comidas y alimentos favoritos. Mientras celebra, piense en los pequeños cambios que puede hacer para crear comidas más saludables y días activos.

### 1 Cree modificaciones de MiPlato

Transforme sus platos favoritos de las festividades. Use Mi Receta en SuperTracker para mejorar las recetas de las festividades y obtener resultados más saludables. Vaya a <https://www.SuperTracker.usda.gov/myrecipe.aspx>.



### 6 Ajuste el dulce

Para el postre, pruebe las manzanas al horno con canela y una pizca de azúcar en lugar de pastel de manzana. Invite a sus invitados a hacer su propio parfait con fruta cortada de colores y yogur bajo en grasa.



### 2 Disfrute de todos los grupos de alimentos en su celebración

Prepare galletas integrales con hummus como aperitivo; agregue frutos secos sin sal y frijoles negros a una ensalada de hojas verdes; incluya fruta fresca en la mesa de los postres; use en sus guisados leche baja en grasa en lugar de crema para batir. Comparta opciones más saludables durante sus comidas de festividades.

### 7 Sea el alma de la fiesta

Ríase, hable con todos, baile y juegue a juegos. Concéntrese en la diversión y disfrute de la compañía de los demás.

### 8 Haga del ejercicio una parte de la diversión

Convierta la actividad física en parte de su tradición de las festividades. Diviértase caminando y hablando con la familia y amigos después de una comida de festividades. Haga regalos que animen a los demás a practicar hábitos saludables como DVD de ejercicios, zapatillas deportivas y botellas de agua reutilizables.

### 3 Asegúrese de que la proteína sea magra

Pavo, carne asada o jamón fresco son opciones de proteína magra. Recorte la grasa visible antes de cocinar. Pruebe a hornear o asar en el horno en lugar de freír. Tenga cuidado con las salsas y jugos de carne.

### 9 Disfrute de las sobras

Cree nuevas comidas deliciosas con las sobras. Agregue el pavo a las sopas o ensaladas. Use los vegetales extra en omelets, sándwiches o estofados. ¡Las posibilidades son infinitas!

### 4 Felicitaciones a la buena salud

Sacie su sed con opciones bajas en calorías. Beba agua con rodajas de limón o lima. Ofrezca agua mineral con un chorrito de jugo de fruta 100%.

### 5 Hornee de manera más saludable

Use recetas con puré de manzana sin azúcar o puré de plátanos maduros en lugar de mantequilla. Trate de reducir la cantidad de azúcar que figura en las recetas. Use especias tales como canela, pimienta de Jamaica o nuez moscada para agregar sabor.



### 10 Dé a los demás

Dedique tiempo a preparar comidas o proveer alimentos a aquellos que necesiten ayuda. Don alimentos al banco local de alimentos o participe como voluntario durante la temporada de fiestas para servir comidas en los comedores comunales.



Center for Nutrition Policy and Promotion  
El USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades.

Visite [ChooseMyPlate.gov](https://www.ChooseMyPlate.gov)  
para obtener más información.

DG TipSheet No. 32  
Diciembre 2013  
Revisado Octubre 2016

# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

DECEMBER 2020

## Volunteer Opportunities



# AmeriCorps

How about  
Joining the  
Retired Senior  
Volunteer

Program (RSVP) and giving a few hours a week to an important cause?

RSVP volunteers receive a variety of free benefits. Volunteers collect mileage reimbursement for driving to, from and during volunteer work. While serving, volunteers are covered by an excess liability, excess auto liability, and personal accident insurance. Volunteer service is also celebrated through recognition events and gifts as well as free educational opportunities and mileage reimbursement. You can meet people who care about the same things you do. Additionally, many studies have proven that volunteerism improves health and longevity!

Below, find information on one of the many volunteering opportunities through RSVP.

To learn more and enroll in the RSVP Volunteer Program, please contact Kristin Slater-Huff at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) or (505) 955-4760. Thank you.



# ambercare

HOSPICE

## Ambercare Hospice Visitors

Ambercare invites you to bring your warmth and presence to a patient on hospice. Hospice volunteers offer their skills in listening, empathy and companionship to patients and families during a profound period of transition that is the end of life. As a hospice volunteer, you can make a difference in simple ways: volunteers might play chess, read aloud, take walks, or watch old movies with patients.

If you are not around other people except for brief, masked, socially distanced errands, you can be matched up with one client to connect with.

Ambercare will provide you with orientation, a background check, a TB and drug test, and COVID screenings and tests as well as support.

Call Kristin at 955-4760 to learn more.

## RSVP Volunteers Contribute to a Community Project Sponsored by the Army National Guard

RSVP volunteer Cecilia Lopez has been supporting the Army National Guard for years. This fall, she brought many new volunteers into the program by organizing a huge project, sponsored by The Guard.

The project was to make over 500 masks for the students at Kearny and Amy Biehl Elementary Schools. DSS Program Coordinator Albert Chavez donated fabric from the MEG Center; the RSVP program recruited additional volunteers; and Cecilia Lopez organized the entire volunteer team. She distributed supplies, templates and encouragement to the 18 volunteers who donated their own materials, time and talents to sew or assemble all the little masks. Teamwork made the project a success!

A "handing off" ceremony was held October 22:



From left, Kearny Principal Robin Noble, CSM Gerald Burkhart, School Secretary Denise Vigil, Sargent Tim Garcia (Cecilia's Grandson), and volunteer Cecilia Lopez.



Commander Christopher Holland, COL, AV New Mexico Army National Guard presenting volunteer Cecilia Lopez with a Certificate of Appreciation from the 515th Regiment.

# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

DECEMBER 2020

## SVP Advisory Council Supports Adopt-a-Highway Clean Up

Senior Services staff and Senior Volunteer Programs Advisory Council members collected trash along Hyde Park Rd on October 22nd.



RSVP and FGP volunteer Rosario Torres



RSVP Volunteer Ted Yamada



The Volunteer Programs wish a very  
**Happy Birthday**  
to all volunteers born in **DECEMBER**

### RSVP *Voluntarios*

Gloria Pendlay	12/01
Gilbert T. Fuentes	12/02
Joseph S. Gonzales	12/02
Cordelia Garcia	12/04
Kim Berge	12/05
Pauline O. Foral	12/07
Jennie Maratea	12/07
Laurie McGrath	12/07
Jean W. Marrs	12/09
GT Springer	12/09
Al Webster	12/09
Percilla Lopez	12/10
Mary Jo Read	12/10
Mary Margaret Rael	12/11
Dennis E. Gonzales	12/12
Christine Lovato	12/13
Mary Mumford	12/13
Connie S. Valencia	12/14
Sandra Evans	12/15
Eileen Uveric	12/15
Can Sirin	12/16
Paul Montano	12/17
Lou Miller	12/18
James Wurts	12/20
Dolores Mose	12/25
Rosario H. Torres	12/25
Raymond W. Willison	12/25
Judy Ruffatto	12/26
Michelle Springer	12/28
Bob Dorsett	12/29
Susan Fox	12/30
Patricia M. Hummer	12/30
Eileen Levy	12/30

### FGP/SCP *Voluntarios*

Connie Valencia	12/14
Paul Montano	12/17
Patsy Carrillo	12/18
Margaret Trujillo	12/19
Rosario Torres	12/25

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

## RE-HEATING DELIVERED MEALS

*Food that is not taken care of properly can cause you to become ill.* We do not want this to happen to you, so we ask that you take proper care of the meals you receive to avoid getting food poisoning.

Please follow one set of instructions given below for proper care of the meals delivered to you.



### HOT OR COLD MEALS

- A. If you wish, you may consume the food as soon as you receive it.
- B. If you do not plan to consume the food right away, put all containers of food in the refrigerator.
- C. When you are ready to eat the food, take it out of the refrigerator. For hot foods, peel back lid or slit film to vent. Then, either microwave for 2-3 minutes on high, or pre-heat oven to 350 degrees and place meal on a cookie sheet and heat for 10 minutes or until food is at desired temperature. **Do not use a toaster oven.**

### FROZEN MEALS

- A. If you do not wish to consume the food that day, place all frozen items in the freezer immediately.
- B. When you are ready to eat a frozen meal, take the food out of the freezer and peel back the lid or slit the film to vent. Then, either microwave for 3-5 minutes on high, or pre-heat oven to 350 degrees and place meal on a cookie sheet and heat for 30 minutes or until food is at desired temperature. **Do not use a toaster oven.**

# HEALTH & SAFETY

DECEMBER 2020

## Great Ways to Save Money

From AARP Bulletin July/August 2020



### Insider Secrets

Let your online cart sit. If you sign into your account and stick a few items in your cart, don't check out just yet. Retailers will often email you a coupon in a few days to entice you to place the order.

Sign up for texts. Surprisingly, you can often get better discounts from a store's text message stream than from its emailed newsletter. You can unsubscribe once you've made purchases.

### Tips from the Chef

Braise and save. There are two ways to get tender meat: Buy tender cuts, or buy tougher cuts at a fraction of the price and cook them to tenderness. So get out that old cookbook and braise low-priced chuck or stew meat, along with overflow veggies, for a low-cost, delicious stew.



Make Vegetable stock. Save veggie scraps and peels, and once you have plenty, put them in a pot, cover with water and boil for an hour or so. Strain it, and you have vegetable stock for making soup or for cooking rice or quinoa.

### High-Tech Savings

Skip the router rental. Your internet provider might be charging you a monthly fee for your equipment- but you can buy your own modem and router and make up the cost in a year.

Protect your phone. Invest in a screen protector (often under \$10) and a good case for your phone. According to one report, roughly 30% of U.S. Smartphone owners have a cracked screen. That can mean a new phone much earlier than necessary, or a \$100-plus repair.

### Focus on Cleaning

Use microfiber. These towels, mops and dusters can be washed many times – a great savings over disposable products. And, because they trap dust, liquids, oils and even bacteria, you can clean with water instead of harsh, expensive cleaning products.

Buy concentrate, in bulk. For liquid cleaners, the bigger the container, the less you'll pay per gallon. You'll save even more by buying concentrated cleaners that you dilute yourself – why pay for water? Also, buy "all-purpose" or "multi-surface" liquid cleaners instead of lots of specialized products in small quantities.



### Money Manager Moves

Negotiate your bills. Almost every bill is at least slightly negotiable. Call your credit card, gym, cable, streaming service, car insurance and phone companies once a year to remind them what a good customer you are, and ask what they're able to do to keep you.

Watch TV a la Carte. Consider canceling cable or streaming subscriptions (Netflix, Hulu, etc.) and buy only what you need.

### Best Savings Tricks

Check your credit card for additional benefits...some cards offer surprising rewards, like credits for TSA pre-check, roadside assistance, free museum entry and complementary subscriptions to premium offerings from Lyft and DoorDash.



Challenge yourself to a no-spend month where you forbid any nonessential purchases. Feel like a month is too much to handle? Try declaring one day each week a "no-spend day".

### Easy Frugality

Tell your favorite brands you love them. Think about products and brands that you use or purchase regularly, and send the company an email to let them know. Many provide coupons to loyal customers who reach out.

Change to LED light bulbs. The prices have dropped considerably, so there's no reason to delay any further. Not only are they better for the environment, but by replacing your home's five most frequently used bulbs, you can save some \$45 per year in electricity costs.



# PUZZLE

DECEMBER 2020

## PUZZLE 12

• ARTISTRY •

### ACROSS

1. Cupid
5. "\_\_\_ and the Man"
9. Sidewalk eateries
14. Succotash bean
15. Bog fuel
16. "The \_\_\_ Ape"
17. Zest
18. Turkish coin
19. Bach's instrument
20. Editorial-cartoon features
23. Colorado Indian
24. King or carte: 2 wds.
25. Durango dogs
27. Artist's crayon
31. Kind of roast
33. 1979 sci-fi film
34. Escutcheon border
35. Attention getter
38. Delta deposit
39. Is nosy
40. Son of Jacob
41. Marcus Salvius \_\_\_
42. "Peanuts" oath
43. Wood finish
44. Shopped-for phrase: 2 wds.
46. Idle drawing
47. Instigated
49. Red, Black, or White
50. Light-Horse Harry
51. Whittler's product

58. "Ad \_\_\_ per aspera" (Kansas's motto)
60. Burden
61. Culture medium
62. Drive, in Dover
63. Tradition
64. "\_\_\_ Came Running"
65. Character on "The Odd Couple"
66. Congregation's response
67. Low card

### DOWN

1. Novelist Waugh
2. "\_\_\_ 18" (Uris)
3. General Bradley
4. Rajah's wife
5. Shock
6. Lasso
7. Japanese freighter
8. Rukbat or Jabbah
9. Selected
10. River to the Rhine
11. Powerless potentate
12. Sister of Clio
13. Scottish prepositions
21. Capital of Calvados
22. Fencing swords
26. Venetian bridge
27. El \_\_\_

28. Touched down
29. Kind of portrait
30. Wyoming mountains
31. Keep in touch
32. French cays
34. Evangelist Roberts
36. Malevolent
37. Colliery
39. Madrid museum
43. Fly like an ern

45. Alaska was his "folly"
46. Mute
47. Mum's their word
48. Fabulous fabulist
49. Give a fright
52. Stewpot
53. Fate
54. Extensive
55. Borodin's prince
56. Appellation
57. Lady Jane or Zane
59. Caviar

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# PUZZLE

DECEMBER 2020

## Care Packages

52

The humanitarian organization Cooperative for Assistance and Relief Everywhere (better known as CARE) was founded in 1945. Its mission was to send packages of surplus U.S. Army rations from people in the states to specific people abroad who were in need at the end of World War II. Later CARE Packages included a broader selection of foods.

- |                                      |  |  |
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| <input type="checkbox"/> ABROAD      | <input type="checkbox"/> DELIVERY      | <input type="checkbox"/> FRUIT preserves |
| <input type="checkbox"/> BACON       | <input type="checkbox"/> EGG POWDER    | <input type="checkbox"/> GIFT            |
| <input type="checkbox"/> CHOCOLATE   | <input type="checkbox"/> FAMILY        | <input type="checkbox"/> HONEY           |
| <input type="checkbox"/> COFFEE      | <input type="checkbox"/> FLOUR         | <input type="checkbox"/> LARD            |
| <input type="checkbox"/> CONTENTS    | <input type="checkbox"/> FOOD          | <input type="checkbox"/> LIVER PATE      |
| <input type="checkbox"/> CORNED beef | <input type="checkbox"/> FRIENDS       | <input type="checkbox"/> LUNCHEON loaf   |
| M A H M E M Y S D N E I R F R        | <input type="checkbox"/> MARGARINE     | <input type="checkbox"/> ORDER           |
| D V C W P A R C E L O S S P Y        | <input type="checkbox"/> PACKAGE       | <input type="checkbox"/> PARCEL          |
| L N M I S R E C B F H C L E F        | <input type="checkbox"/> POWDERED MILK | <input type="checkbox"/> RAISINS         |
| K A E T S G V P O I D F A T A        | <input type="checkbox"/> RECEIVE       | <input type="checkbox"/> SEND            |
| S L R S E A I F P N E S I B M        | <input type="checkbox"/> SHIPMENT      | <input type="checkbox"/> STEAK           |
| N U I D C R L M V G T U T G I        | <input type="checkbox"/> SUGAR         | <input type="checkbox"/> YEAST           |
| I E Y M S I E T A P R E V I L        |  |  |
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# HEALTH & SAFETY

DECEMBER 2020



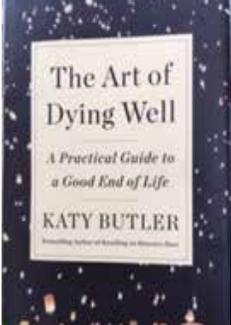
## Living and Dying Well

By Barak Wolff

As 2020 comes to a close, we are still in the middle of the COVID 19 Pandemic. It is clearly the worst viral outbreak worldwide for the last 100 years. Unfortunately, by most accounts, it will be with us

through most, if not all, of 2021 as well...depending upon the production of an effective vaccine and changes in human behavior to slow the spread. So far, the US has not done well, but I am hopeful that we can and will do better in protecting ourselves, our loved ones and our communities.

I'm a positive guy and generally see the glass as half full. It is this optimism that supports my sense that, as we age, we can make informed choices that will improve our life and our inevitable death. Over the last nine months it has been an honor and a privilege to share what I've been learning about end-of-life issues, challenges, and opportunities.



For my last column in this series, I want to share a book that I find myself coming back to again and again as I age and face challenging decisions. Written by best-selling author and award winning science journalist, Katy Butler, "The Art of Dying Well: A Practical Guide to a Good End of Life" is a down-to-earth manual

for living, aging and dying with meaning and even joy, for those who are fortunate enough. Building upon her personal journey of painful discovery during her father's prolonged dying as chronicled in her previous book, "Knocking on Heaven's Door," Katy has become a true expert on end-of-life matters.

As she writes in her Introduction, "This is a step-by-step guide to remaining as healthy and happy as possible, and as medically informed and unafraid, through the predictable health stages of later life, from vigorous old age to final breath." Further, "the goal of each chapter is to help you thrive and keep you on a path to a good end of life—however you

define it." The book is helpful to folks at any age and stage in their journey with its emphasis on focusing on what matters to you most, be it staying functional, controlling physical pain, maintaining emotional well-being and/or having compassionate support for yourself and those you love.

And ultimately, Katy Butler shares her aspirations in writing her book: "It is my deep hope that you will be peaceful and at ease at the moment of your death. That you may be safe, well supported and free from fear long before that day comes." Her approach is very personal, almost intimate, as she describes the various stages of aging that we are likely to go through if we are fortunate enough to live long enough to experience them. It is written beautifully and invites us to reflect on our own experiences, losses, wishes, and what actions we might take as we contemplate what lies ahead.

The best to all as we venture forward and our journeys continue...Barak

*From the Opening Page:*

### I Worried

I worried a lot. Will the garden grow,  
will the rivers  
flow in the right direction, will the earth turn  
as it was taught, and if not how shall  
I correct it?

Was I right, was I wrong, will I be forgiven,  
can I do better?

Will I ever be able to sing, even the sparrows  
can do it and I am, well,  
hopeless.

Is my eyesight fading or am I just imagining it,  
am I going to get rheumatism,  
lockjaw, dementia?

Finally I saw that worrying had  
come to nothing.  
and gave it up. And took my old body  
and went out into the morning,  
And sang.

- Mary Oliver

# HEALTH & SAFETY

DECEMBER 2020



## Seeking Happiness in Old Age - Part 2

From [www.sageminder.com](http://www.sageminder.com)

### Activities to Achieve and Maintain Happiness in Old Age

Chemicals in the brain help keep our moods stable. The theory is that when these chemicals are out of balance, we can go into a state of depression. Sadly, many older people are simply prescribed medications to address these chemical imbalances without life-style changes that could be even better at addressing mood.

#### Try these strategies:

**Keeping a Wholesome Routine:** Depression can set in when the days just sort of melt into weeks without much structure. Having a general routine can help keep you engaged and active. It doesn't have to be a rigid schedule – but rather a general way of creating structure and rhythm in your life.

**Controlling Sleep:** Elderly people can get into poor sleep habits when napping takes the better part of a day and they find themselves unable to sleep at night. Getting into a good sleep routine can keep you mentally healthy.

**Setting Goals and Checking Them Off:** Even if your goals are very small – like “walk outside for 10 minutes,” research shows that writing down your goals and then checking them off as you accomplish them can give you a sense of mastery of your life and accomplishment.

**Getting a Change of Scenery:** Sometimes, we can feel like we are in a rut. Planning a trip to a nearby town and acting like a tourist, visiting all the interesting sites can be some simple way to break up the routine. Sometimes, a change of scenery or pace is what we need to reset and get ourselves feeling energized and motivated.

**The Obvious Stuff:** Eating regularly is especially important for seniors who live alone and may not have the built-in motivation of dining with others to

eat regularly. Nutritional deficiencies can cause cognition and mood disturbances. Talk with a doctor about a multi-vitamin to ensure proper nutrients. And a daily walk around the block done over time can improve stiffness, pain, and a positive mental outlook.

**Socializing:** Being lonely stinks for everyone. Elders are no different. [During COVID, it is especially difficult to socialize, but planning for one visitor in a week, or using FaceTime on a phone or computer] gives a person something to look forward to.



**Creating Atmosphere:** Especially for homebound seniors or those with serious mobility issues, your surroundings can make a huge difference. Try cleaning, changing the room around periodically and adding soft lighting, music, scents? Dull or cluttered surroundings can be depressing.

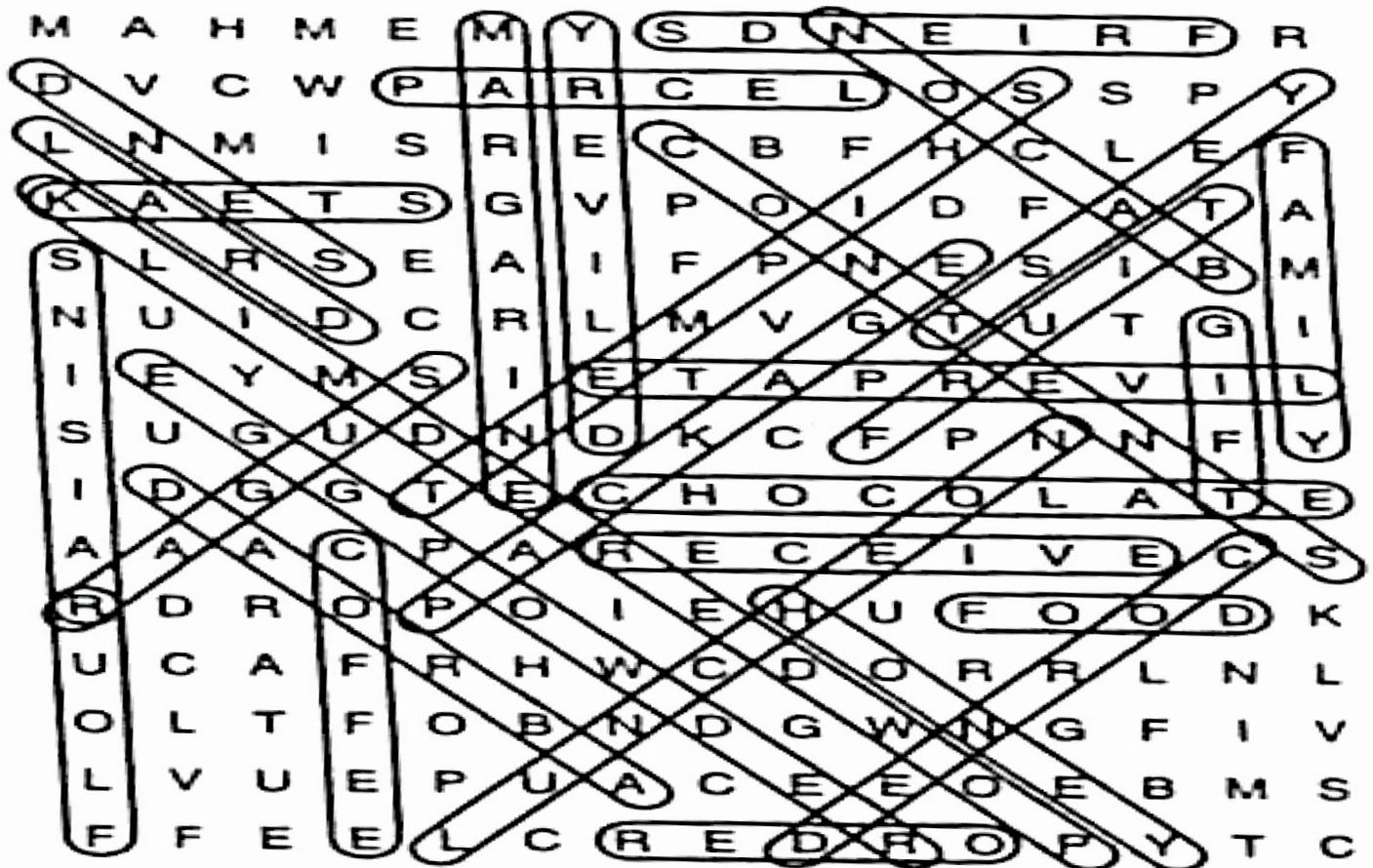
**Reminiscing:** Get out those old family movies or photo albums. Often, this can really cheer a person who is feeling blue.

We all want to be happy and joyful. For some, it is harder than for others. But one thing is certain, and that is that if you keep doing what you are doing, you will keep getting the same results.

Therefore, one of the best things you can do today to contribute to happiness for yourself or someone you love is to ask yourself “What is one thing I could change for the better?” Often, it will be something mentioned in this article but, sometimes, it is something very personal to you.

# PUZZLE ANSWERS

DECEMBER 2020



# SENIOR CENTER LUNCH MENU

## DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Soft Beef Taco</b> Garnish Chile Beans Calabacitas Pineapple	<b>2</b> <b>Spaghetti</b> with Meat Sauce Italian Veggies Tossed Salad Garlic Toast Apple Cobbler	<b>3</b> <b>BBQ Chicken Breast</b> Pork & Beans Peas & Carrots Carrot Raisin Salad Cornbread Oatmeal Cookie	<b>4</b> <b>Pepper Steak</b> Mushroom Gravy Potatoes Au Gratin Broccoli & Carrots Roll with Margarine Mixed Fruit in Jello
<b>7</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Asian Veggies Egg Roll Chilled Pears	<b>8</b> <b>Cheesy Chile Dog</b> with Red Chile Meat Onion Rings Three Bean Salad Tapioca Pudding	<b>9</b> <b>Baked Chicken Breast</b> White Rice Creamy Mushroom Sauce Mixed Veggies Roll, Plums	<b>10</b> <b>Beef Fajita</b> with Onion & Peppers Fajita Veggies Black Beans Strawberries on Shortcake	<b>11</b> <b>Baked Tilapia</b> Scalloped Potatoes Vegetable Medley Roll with Margarine Mandarin Oranges
<b>14</b> <b>Green Chile Chicken Posole</b> Spanish Rice 5 Way Veggies Tortilla Yogurt	<b>15</b> <b>Beef Tips</b> over Egg Noodles Steamed Spinach Cucumber Tomato Salad Roll with Margarine Whipped Fruit Salad	<b>16</b> <b>HOLIDAY DINNER</b> Baked Ham & Sweet Yams French Style Green Beans Tossed Salad Roll with Margarine Cinnamon Sweet Rice with Raisins	<b>17</b> <b>Carne Adovada</b> Refried Beans Country Blend Veggies Tortilla Peaches in Cottage Cheese	<b>18</b> <b>Breaded Fish</b> French Fries Chuckwagon Veggies Coleslaw Roll with Margarine Cherry Cobbler
<b>21</b> <b>Pork Chop</b> Rice Pilaf Asparagus & Mushrooms Roll with Margarine Apricots	<b>22</b> <b>Frito Pie</b> With Garnish Pinto Beans Mexicorn Spanish Slaw Chilled Peaches	<b>23</b> <b>Green Chile Cheeseburger</b> with Garnish Baked Beans Potato Chips Fresh Orange	<b>24</b> <b>Tuna Salad</b> Cold Peas Coleslaw Crackers Brownie	<b>25</b> <b>ALL KITCHENS CLOSED</b>
<b>28</b> <b>Polish Sausage</b> Sauerkraut Buttered Carrots Parsley Potatoes Roll with Margarine Fresh Apple	<b>29</b> <b>Chicken Parmesan</b> over Linguini Broccoli & Cauliflower Breadstick with Margarine Peanut Butter Cookie	<b>30</b> <b>Cobb Salad</b> with Chicken, Bacon & Boiled Egg Breadstick with Margarine Chocolate Cake with Cherry Topping	<b>31</b> <b>Turkey Sandwich</b> With Garnish Spinach Salad Potato Salad Vanilla Pudding with Cinnamon	<b>JANUARY 1</b> <b>ALL KITCHENS CLOSED</b>

**Senior Meal Suggested Donation: Lunch \$1.50**  
**Lunch is served curbside at MEG Center**  
**10:30 am – 12:30 pm Monday through Friday**  
**Milk is served with each meal. Menu is subject to change.**



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