

THE SENIOR SCENE



Illustration by: M. D. Thompson



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

Offered by: Division of Senior Services

http://www.santafenm.gov/senior_scene_newsletter



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

FEB-2016

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

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at www.santafenm.gov, 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.

Front Desk Reception

Toll-Free Administration Line

Ron Vialpando, DSS Director

(505) 955-4721

(866) 824-8714

955-4710

Administration

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist

955-4722

Transportation Ride Reservations (page 4)

955-4700

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

955-4702

955-4703

955-4756

Nutrition

Thomas Vigil, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

955-4740

955-4750

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

955-4748

955-4739

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

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

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

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

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

Daniel Mitchell, Special Projects Admin.

955-4761

955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato, RSVP Administrator

Marisa Romero, Administrative Secretary

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator

955-4725

Miscellaneous

Lobby Area

Craft Room

Pool (Billiard) Room

955-4735

955-4736

955-4737

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

Newsletter Production

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955-4760

DIRECTOR'S REPORT

FEB-2016

Dear Patrons,

As many of you know by now, the Luisa and Villa Consuelo Senior Centers are closed for renovation purposes effective January 18, 2016 through June 2016. As mentioned previously, funding for these two projects was approved during the State of New Mexico Legislative Process. The Luisa Senior Center renovation project will consist of facility improvements to include: new heating ventilation and a new air conditioning system, plumbing repairs, door and ceiling replacement, lighting updates and a computer lab. The total cost for the Luisa project is \$332,630. The Villa Consuelo Senior Center facility improvements will consist of new heating ventilation and a new air conditioning system, replacement of interior and exterior doors, ceiling replacement, fire alarm, tile flooring, and restroom modifications etc. The total cost for the Villa Consuelo facility improvements is \$110,890.

During the closures we are offering and encouraging seniors who reside at the Luisa and Villa Consuelo Housing Authority Complex to utilize our transportation services and request a ride to one of our other senior centers for congregate meals and daily activities. Home delivered meal services will continue to current clients during this time. To request and schedule a ride please call our transportation program at (505) 955-4700, at least 24-hours in advance. Thank you for your patience during these renovation projects – the end results will be well worth the wait.

Other scheduled senior center construction projects to take place this year (March 2016) include the Mary Esther Gonzales nutrition supply warehouse project and computer lab. The total cost for these projects is \$434,880.

As mentioned in last month's report, the 2016 New Mexico Legislative Session began January 19 and is scheduled to end on February 18. The City of Santa Fe submitted and requested funding for our capital outlay project needs; submitted projects have since been reviewed, ranked and prioritized. The following projects will be considered for approval during this year's session which is a General Obligation Bond Year: MEG parking lot (Phase II) \$200,000, MEG roof repairs \$36,800, MEG vehicles \$496,826, Pasatiempo facility improvements \$198,582, Villa Consuelo cafeteria expansion (Phase II) \$198,000 and Villa Consuelo meals equipment \$80,988. We will provide you with an update next month and the results regarding the pending 2016 capital outlay projects.

As always, we are truly grateful to Santa Fe's state and local delegation, the Aging and Long-Term Services Department and the Non-Metro Area Agency on Aging who all continually support our program needs and have made the above state-funded projects possible.

Sincerely,



REPORTE DE EL DIRECTOR

FEB-2016

Estimados Clientes,

Muchos de ustedes ya se enteraron que los Centros Luisa y Villa Consuelo estarán cerados para ser remodelados del 18 de enero hasta el mes de junio del 2016. Como mencionamos previamente, los fondos para ambos proyectos fueron aprobados durante el transcurso de la sesión legislativa del estado de Nuevo México.

La remodelación del Centro Luisa consistirá de las siguientes mejoras al edificio: sistema nuevo de calefacción/refrigeración y ventilación; reparaciones a la tubería, reemplazo del techo, mejoras al sistema eléctrico y al laboratorio de computadoras. El costo total del proyecto del Centro Luisa es de \$332,630.

Las mejoras al Centro de Villa Consuelo consistirá de un sistema nuevo de ventilación, calefacción y refrigeración, reemplazo de puertas internas y externas, techo, alarma contra incendio, piso y modificaciones a los baños. El costo total para el Centro de la Villa Consuelo será de \$110,890.

Durante el tiempo que éstos centros estén bajo remodelaciones, esperamos que las personas mayores que viven en estos complejos y usan estos centros utilicen nuestros servicios de transporte y vengan a los otros Centros disponibles para sus actividades diarias y uso del comedor. Recuerde que si necesita usar el transporte deberá llamarnos al (505) 955-4700 para hacer reservación 24 horas por adelantado. Las comidas de entrega a domicilio continuarán sin interrupción.

Otro proyecto de construcción que se llevarán a cabo durante este año (marzo del 2016) incluye al Centro Mary Esther Gonzales (MEG) al almacén de comida y al laboratorio de computadoras. El costo total de estas mejoras será de \$434,880.

Como les mencionamos en el reporte del mes pasado, la sesión legislativa 2016 del estado de Nuevo México se llevará a cabo del 19 de enero al 18 de febrero. El gobierno de la ciudad de Santa Fe entregó una propuesta del presupuesto para proyectos adicionales que ya ha sido revisada, clasificada y asignada un nivel de prioridad. Esta propuesta está incluida para voto durante ésta sesión ya que se considera "año de bonos de obligación general:" incluye mejoras al estacionamiento de MEG (II Fase) \$200,000; reparaciones al techo de MEG \$36,800, vehículos adicionales para MEG \$496,826. Mejoras al edificio de Pasatiempo \$198,582. Para la expansión del comedor en Villa Consuelo (II Fase) \$198,000 y equipo de cocina \$80,988. Esperamos darles información adicional acerca del resultado a ésta propuesta en el boletín del mes que entra.

Como siempre, estamos agradecidos profundamente a la delegación estatal de la ciudad de Santa Fe, al Departamento de Aging and Long-Term Services y al Non-Metro Area Agency on Aging quienes apoyan continuamente las necesidades de nuestros programas y han apoyado los proyectos aquí mencionados.

Sinceramente,



Ron J. Vialpando, Division Director

SENIOR SERVICES PROGRAM INFORMATION

FEB-2016

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 secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc.

Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 am to 4:30 pm. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2. *(Please bring exact amount)*. We will inform you when you should come in to renew/update your registration. Please note that cards are not official identification.

Eligibility for Senior Services Registration

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

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

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

SENIOR TRANSPORTATION INFORMATION

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**
Ride reservations can be made up to five business days in advance
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

FEB-2016

He Will Be Missed



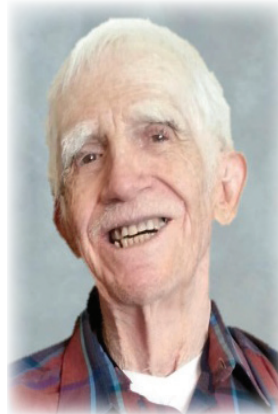
Manuel D. Rodriguez, born August 28, 1923 to Manuel and Gregorita Rodriguez in Santa Fe, NM, passed away on December 2015. He is survived by his wife of 68 years, Tonie Rodriguez, sons: Ronald Rodriguez (Linda), Michael Rodriguez (Michelle), Patrick Rodriguez (Terrie); daughter Rose

Ann Shutco (Paul); five grandchildren; and two great granddaughters. He served his country with C. Company, 16th Regiment, First Infantry Division, U.S. Army landing in northern Africa, Sicily, Omaha Beach, Normandy France, North Germany and Battle of the Bulge. He was known as one of the few survivors of Omaha Beach who lived to talk about it. He was a life member and commander of the V.F.W. Post 2951 and commander V.F.W. District 6. Commander of American Legion Post 101, District 1 American Legion and Department Vice Commander of N.M. American Legion. He served as President of the American G.I. Forum. He served as Chairman of the City Senior Citizens Board. Member of La Cofradia de La Conquistadora and Our Lady of Guadalupe Church where he was an usher for 10 years. He will be missed by all who came to know him.

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change (was not available as this newsletter went to print). Please check updates online at www.santafecounty.org or call (505) 231-2382. All services are free.

He will be missed



William F. Romero, age 94, a resident of Santa Fe, passed away on December 7, 2015, at home with his wife and daughter at his side. He was born September 17, 1921 in Agua Fria Village to Maria Consuelo and Donaciano Romero. Willie proudly served in

the US Army for four years during World War II and was a retiree from Los Alamos National Laboratory. He enjoyed tinkering, do-it-yourself projects, Mariachi music, and lunch at the MEG Senior Center. Willie is preceded in death by his parents, 15 siblings, and grandson Frank William Segura. He is survived by his wife of 66 years - Emily Romero; daughter Lillian Snee (Caesar Snee) of Los Gatos, CA; sons Bob Romero and Wilfred Romero, both of Santa Fe; sister Alice Van Hosen of Albuquerque, eight grandchildren, six great-grandchildren, several nieces and nephews, and other family members and friends who loved him and will miss him.

Thank you from the Sanchez Family

The family of James Sanchez expresses their gratitude to everyone who offered love and support during their time of loss, sadness, and sorrow. James, a devoted teacher and wood carver always looked forward to attending all the senior centers and enjoyed teaching his classes and loved everyone who attended. He generously shared his carving abilities, knowledge and experiences and valued the everlasting friendships that resulted throughout the years of his teaching. We are so grateful for all the opportunities made available to us by the staff and everyone involved. We miss James (beloved husband and father) very much, but your sincere words of comfort, kindness and monetary contributions have helped and given us strength through this hard time of the loss of our loved one. Thank you and bless you. Love and prayers from Amy, Michael and Steven Sanchez.

NEWS & VIEWS

FEB-2016

The Volunteer Programs wish a very happy birthday to our FGP and SCP volunteers born in the month of February!

Patricia Moeller	2/4
Juanita Quintana	2/11
Grace De Aguero	2/15
Margie Gurule	2/28



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 14 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 (505) 955-4721. If you are unable to make an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at (505) 476-4846 or toll free at 1(800) 432-2080.

Winter Dance Escape Performance



The National Dance Institute (NDI) of Santa Fe students are giving a free performance on Friday, March 4, 2016 at 10:30 a.m. There are 15 seats available, so if you would like to reserve one please call Albert at 955-4715.

MLK Day Project



Thank you to everyone who donated to our Martin Luther King Jr. Day service project. The Santa Fe Senior Volunteer Programs collected many warm and personal care items, which went to support the Santa Fe

Interfaith Community Shelter.

Attention Grandparents Raising Grandchildren...

Are you a grandparent raising and/or providing financial assistance to your grandchild(ren)? If so, financial assistance is available!

Eligibility requirements:

- 60 years of age or older;
- City of Santa Fe/Santa Fe County resident;
- Actively raising/providing assistance to a grandchild(ren);
- Assisting with out-of-pocket expenses such as medical-related expenses, food, clothing, etc.

This program currently gives an annual allowance of \$184 per child for expenses related to raising a grandchild(ren). For more information contact Melanie Montoya at (505) 955-4761.

Department of Labor Community Event

The U.S. Department of Labor (DOL) is hosting traveling resource centers in Santa Fe, NM to provide information about the Energy Employees Occupational Illness Compensation Program Act (EEOICPA) and assist individuals with filing of new claims. The EEOICPA provides monetary compensation and medical benefits to individuals who became ill as a result of working in the nuclear weapons industry. Survivors of nuclear weapons workers may also be eligible for benefits.

All walk-ins are welcomed; however, scheduling an appointment time is recommended so appropriate time and assistance can be provided. The traveling resource centers are hosted by the Espanola Resource Center; to schedule an appointment please call 1-866-272-3622.

Meetings will be at the following Santa Fe senior centers at 10 a.m.:

- March 10 @ Mary Esther Gonzales
- March 16 @ Pasatiempo
- March 24 @ Mary Esther Gonzales

NEWS & VIEWS

FEB-2016

Fitness Equipment Training Class at MEG

As you may know by now, the Mary Esther Gonzales Senior Center has new fitness equipment! But some of you may be wondering, "How do I use it?" Good news! There will be a training/orientation class on Tuesday February 9, 2016 at 1 p.m. It will be taught by Carol, a volunteer fitness instructor at the center. There will be additional trainings – dates/times posted soon.

Trip Announcements



Day Trip to El Santuario de Chimayo

The Division of Senior Services annual trip to El Santuario de Chimayo will take place on Thursday March 10, 2016. The Santuario Mass is at 11 a.m., so the bus will leave the MEG senior center at 9:30 a.m. There is a suggested donation of \$5 per person. The donation will only be taken the morning of the trip, not prior. Please bring the exact amount since we will not be able to provide change. Additionally, the group will stop at a SF County senior center for lunch (please bring the suggested donation of \$1.50 for lunch). Space is limited to 45 reservations only. To reserve your seat for the trip or for additional information please call Albert at 955-4715.

Upcoming Laughlin Trip

When: Tuesday, April 5 – Friday, April 8

Cost: Double room \$140

Single room \$160

*only five single rooms are available
(first come first served)

If you are interested please call Corrine at (505) 986-1780 or Mercy at (505) 986-1416. There is a 10% cancellation fee.

Santa Fe Senior Travel Committee Presents: Arches, Yellowstone & Tetons.

When: September 13 – 20, 2016

More information to follow.

Disclaimer of Endorsement:

The City of Santa Fe Division of Senior Services does not endorse any political issue or candidate. The views and opinions of authors expressed in Senior Scene submissions do not necessarily state or reflect those of Senior Services.

Santa Fe Public Schools Education Technology Note – Election February 2nd



WHO: Any registered voter living in Santa Fe County and the School District

WHERE: Any voting location

WHEN: Election February 2, 2016

EARLY VOTING: Jan 13 - 29

SFPS District Office (610 Alta Vista)
SF County Office (102 Grant Avenue)
Nina Otero Community School

Go to www.sfps.info for polling locations, times and information.

SFPS implemented a five-year Digital Learning Plan so that students will possess the education and skills required to compete in the global marketplace; teachers will have the tools and training to prepare students; and our community will benefit from more skilled young adults entering college and the workforce. The Ed Tech Note authorizes SFPS to use local taxes to fund District technology initiatives. Your money will stay in the community, shared with both public and charter schools. SFPS is halfway to completion with the Digital Learning Plan. The ETN provides funding for upgrading school infrastructure; provides teachers, students and classrooms with up-to-date equipment; and supports teachers with the training they need. Your taxes will not increase – the average homeowner will continue to pay the same amount as in the previous two years, approximately \$10 per month.

Flora's Corner

"It is not enough for your light (life) to shine; it must so shine!"

- Anonymous

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

FEB-2016

COMMUNITY NEEDS



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

Attention: RSVP Volunteers

If you have not yet done so, please stop by the RSVP office to update your information and pick up your gift. Be prepared with the following items: driver's license/state-issued ID, proof of current auto insurance (if you use your vehicle to volunteer), and current emergency contact info. Recognition gifts are for active volunteers only (those who have reported hours within the past year). Please call ahead to make sure we are here!

Kitchen Angels Needs Volunteers

Kitchen Angels needs volunteers to help in the kitchen preparing/packaging meals; morning and afternoon shifts are available. Delivery volunteers are needed in the late afternoon/evening; these volunteers pick up meals and deliver to their assigned route (5-10 clients) once a week. There is also a need for special event volunteers throughout the year to help at various fund raising events. Kitchen Angels recently opened Kitchenality, a kitchen items resale store; volunteers are needed to staff the store. For more details please call Triston today!

American Cancer Society Needs Volunteer Drivers

The American Cancer Society "Road to Recovery" program is a free service in which volunteer drivers provide transportation for people with cancer to and from scheduled appointments for medically related cancer care. The program is offered to people with cancer who have no means of transportation and/or who are too ill to drive themselves. Access to transportation is a major factor in cancer treatment, and this American Cancer Society service offers assistance to people who otherwise might not be able to keep their treatment appointments.

Driver Qualifications

- Volunteers can offer to drive once a month or several times a week.
- Drivers must have a valid NM driver's license and proof of insurance
- Drivers must have access to a safe, reliable vehicle (larger vehicles to accommodate a potential companion or service animal are welcomed, but are not required)
- All drivers must pass the Society's driver risk management review process (background check, insurance verification, driver's license verification, and motor vehicle record check).
- Drivers must successfully complete a Road to Recovery volunteer training/ orientation.

SF Botanical Garden Needs Volunteers

There are many volunteer opportunities available in areas such as: education, garden docents, horticulture, hospitality, office, special event, council members, visitor service, citizen science, and more. To find the perfect opportunity for you, please call Triston.

RSVP volunteers

born in FEBRUARY!



Irlin Corn	2/01
Charlotte Jaramillo	2/01
Ellie Blossom	2/02
Anastacio Garcia	2/03
Nancy Gehman	2/04
Linda Palmer	2/05
Carolyn Bleakley	2/06

Roger Goldhamer	2/08
Yolanda Garcia	2/09
Don W. Leffelbein	2/09
Laura Cowan	2/10
Merejildo V. Ortega	2/10
Ana Maria Martinez	2/11
Orlando Watson	2/12
Edward E. Mose Sr.	2/14
Irene Moyes	2/14
Sheila Epstein	2/15
Howard Beenhouwer	2/16
Susan A. Cover	2/16

Shirley A. Knarr	2/16
Nora Pompeo	2/17
Jim Dorris	2/19
Rita L. Solomon	2/20
Teresina G. Lucero	2/21
Doug Schocke	2/21
Louis Baca	2/22
Ross M. Quintana	2/22
Connie R. Kinsey	2/23
Ann Lindsay	2/26
Florence R. Jimenez	2/28
Benita Rodriguez	2/29

FEB-2016

FREE TAX HELP

Friday, January 29 – Friday, April 15, 2016

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

Santa Fe Community College Fitness Center

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

Monday – Friday 8:30 am – 5 pm

Saturday 9 am – 1 pm

Boys & Girls Club of Santa Fe

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

Monday – Friday 9 am – 1 pm

Please bring the following information:

Photo ID

Social Security Cards for parents and children

Health Insurance: proof that you have it or not

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

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

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

Social Security: bring the year end statement from Social Security

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

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

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

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

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

Mortgage interest and property taxes

FREE Direct Deposit of Refund

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

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



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

FEB-2016

Ayuda para su Declaración de Impuestos del año 2015

Del 29 de enero al 15 de abril

¡Le podemos ayudar a preparar su declaración de impuestos **GRATIS!**

En la Universidad de la Comunidad de Santa Fe Fitness Center

(6401 Richards Ave) **Estando cerrados debido a las vacaciones de primavera en el SFCC del 14 al 20 de marzo*

Lunes a Viernes 8:30 am – 5 pm

Sábado 9 am – 1 pm

Boys & Girls Club of Santa Fe

(730 Alto Street – entre St. Francis y Guadalupe)

Lunes a Viernes 9 am – 1 pm

Depósito de su Reembolso GRATIS

Por favor traiga una copia en blanco de un cheque de la cuenta bancaria a donde quiere que llegue su reembolso.

Necesitará traer los siguientes documentos:

Foto ID: Cartilla de identidad con foto

Las tarjetas del Seguro Social o ITIN de los padres y de los niños

W-2 formas: un document que muestre los salaries de todo el año para cada persona que haya trabajado

Si usted trabaja por su cuenta: traiga todos los ingresos y costos de su trabajo. No se olvide: puede reclamar las millas y otros costos del vehículo que haya usado para el trabajo. Gastos que verifiquen el uso parcial de su hogar como oficina o taller Herramientas, uniformes, publicidad, un teléfono (de casa o celular), etc.

Interés o dividendos recibidos. Traiga las formas 1099 del banco.

Seguro Social: Traiga la declaración del año de sus ingresos del Seguro Social como jubilado o discapacidad.

Desempleo: traiga la forma W2-G del Departamento de Trabajo o desempleo.

Juego: traiga las formas 1099 si ganó en juegos de apuestas como en los casinos, Lotería, y una lista de todas las otras apuestas que ha hecho aunque haya perdido dinero. Si puede, consiga su tarjeta de jugador del Casino.

Pensiones: traiga la forma 1099-R si recibió pago por medio de una pensión.

Seguros Médicos: traiga la información que verifique los seguros médicos de su familia.

Traiga una lista de sus: gastos de guardería o cuidado de sus niños, colegiatura o costos de la Universidad, gastos profesionales. Costos médicos que haya pagado por su cuenta.

Interés de la hipoteca e impuestos sobre su propiedad.

Donativos a obras de beneficencia.



**Peter Doniger, Director, Ayuda de Impuestos
AARP Tax Aide en Santa Fe**

Lo sentimos, pero solo se habla inglés en este teléfono celular.

Célular 670-6835 o SFCC 428-1780 o email

taxhelpsantafe@gmail.com

ONGOING ACTIVITIES

FEB-2016

All activities are open to registered seniors.

Schedule is subject to change.

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

LUIA IS CLOSED FOR REMODELING THROUGH JUNE 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi (beginner) 9 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi (beginner) 9 am: Jewelry class 9:30 am: Zumba Gold (low-impact) 11:45 am: Sing along 1:30 pm: Oil painting (2/2 and 2/16) 3 pm: Nia Technique (1 st & 3 rd Tuesdays)	8:15 am: Tai Chi (beginner) 9 am: Guitar lessons 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo	8:15 am: Tai Chi (beginner) 9:30 am: Wood-Straw Applique	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room 8 am-4:30 pm: Computer (open use)				

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 am: Exercise class	1 pm: Art class	9 am: Exercise class		9 am: Exercise class

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

VILLA CONSUELO IS CLOSED FOR REMODELING THROUGH JUNE 2016

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

UPCOMING ACTIVITIES

FEB-2016

Senior Center Closures



The Luisa and Villa Consuelo senior centers are closed for renovations. If you would like to enjoy breakfast or lunch and participate in daily

activities during this time please attend any of the other three senior centers: MEG, Pasatiempo, or Ventana de Vida. If you need a ride please use our transportation services; call (505) 955-4700, at least 24-hours in advance to reserve a ride. Construction is expected to be complete in June 2016.

Weekend Bingo at Pasatiempo

The Pasatiempo Senior Center (664 Alta Vista) will be hosting a Bingo on Sunday, February 7, 2016 from 1 p.m. – 4 p.m.

Details: \$12 for package
Four specials are \$4
Black out is \$2
\$100 jackpot

Serving: Frito pie and drink for \$5 Please bring small bills & everyone is welcome!

Weekday Bingo at Pasatiempo

Please join us at Pasatiempo Senior Center for weekday Bingo on Thursday and Friday afternoons from 1 p.m. – 3 p.m. Bingo is sponsored by the Luisa Senior Center, which is closed for renovations until June 2016.

Sweethearts Dance

The Valentine's Day Sweethearts dance will be hosted by the Luisa Senior Center and held at the Fraternal Order of Eagles Club (located at 833 Early Street). The dance will be on Thursday, February 4, 2016 from 1 p.m. – 4 p.m. Music by Camino Oscuro; admission is \$2. Light refreshments will be served.



Monthly Senior Services Committee Meetings

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

Senior Olympics: 2/10/16 at 9:30 a.m.
Transportation/Nutrition: No meeting
Advisory Board: 2/17/16 at 9:30 a.m.
Travel Committee: 2/18/16 at 8:45 a.m.
SAC Board: 2/17/16 at 10 a.m.

Free Hair Cuts at MEG & Pasatiempo

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



- Wednesday, February 3 MEG
- Wednesday, February 17 Pasatiempo
- Wednesday, February 24 Pasatiempo

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

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

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

MEG	Thursday, 2/4	11 a.m. – noon
MEG	Wednesday, 2/17	11 a.m. – noon
MEG	Thursday, 2/25	11 a.m. – noon
Pasatiempo	Friday, 2/12	11 a.m. – noon
Ventana de Vida	Thursday, 2/11	11 a.m. – noon

There will be no visits to Luisa and Villa Consuelo due to construction/center closure.

UPCOMING ACTIVITIES

FEB-2016

Movie Day at Ventana De Vida Senior Center Wednesday, February 17, 2016 at 1 p.m. "Maggie"

(2015 • PG-13 • 1h 35m)



By the time a necrotic viral pandemic spread cross-country to small town America and infected 16-year-old Maggie Vogel, authorities had established a protocol for patients infected with the deadly virus: they are removed from society and taken to special isolation wards to complete

the agonizing and dangerous transformation into one of the walking dead. The authorities do not speak about what happens after that. Wade Vogel (Arnold Schwarzenegger) is not ready to give up his daughter. After weeks of searching for Maggie when she runs away following her diagnosis, Wade brings his daughter back to her home for whatever time may be left as the teenager begins a painful metamorphosis. Having lost Maggie's mother years earlier, Wade is determined to hold on to his precious daughter as long as he can, refusing to surrender her to the local police who show up with orders to take her.

Free Ear Acupuncture for Veterans

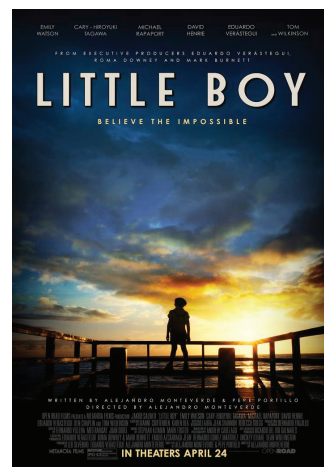
Licensed Acupuncturist Carolyn Bleakley returns! She will offer free ear acupuncture to veterans from 2 – 4 p.m. every Thursday at the MEG Senior Center in the Dining Room.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, February 22, 2016 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at (505) 471-2777.

Movie Day at MEG Senior Center Tuesday, February 23, 2016 at 1 p.m. "Little Boy"

(2015 • PG-13 • 1h 46m)



When auto mechanic James Busbee (Michael Rapaport) is sent to fight the Japanese during World War II, he leaves behind his wife (Emily Watson) and two sons, London (David Henrie) and Pepper (Jakob Salvati). Pepper feels his father's absence most keenly, and can't wait for him to return home. An encounter with a magician (Ben Chaplin) and advice from a priest (Tom Wilkinson) convince Pepper that the power to bring his dad back safely may be within himself and his actions.

Nia Technique on 1st & 3rd Tuesdays

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

- February 2 3 p.m.
- February 16 3 p.m.

"Let's Celebrate Your Birthday"

Humana will be supplying cake and ice cream to celebrate all seniors who have birthdays within the month. This will take place every first Wednesday at MEG and every third Wednesday at Ventana de Vida. A representative will be on site to answer any questions seniors might have on Medicare Plans, Medical Insurance, Life Insurance and more. Join us!



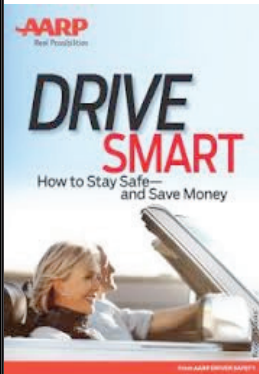
Ash Wednesday at Pasatiempo

On Wednesday, February 10, 2016 Deacon Montoya will be distributing ashes at the Pasatiempo Senior Center at 10 a.m.

UPCOMING ACTIVITIES

FEB-2016

AARP Smart Driver Course



Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 p.m. to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road.

Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four-hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class.

Also, please be prepared to dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Please leave a message if you get a recording.

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

- Tuesday, February 9, 2016
- Tuesday, March 8, 2016



Senior Olympic Spotlight

Regular Registration

MEG Senior Center

(1121 Alto St.)

- January 11 – February 26, 2016
from 8:30 a.m. – 4:30 p.m.
- \$20 registration fee (includes shirt)

Genoveva Chavez Community Center (GCCC)

(3221 Rodeo Rd)

- Wednesday, February 3, 2016 from 8 a.m. – noon
- Tuesday, February 9, 2016 from noon to 3 p.m.
- Friday, February 19, 2016 from 8 a.m. – noon

Late Registration

MEG Senior Center

(1121 Alto St.)

- February 29 – March 4, 2016
from 8:30 a.m. – 4:30 p.m.
- \$30 late fee

Eligible Senior Olympic participants will be given a 15 punch pass (for 15 free visits) to all three City of Santa Fe Recreational centers (GCCC, Ft. Marcy, and Salvador Perez). You must have competed in one or more events to receive the free incentive. The cards will be issued in June.

March Olympic events are as follows:

- March 15-16: Air Pistol/Air Rifle at the Santa Fe County Animal Barn
- March 17: Basketball Free throw at GCCC
- March 26: Tai Chi at Ft. Marcy
- March 29: Bowling Singles at Cities of Gold
- March 31: Bowling Doubles at Cities of Gold

If you have any questions please don't hesitate to contact me at (505) 795-3817 or by email at cavilla@santafenm.gov.

Good Luck Olympians! Until next month!

-Cristina Villa-

HEALTH & SAFETY

FEB-2016

These four exercises are designed to help you **increase flexibility**. Each one can be done in a **seated position or standing up**. In addition to at least 30 minutes of moderate intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth.

1 Neck Rolls



- Sit or stand with straight posture
- Roll head towards right shoulder
- Roll head towards back
- Roll head towards left shoulder
- Roll head towards chest
- Do these motions fluidly, 10 times in one direction
- Repeat 10 times in the other direction

2 Shoulder Rolls



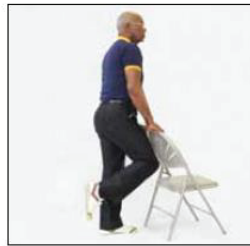
- Sit or stand with straight posture
- Roll shoulders forward
- Repeat 10 times
- Roll shoulders backward
- Repeat 10 times

3 Wrist Rotations



- Sit or stand with straight posture
- Hold both hands in front of body, arms outstretched
- Rotate wrists in a circle in one direction
- Repeat 10 times
- Rotate wrists in a circle in the other direction
- Repeat 10 times

4 Ankle Rotations



- Sit or stand with straight posture
- If sitting, lift both feet off the floor
- If standing, hold back of chair and lift right foot off the floor
- Rotate ankle(s) in a circle in one direction – repeat 10 times
- Rotate ankle(s) in a circle in the other direction
- Repeat 10 times
- If standing, repeat with left foot

February is Heart Disease Awareness Month

Symptoms of a Heart Attack

By the Go Red for Women Editors

Sweating. Pressure. Nausea. Jaw pain. Believe it or not, these are all symptoms of a heart attack in women. They are also symptoms that women often brush off as the flu, stress or simply feeling under the weather—which could put their lives in jeopardy.

"I really couldn't believe this happened to me," says survivor Amy Heintz. "I thought of myself as a healthy person, and was exercising when [my heart attack] happened."

Whether it's disbelief, lack of awareness or misdiagnosis, dismissing the symptoms of a heart attack can delay critical, life-saving actions. Being able to recognize the warning signs and act quickly, however, can save a life.

Causes of a heart attack in women

Heart attacks occur when the flow of blood to the heart is blocked by a buildup of plaque in coronary arteries. While the initial causation can often be pinned on the usual suspects—heavy smokers, people with high-stress lifestyles, or those who are excessively overweight—the not-so-usual suspects can also be at high risk for heart attack. Heart disease is the No. 1 killer of women, which is why it is imperative that women learn the warning signs and symptoms, see a doctor regularly, and learn their family history.

Symptoms of a heart attack

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.



- Shortness of breath, with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, the most common heart attack symptom in women is chest pain or discomfort. But it's important to note that women are more likely to experience the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

What to do during a heart attack

If you experience any of these signs or symptoms:

- Do not wait to call for help. Dial 9-1-1, make sure to follow the operator's instructions and get to a hospital right away.
- Do not drive yourself or have someone drive you to the hospital unless you have no other choice.
- Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.

Why it's important to know the symptoms of a heart attack

Women who consider themselves healthy often misdiagnose the symptoms of a heart attack because they don't think it could happen to them. That is why it's crucial to learn about heart disease and stroke, know your numbers, live a heart-healthy lifestyle and be aware of the risk factors of heart disease.

LEGAL & CONSUMER

FEB-2016

Your Social Security Benefit Statement

By Rhonda Romero, Social Security Public Affairs Specialist

It's that time of year again: time to start preparing to file your taxes. If you receive Social Security benefits, one of the documents you will need when filing your federal income tax return is your Social Security Benefit Statement (Form SSA-1099).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens only if you have other substantial income — such as wages, self-employment, interest, dividends, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099). You should automatically receive your 1099 form each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The 1099 form is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement 1099 form if you didn't receive one or misplaced yours. You can get an instant replacement quickly and easily by using your secure online my Social Security account. If you don't already have an account, you can create one in minutes. Follow the link to the my Social Security page, and go to "Sign In" or "Create an Account." Once you are logged in, select the "Replacement Documents" tab to obtain your replacement 1099 form. If you create a my Social Security account, you can also use it to keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement 1099 form by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate.

With a my Social Security account, gathering your Social Security information for tax season has never been easier. Open your own personal my Social Security account today at www.socialsecurity.gov/myaccount.



PUZZLE

FEB-2016

PUZZLE 44

ACROSS

1. Collide
6. Kind of machine
10. Subsides
14. Love affair
15. "Kon-____"
16. Smack
17. Harm
18. "Bonanza" character
19. Emanation
20. Nursery-rhyme character
23. ____ Kippur
24. Grasp
25. Actress Arthur
28. Low-grade wool
31. Trim
34. Kind of sleeve
36. Kampuchean leader Lon
37. Class
39. Economist Henry and family
40. Adhesive
42. Badgerlike animal
44. Singer Sonny
45. Discharge
47. Aggregate
49. Study
50. Peruse again
52. Extra-ordinary
53. Certain high sch. students
54. ____ Lanka
55. Sis's sibling
57. Stove fuel
59. Belushi/Aykroyd film, with "The"

66. Toyland visitor

68. On the Pacific
69. Riding attire
70. Space chimp
71. Gossip
72. Go to Gretna Green
73. Dryer fuzz
74. Establishes
75. Librarian's term

DOWN

1. Canaanite fertility god
2. Both: pref.
3. Whip
4. Vigorous
5. Shortly
6. Attempt
7. Adriatic resort
8. Endorses

9. Lumberjack's call
10. Biblical twin
11. Aristocrats
12. Watering hole
13. Hot tub
21. Arab dignitary
22. Spring
26. Breadwinner
27. Actor Williams et al.
28. Infuriates
29. Dancer Ray
30. County-fair prize
32. Med school subj.
33. Coach
35. Lump

38. Stiff hair
41. Wind dir.
43. Slow, in music
46. Forbidden
48. Jacket material
51. Fears
56. Actor Davis
58. Fissile rock
60. In case
61. Ernie's buddy
62. Squeals
63. Black
64. Ready
65. Fuss
66. Babylonian god of the earth
67. American cuckoo

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
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PUZZLE

FEB-2016

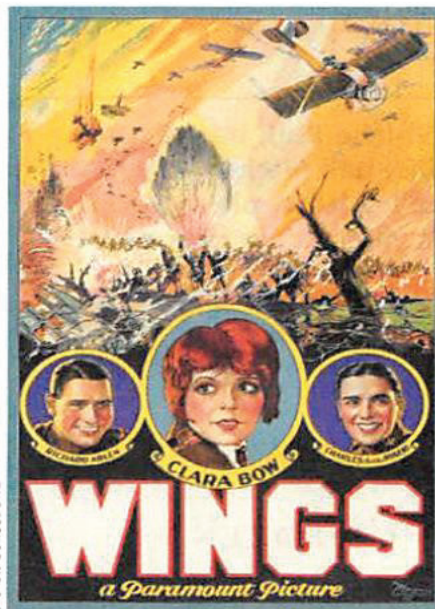
Oscar #1

33

Little suspense surrounded the first Academy Awards ceremony. Organized as a banquet held at the Hollywood Roosevelt Hotel on May 16, 1929, the award recipients already had been announced three months earlier! The ceremony was simply to hand out the statuettes.

Solution on page 139

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



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- ☐ ACTRESSES
- ☐ AWARDS
- ☐ BORZAGE, Frank
- ☐ CATEGORIES
- ☐ CEREMONY
- ☐ CHAPLIN, Charles

- ☐ DINNER
- ☐ DIRECTORS
- ☐ FAIRBANKS, Douglas (host)
- ☐ FARNHAM, Joseph
- ☐ FILMS
- ☐ GAYNOR, Janet
- ☐ GLAZER, Benjamin

- ☐ GUESTS
- ☐ HECHT, Ben
- ☐ HOLLYWOOD
- ☐ JANNINGS, Emil
- ☐ MENZIES, William Cameron
- ☐ MILESTONE, Lewis
- ☐ POMEROY, Roy
- ☐ ROOSEVELT Hotel
- ☐ ROSHER, Charles
- ☐ SPEECHES
- ☐ STATUETTES
- ☐ STRUSS, Karl
- ☐ "SUNRISE"
- ☐ WARNER Bros.
- ☐ "WINGS"
- ☐ WINNERS
- ☐ WRITERS

PUZZLE ANSWERS

FEB-2016

PUZZLE 44

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

33

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

BREAKFAST MENU

FEB-2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham & cheese biscuit Jelly Tomato juice	2 Scrambled egg w/ cheese, salsa, tortilla & bacon	3 Pancakes w/ maple syrup sausage Tomato juice	4 Breakfast burrito w/scrambled egg, cheese, red chile, hash browns, bacon	5 Grilled ham w/ Red chile & potatoes Whole wheat toast Jelly
8 Boiled eggs (2) Salsa Small roll Margarine	9 Sausage, cheese, Red chile Small roll w/margarine	10 Cold cereal Whole wheat toast Peanut butter & jelly Tomato juice	11 Breakfast burrito w/scrambled egg, sausage, green chile, hash browns	12 Hot cereal Cottage cheese Margarine Tomato juice
15 Ham & cheese biscuit Jelly Tomato juice	16 Scrambled egg Cheese, bacon Green chile Hash browns	17 Grilled ham w/salsa, Peppers, small roll Jelly	18 Scrambled egg Cheese, potatoes Red chile Margarine	19 Sausage, salsa Hash browns Small roll w/margarine
22 Grilled ham Red chile Hash browns Margarine	23 Breakfast burrito w/scrambled egg, cheese, salsa, bacon, hash browns	24 Hot cereal Cottage cheese Margarine Tomato juice	25 Scrambled egg Cheese, bacon Salsa, hash browns Whole wheat toast	26 Cold cereal Small roll Peanut butter & jelly Tomato juice
29 Sausage, cheese, Green chile, potatoes Margarine				

Nutrition Education – Eat Smart, Live Strong Part 4

(Source: USDA SNAP-Ed Connection)



Tips for Spending Less

Tips for eating more fruits and vegetables:

- Use EBT benefits to purchase fruits and vegetables
- Get canned fruits and vegetables from Food Distribution Programs, such as food banks or food pantries
- Apply for Senior Farmers' Market Program

- Apply for Commodity Supplemental Food Program if available
- Buy canned or frozen fruits and vegetables on sale
- Choose produce in season

Tips for participating in more physical activity:

- Park car farther from the store or office
- Take the stairs instead of elevator
- Walk and talk with friends
- Participate in active play with grandchildren
- Dance around the house!

Turn to page 16 for exercises to try.

SENIOR CENTER LUNCH MENU

FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken taco w/garnish & salsa Pinto beans Calabacitas Jell-O w/mixed fruit	2 Pork roast Mashed potatoes w/brown gravy Steamed asparagus Whole wheat roll Chilled applesauce	3 Pepper steak Baked sweet potatoes California veggies Whole wheat roll Cherry cobbler	4 Green chile chicken enchiladas Pinto beans yellow & green squash Spinach salad saltine crackers Jell-O w/fruit	5 Philly cheese steak sandwich bell peppers & onions French fries Green salad Chilled apricots
8 BBQ chicken thighs Creamy coleslaw Steamed green beans Whole wheat roll Chocolate pudding w/topping	9 Fritopie w/garnish & red chile sauce Pinto beans Chilled apricots & angel food cake	10 Baked fish fillet w/tartar sauce German slaw Mixed vegetables Hush puppies Banana pudding	11 Pork posole Spinach salad Pinto beans Flour tortilla (1) Chilled fruit cocktail	12 Tuna salad w/egg noodles Tossed green salad w/ranch dressing Crackers Chilled peaches
15 Chicken fajitas w/ garnish(cheese & salsa) Tortilla (1) Chile beans Jell-O with Mandarin oranges	16 Chicken fried steak Mashed potatoes w/brown gravy Steamed carrots Whole wheat roll Chilled peaches	17 Oven baked chicken Rice pilaf Buttered broccoli Whole wheat roll w/margarine Cherry cobbler w/ice cream	18 Beef pot roast Mashed potatoes w/brown gravy Steamed green beans Whole wheat roll White cake	19 Fish sandwich Tartar sauce Lima beans Carrots sticks Chilled plums
22 Pork loin Black eyed peas Steamed cabbage Cornbread w/margarine Peach cobbler	23 Roast beef Mashed potatoes w/brown gravy steamed green beans whole wheat roll w/margarine white cake	24 Chile relleno w/green chile topping Tossed salad w/dressing Pinto beans Saltine crackers Chilled mixed fruit	25 Hamburger steak w/mushroom gravy Mashed potatoes Steamed green beans Whole wheat roll Chilled pineapple bits	26 Baked fish fillet Parsley potatoes Creamy coleslaw Whole wheat roll Vanilla pudding w/topping
29 Salisbury steak w/ gravy Mashed potatoes Steamed spinach Whole wheat roll Chilled pears	01-Mar Italian spaghetti w/meat sauce Steamed broccoli w/cheese topping Garlic bread Chilled peaches	02-Mar Grilled pork chop Mashed potatoes w/gravy Steamed green peas Baked biscuit Cherry cobbler	03-Mar Hamburger w/cheese green chile Ranch beans Onion rings Chilled applesauce	Menu is subject to change Milk is served with every meal.

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

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

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



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

Closed thru June 2016
Luisa (505) 955-4717
1500 Luisa Street
(entrance on Columbia St.)

Closed thru June 2016
Villa Consuelo (505) 474-5431
1200 Camino Consuelo

Genove
Chavez
Community
Center

