

The SeniorScene



JANUARY
2015



**Programs and Activities
for Older Adults**

**Programas y Actividades
para Adultos Mayores**



offered by:

Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

1/2015

Welcome,

The City of Santa Fe's Division of Senior Services offers a variety of programs and services at five senior centers throughout the City of Santa Fe. If you are age sixty or over, we invite you to make use of our services and facilities and participate in our programs. Most activities are free and only a few request a suggested donation. These are your services 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, City-run fitness facilities and public libraries, and senior living communities. It is also available online at www.santafem.gov. Enter "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's website at www.rsvpsantafe.org.

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Vacant, Program Coordinator 955-4715

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

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Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Daniel Mitchell, Special Projects Admin. 955-4744

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Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool Room 955-4737

Other Important Numbers

Santa Fe County Information 992-3069

Santa Fe Civic Housing Authority 988-2859

Newsletter Production

Melanie Montoya, Editor/Distribution 955-4761

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

DIRECTOR'S REPORT

1/2015

Dear Patrons, Happy New Year!

As we prepare for a new year, one of our main priorities is to gear up for the upcoming New Mexico Legislative Session. The 2015 State Legislative Session begins January 20, 2015 at noon time. This is a very imperative process for the City of Santa Fe, Division of Senior Services as well as for other senior programs statewide. With a thorough evaluation of our program needs and specifically identified capital improvement projects this request will enhance and benefit our seniors utilizing our programs located within the City of Santa Fe. During the 2015 Session the Division of Senior Services submitted for both a Legislative Request (Operating dollars) totaling \$248,107 and Capital Outlay Request (Capital Improvements/Equipment) totaling \$1,174,910.

We will continue to work hard for you in securing funding to enhance our City programs via this process. We will meet with Santa Fe's State local delegation and ask for their support with our submitted request. And as always we would like to thank our local delegation for their continued support both now and in the past. We truly appreciate you.

Another important process during this year's session is the 2015 Senior Day at the New Mexico Legislature. This event has been scheduled for Tuesday, January 27, 2015, at 10:00 a.m. in the Rotunda. Our very own Santa Fe Mayor Javier M. Gonzales will be present and will read a proclamation in honor of Senior Day. Your presence as well as others at the Legislature is greatly appreciated and makes a difference in the decisions our Legislators make related to senior programs statewide. So if you are interested in attending this very important event and need a ride to the State Capital, please contact our Transportation Section at 955-4700 at least 24 hours in advance to schedule your ride.

Also, please mark your calendar to attend our annual Public Hearing on Tuesday, January 7th, at 9:00 a.m. at the Mary Esther Gonzales Senior Center. Our annual Public Hearing will provide an overview of services offered to you. Your presence truly makes a difference because it allows us to obtain your input thereby enabling us to continue to tailor our services to meet your needs. I would like to take this opportunity to extend, in advance, a sincere and personal thank you for your dedicated support and consideration for our programs. Please be advised that our Transportation service will be available to provide rides to and from this meeting. Again please contact our Transportation Section in advance so that arrangements may be made.

I hope you and your families have a wonderful New Year and we look forward to seeing you at our various meal sites and upcoming events.

Sincerely,



Ron J. Vialpando, Division Director

SENIOR SERVICES PROGRAM INFORMATION

1/2015

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers or utilizes the Division of Senior Services is asked to register with our program. We can secure program funding each time a registered senior prints his or her name on our various sign-in sheets e.g. meals, fitness activities, transportation, etc.

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

Eligibility for Senior Services Registration

Participants must meet the following criteria, per the Older Americans Act: be sixty (60) years of age; or be the legal spouse of a member age 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

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.**
- Closures: ***Senior Centers will be closed on Thursday, January 1st and Monday January 19th.***
- 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

1/2015

They will be missed...



Arthur F. Lucero, 78, lifelong resident of Santa Fe, passed away peacefully in his sleep at his home on November 19, 2014. He proudly served his country as a Marine Combat Infantryman in the Korean War. He married Corine Perea, whom he was happily married to for 36 years. She preceded him in death. He is survived by son Steven and daughters Donna Marie and Selena Petruzzi. Mr. Lucero was a regular fixture in the MEG pool room. He will be remembered as always having a cheery disposition and offering compliments to all. May he rest in peace.



Constance Foster (1923-2014), passed away on October 24th. She had a beautiful voice and met George Gershwin and Benny Goodman when she sang in the chorus of the Metropolitan Opera and with the Big-Bands of the "Swing Era" in New York City.

An expert gemologist, she worked as an appraiser in Albuquerque and also worked for the Department of Aging and Long Term Services, and the College of Santa Fe.

She will be dearly missed by all who loved and admired her.

Flora's Corner

Inspiration from Flora Leyba

What we have done for ourselves
alone dies with us. What we have done
for others and the world
Remains and is immortal.

-Albert Pike

5

Thank you to Home Instead

On behalf of the Division of Senior Services, we extend a huge "Thank you" to Chico Marquez and the Home Instead Senior Care staff for another successful year of "Be a Santa to a Senior."

Because of their efforts, 460 frail, homebound individuals in the Santa Fe community received a Christmas gift. This was the only present that many of them received during this holiday season. Thank you to Christus St. Vincent Hospital, the Santa Fe Wal-Mart Stores, and all who generously purchased gifts, and those who participated in gift wrapping and/or delivering of Christmas gifts to our seniors.

Great teams can accomplish great work. Thank you for making a difference in the lives of our senior community.

Senior Day at the Legislature

Join hundreds of senior citizens from all around New Mexico on Tuesday, January 27th for the annual Senior Day at the Legislature. All seniors, members of the aging network, and interested members of the public are invited to attend activities promoting senior awareness at the Roundhouse that day.

Along with presenters throughout the morning, there will be a various activities including information tables covering a wide variety of aging issues and speeches by elected officials and policy-makers in the Aging Network.

Senior Services Transportation will drive interested seniors from the Mary Esther Gonzales Senior Center at 8:30 a.m. to the Roundhouse. One van will leave the Roundhouse at 10:30 a.m. and another at 11:30 a.m. Please call 955-470 to sign up for a ride.

Senior Center Closures

All Santa Fe senior centers will be closed on Thursday, January 1st for New Years and on Monday, January 19, 2015 for Martin Luther King Jr. Day.



NEWS & VIEWS

1/2015

Santa Fe Living Treasures Award goes to...



Njoroge Tho-Biaz

CONGRATULATIONS to one of our registered members, Njoroge Tho-Biaz who was awarded with the Santa Fe Living Treasures Award in 2014.

Mr. Tho-Biaz who has been a registered member with our program for the last five years is a phenomenal teacher, compassionate counselor, therapist and life coach who believe both attitude and consciousness can be used as life changing tools that affect the physical world and he knows because he himself is a stroke survivor. After his stroke he went back to school and is currently part of El Otro Lado, an experiential teaching program at the Academy of the Love of Learning, where he helps students explore their own stories through song, dance and theater. Mr. Tho-Biaz also volunteers at his grandchildren's school where he provides playground supervisor duties.

Furthermore, Mr. Tho-Biaz also offers life coaching and counseling to groups or families/ individuals and doesn't even charge for his services but gives clients a list of the average rate for the comparable service and then allows them to give a donation. Mr. Tho-Biaz, Thank You for all you do for our community and again congratulations for your wonderful accomplishments.

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. This schedule is subject to change. Check updates online at www.santafecounty.org or call 231-2382.

January 2015 Dates, Times and Locations:

- 1st Holiday, van not out.
- 2nd Van not out.
- 3rd Southside Library 10:00 am-2:00 pm
- 4th Smith's Grocery Pacheco St. 10:00 am-2:00 pm
- 5th Van not out.
- 6th Van not out.
- 7th Van not out.
- 8th Van not out.
- 9th Van not out.
- 10th Fort Marcy 10:00 am-2:00 pm
- 11th Lowes/Kmart-St. Michael's 10:00 am-2:00 pm
- 12th Rufina Housing 10:00 am – 2:00 pm
- 13th St. John's Methodist Church 10:00 am-2:00 pm
- 14th Eldorado Senior Center 10:00 am-2:00 pm
- 15th Edgewood Senior Center 10:00 am-2:00 pm
- 16th Pasatiempo Senior Center 10:00 am-2:00 pm
- 17th Genoveva Chavez Center 10:00 am - 2:00 pm
- 18th Casa Solana 10:00 am-2:00 pm
- 19th Holiday, van not out.
- 20th Chimayo Senior Center 10:00 am -2:00 pm
- 21st El Rancho Senior Center 10:00 am-2:00 pm
- 22nd Santa Cruz Senior Center 10:00 am-2:00pm
- 23rd MEG Senior Center 10:00 am - 2:00 pm
- 24th Smith's Grocery Cerrillos 10:00 am-2:00 pm
- 25th SF Recovery Center 10:00 am-2:00pm
- 26th Zona Del Sol 3:00 pm-6:15 pm
- 27th Luisa Senior Center 10:00 am - 2:00 pm
- 28th Ventana de Vida 10:00 am-2:00 pm
- 29th Roundhouse 10:00 am - 2:00 pm
- 30th Salvador Perez 10:00 am - 2:00 pm
- 31st Lamy Train Station 10:00 am - 2:00 pm

NEWS & VIEWS

1/2015

Echo Commodities Food Distribution

Commodities (including cheese, cereal and canned foods) are available to income-eligible seniors age 60+ on the third Tuesday of each month, 9:30 a.m. – 12:30 p.m. at the Santa Fe County Extension Building, 3229 Rodeo Road.

Please call 1(505) 242-6777 for details.

Senior Commodity Distribution Dates – 2015:

Tuesday, January 20th
Tuesday, February 17th
Tuesday, March 17th
Tuesday, April 21st
Tuesday, May 19th
Tuesday, June 16th
Tuesday, July 21st
Tuesday, August 18th
Tuesday, September 15th
Tuesday, October 20th
Tuesday, November 17th
Tuesday, December 15th



Free Benefits Counseling at MEG

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

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

Thanks to Annabelle Montoya

Annabelle Montoya, Northeastern Regional Manager of Alzheimer's Association New Mexico Chapter, led an informative and fantastic presentation for caregivers and staff at the MEG Senior Center on November 18th. Thank you so much Annabelle for sharing your expertise with us!

We would also like to thank Leslie Van Pelt, Owner of Comfort Keepers and Stacy Fischer, Director of Marketing at Kingston Healthcare Company for the much appreciated caregiver gifts.

Blood Pressure, Blood Sugar and Oxygen Level Tests Are Now Being Offered at Senior Centers

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

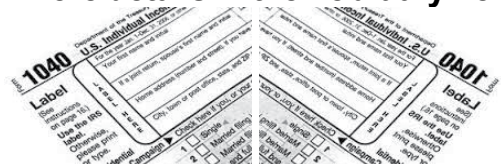
Luisa -	Friday, Jan. 2nd, 11-12 noon
Pasatiempo -	Thursday, Jan. 8th, 11-12 noon
MEG -	Thursday, Jan. 15th, 11-12 noon
Ventana -	Thursday, Jan. 22nd, 11-12 noon
VillaConsuelo -	Thursday, Jan. 29th, 10:00-11:00

Tax Aide New Mexico – Santa Fe

Free income tax preparation and electronic filing will be available aging this year, by AARP Tax Aide volunteers.

February 2 through April 15, 2015 at:
Santa Fe Community College, West Atrium
and
Pasatiempo Senior Center

Look for more details in the February newsletter.



AT A GLANCE

1/2015

→
Senior participants take time to pose for the camera before enjoying their Thanksgiving lunch at the Consuelo Senior



←
Spouses Manuel and Victoria Romero show off their dancing skills at the Christmas Dance in December.

Members of the Ventana Senior Center enjoy socializing with each other during the Christmas Dance in December. → → →



↖
Volunteers serve up a delicious, homemade Thanksgiving feast at the Consuelo Senior Center.



←
Foster Grandparent Isidra Pacheco has mastered the CPR technique during training.



←
Senior Companion volunteer Genevieve Maes practices her CPR skills during training.



PUBLIC HEARING

1/2015

Older Americans Act to be the focus of Public Hearing January 7, 2015

The City of Santa Fe's Division of Senior Services will host a Public Hearing on the Older Americans Act and related services covered by this Act. You are invited to attend and learn about our services and give your valuable input.

***Wednesday, January 7, 2015 at 9:00 a.m.
at the Mary Esther Gonzales Senior Center, 1121 Alto Street***

The Older Americans Act was enacted by congress in 1965 to ensure provision of social services to America's elderly population. The City's Division of Senior Services administers programs, which provide a comprehensive social service delivery system for senior citizens in our community. The following program services are critical to our planning and implementation process:

- Congregate Meals at our five senior centers
- Home Delivered Meals (Meals on Wheels)
- Assisted Transportation (senior vans)
- Home Management including housekeeping, laundry, escort, non-medical personal care, etc.
- Respite (Alzheimer's) Care including caregiver relief, companionship, non-medical personal care, caregiver support, etc.
- Durable Medical Equipment (walkers, wheelchairs, shower chairs, etc.)
- Grandparents Raising Grandchildren, including information and access, supplemental support, etc.
- Volunteer Programs – Foster Grandparent Program (FGP), Senior Companion Program (SCP), Retired Senior Volunteer Program (RSVP)
- Recreation and Fitness, including Senior Olympics, line dancing, exercise classes, Tai Chi, Enhanced Fitness, fitness equipment, etc.
- Capital Outlay and Legislative Request

The public's input on these programs is critical. If you are unable to attend the hearing on January 7th, written comments are encouraged and should be sent to:

City of Santa Fe
Division of Senior Services
Ron J. Vialpando, Director
P.O. Box 909
Santa Fe, NM 87504-0909

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

1/2015

Community Needs



The following are volunteer positions, and each comes with training from the volunteer "station" and support from the Retired Senior Volunteer Program.

If you are interested in any of these exciting opportunities, please call Marisa Romero in the RSVP office, at 955-4743 or email mvromero@santafenm.gov

RSVP staff will enroll you in our program, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts, birthday recognition, optional workshops and classes, and more, after we set you up in the volunteer job(s) of your choice.

Volunteer: Turn in Your Hours

Please remember to turn in your volunteer hours served in October, November and December by the first couple of days in January. As always, you may mail them, fax them, drop them off at MEG or Luisa Centers, enter them on the RSVP website at rsvpsantafe.org or email them to mvromero@santafenm.gov. Please call Marisa at 955-4743 if you have any questions.

Santa Fe Habitat for Humanity Needs Volunteers

Santa Fe Habitat for Humanity partners with working families to help them build and buy affordable homes. There are three areas where you can volunteer to help make these home-owning dreams come true and hours are flexible for volunteers in each area:

- Construction – You don't need any experience to help build Habitat homes – you get training and tools on the job site.
- ReStore -- Volunteers in our fund-raising store can choose to help stock and sell items in the store or work in our Tool Lending Library or go on our truck to collect donations.
- Office – Volunteers help with office duties and serve on committees to help Habitat achieve its goals.

Please call Marisa at 955-4743 for details.

Volunteers Needed

Esperanza Shelter for Batter Families

This great organization has requested the assistance of our RSVP volunteer program in the following areas:

- Someone with an accounting background who could volunteer once a month to review bank reconciliations, reconcile investment accounts and review journal entries.
- Volunteers to answer phones occasionally.

Any assistance that you can offer with any of the above will be greatly appreciated. For more information, please contact Marisa at 955-4743

HAPPY BIRTHDAY



RSVP volunteers born in JANUARY!



Jhana Noble	1/01	Diane Wahl	1/16
Al Hill	1/03	Maria Salaza	1/17
Lucy E. Romero	1/03	George Auchampaugh	1/19
Grace E. Gutierrez	1/04	Barbara Ann Davis	1/21
Emily Marquez	1/04	Susan M. Sheldon	1/21
Reyes P. Garcia	1/06	Sylvia Wohlmutter	1/22
Barbara Rochford	1/06	Virginia Lierz	1/26
Margaret Christensen	1/08	Michael Mier	1/26
Harold Fager	1/08	Pauline Orosco	1/26
Carolyn Rockenfield	1/08	Donna L. Herbst	1/28
Alan Karp	1/11	Dottie Hill	1/28
Pat Bell	1/13	Ray Jimenez	1/28
Ann Hume	1/14	Perfilia Martinez	1/28
Dolores Vigil	1/14	Caro Waterman	1/28
NancyAnnParaskevas	1/15	Deluvine R. Baca	1/29
Mary Erlin Medina	1/16		

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

FGP/SCP *Foster Grandparent / Senior Companion Programs*

1/2015

Why Volunteering Makes the Perfect New Year's Resolution

Welcoming a new year offers a wonderful opportunity to make new choices and take new chances in life. Whether you reflect proudly on your many accomplishments in the past year or you can't wait to turn a new page and look toward the future, the new calendar year is an opportunity to do the things that might have been on your back burner. If you've been thinking about volunteering for years or have been contemplating your resolutions for the new year, now is the time.

Volunteering makes the perfect New Year's resolution because it creates a trifecta of great outcomes. Volunteerism has countless benefits to the community and also to the health and happiness of individuals who commit to volunteering.

Here are just a few reasons to sign up to volunteer today:

1. Volunteering has been linked with increased levels of happiness and decreased depression.
2. People who volunteer report physical, mental, and emotional health benefits.
3. Volunteers help create and support healthy communities.
4. Volunteers help teach a skill for life by working to support community needs.

Take the Plunge in 2015

Volunteering can easily become one of those back burner activities. The type of activity that always seems like a nice thing to do, but loses steam when it comes to reaching out and signing up.

Make volunteering a reality this year. Call Melanie at 955-4761 for information on volunteer opportunities in our community.

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

Tillie Kitchens	1/6
Tillie Trujillo	1/6
Seferino Chavez	1/7
Maria Carta	1/26
Perfilia Martinez	1/28

FGP & SCP Volunteers - Please join us: Senior Day at the Legislature 2015

Join us for speeches by legislators, music and information tables on senior issues and programs.

Tuesday, January 27, 2015
9:00 a.m. at the Roundhouse

If you are interested in attending this event, you will not be required to volunteer your regular schedule on this day. Please let Melanie know if you are interested in attending. This is not a mandatory event and requires lots of standing and walking.

January In-Service

The January in-service meeting will be held on Wednesday, January 7th at 9:00 a.m. in the Mary Esther Gonzales dining room. The focus of the meeting will be for staff to present a public hearing regarding the Older Americans Act. Participants will have the opportunity to voice their concerns regarding important programs provided by the Division of Senior Services such as congregate meals, transportation, etc.

You are not required to volunteer your regular schedule on this day and should plan on attending this event.

Program Reminder

In the event of a snow storm, please refer to our program policy: check the news channels for public schools and/or city closures or delays. In the event of a closure or delay, our Transportation services will not pick up volunteers, therefore, all FGP and SCP volunteers are not required to volunteer on those days and should not drive or volunteer their regular schedules.

Get Involved

Be a volunteer and reap the rewards.

ACTIVITY

1/2015

All activities are open to registered seniors.

Schedule is subject to change.

Luisa Senior Center 955-4725

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

Mary Esther Gonzales (MEG) Senior Center 955-4715

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Computer Classes	Call for info.	955-4711
Guitar Class	Monday	9:00 am
EnhanceFitness	Mon, Wed & Fri.	9:30 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday	9:00 am
Nia Technique	1st & 3rd Tues.	1:30 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Mind/Body Movement	Thursday	9:30 am
Chair Yoga	Thursday	1:00 pm
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Zumba	Tuesday	9:30 am

Pasatiempo Senior Center 955-4725

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

Ventana de Vida Senior Center 955-4715

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Game & Puzzle Day	Wednesday	2 pm-4 pm

Villa Consuelo Senior Center 955-4725

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

ART

Ventana-Class	Tuesday	1:00 pm
MEG-Class	Tuesday	1:30 pm

BINGO

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

BRIDGE GAMES & PUZZLES

Pasatiempo - Bridge	Monday	12:30 pm
Ventana Games - Puzzles	Wednesdays	1 pm - 3 pm

CERAMICS

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

COMPUTER

MEG	Mon. - Fri.	1 pm - 4:30 pm
Pasatiempo	Tuesday	9 am - 11 am

FITNESS EQUIPMENT

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

EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Wednesday	10:00 am
Pasatiempo Zumba	Friday	9:00 am
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
Pasatiempo Yoga Practice	Mon. & Wed.	8:30 am
MEG Enhance Fitness	Mon, Wed & Fri.	9:30 am
MEG Nia Technique	1st & 3rd Tues.	1:30 pm
MEG Mind/Body Movement	Thursday	9:30 am
MEG Chair Yoga	Thursday	1:00 pm
MEG Zumba	Tuesday	9:30 am
Ventana Class	M/W/F	9:00 am

TAI-CHI

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

GUITAR CLASS (Beginner)

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

JEWELRY MAKING

MEG Center	Tuesday	9:00 am
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SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
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SING-ALONG

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

WOOD/STRAW APPLIQUE

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

ACTIVITY

1/2015

AARP "Smart Driver" Course

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



New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the entire four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00. If you are an AARP member the cost is only \$15.00, although your AARP card or membership number must be presented the day of the class.

Be prepared: temperatures fluctuate in the dining room, so please dress in layers.

The number of participants for each class will be limited to 30 individuals.

To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

- January 27th Don Blossom, 984-9995
- February 10th Don Blossom, 984-9995

Ear Acupuncture for Veterans

Licensed acupuncturist Carolyn Bleakley will offer free ear acupuncture for veterans and their families at the MEG center on the following Thursdays from 2:00 p.m. to 4:00 p.m.:

- Thursday, January 8
- Thursday, January 15
- Thursday, January 22
- Thursday, January 29



Painting Class at MEG

We still have room for any interested individuals who would like to learn how to draw and paint.

Please join artist Judy Ortiz at the Mary Esther Gonzales Senior Center on Tuesdays at 1:30 p.m. The classes are held in the Craft Room at the MEG Center. If possible, please bring your own canvas size 9 x 12 or 12 x 16.

EnhanceFitness Classes

If you are looking for an ideal exercise program this is the class for you. This hour long (three days a week) class is designed to improve your physical condition and to decrease your risk of falling. Studies show that regular physical activity improves overall health, memory, mood, balance, bone density, endurance, flexibility, and coordination. We think you will be surprised by how much better you will feel when you participate in this class and hope you take advantage of this exercise program in 2015. Your certified instructor is Carol and her classes are as follows:

- Mondays - 9:30 a.m.
- Wednesdays - 9:30 a.m.
- Fridays - 9:30 a.m.

Many fitness programs claim to improve the health of older adults. Few can demonstrate real results based on scientific research. From the beginning, EnhanceFitness, a program managed by Senior Services (Seattle, WA) in collaboration with the University of Washington Health Promotion Research Center has demonstrated measurable results.

New Year's Dance at Luisa

Please join us at the Luisa Senior Center, 1500 Luisa St (off Columbia) for an afternoon dance on Thursday January 15th from 12:30 p.m. – 3:30 p.m. There will be live music by Bonifacio. Door prizes will also be given out! Admission is \$2.00. Don't miss out!



Free Hair Cuts at MEG & Pasatiempo

We welcome back our volunteer Fabiola (a licensed beautician) who will provide free haircuts for seniors, on a first come, first serve basis, (20 haircuts on these dates). The dates for haircuts are on the following Wednesday's beginning at 10:00 a.m.

- January 7th MEG
- January 14th MEG
- January 21st Pasatiempo
- January 28th Pasatiempo



The sign-in sheet for a haircut at the MEG Center will be available that morning at 9:00 a.m. in the reception area of the MEG center. Remember only twenty haircuts per day.

Monthly Senior Services Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: Jan. 13th at 9:00 am
- Senior Olympics: Jan. 14th at 9:30 am
- Advisory Board: Jan 27th at the Roundhouse, call Lugi at 955-4711 for room num. and time.
- Travel Committee: January 15th at 8:45 am
- Senior Activity Corp: January 15th 10:00 am

New Year's Dance

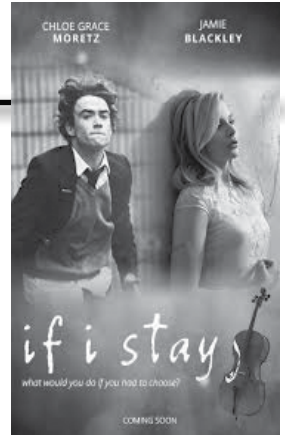
Join us in bringing in the New Year with a dance on Thursday, January 8th from 1:00 p.m. – 4:00 p.m. at the Fraternal Order of Eagles on 833 Early St. Dance to live music by Los Malcriados. Light refreshments will be served. This dance is sponsored by the Villa Consuelo Senior Center. Admission is \$2.00.



Luisa Movie Day: If I Stay

Wednesday, January 21st at 1:00pm

Life changes in an instant for young Mia Hall after a car accident puts her in a coma. During an out-of-body experience, she must decide whether to wake up and live a life far different than she had imagined. The choice is hers if she can go on.



Center Closures

All City Senior Centers will be closed on Thursday, January 1st for New Year's Day and again on Monday, January 19th in honor of Martin Luther King, Jr. Day.

Free Legal Workshop/Consultations

The Legal Resources for the Elderly Program will host the following free Legal Workshop on Estate Planning and Long-Term Care Medicaid Planning on:

Tuesday, January 13th

9:30 to 10:30 a.m.

MEG Senior Center

The workshop covers: Power of Attorney, Advanced Health Care Directives, Estate Planning and Long-Term Care Medicaid Planning, followed by a question-and-answer period. They will also offer free 30-minute one-on-one consultations for those who call and schedule an appointment in advance. The appointments are available from 12:00 noon to 3:00 p.m. on the same day as the presentation, at the MEG Senior Center. For more information or to schedule an appointment please call the following numbers:

(505) 797-6005 or 1-800-876-6657.

You must call and reserve your appointment before January 9th.

ACTIVITY

1/2015

Flu Shot Clinic

The New Mexico Department of Health, NE Region Public Health Division is offering a flu clinic for seniors at all five senior center as follows:



January 5th - Ventana de Vida 9:00 - noon
January 6th – MEG Senior 9:00 – noon
January 9th – Luisa 9:00 – noon
January 12th – Pasatiempo 9:00 – noon
January 13th – Villa Consuelo 9:00 to 11:00

If you have not received your flu vaccine for this year, now is a perfect and convenient time to get it.

Socials Continue at our Senior Centers

The Division of Senior Services invites all of our senior clients to join us for ice cream and/or popcorn socials throughout the month of January, at different senior centers as follows:

MEG Socials – 12:15 p.m. – 1:00 p.m.:

Thursday, January 8 - Ice Cream
Tuesday, January 13 - Ice Cream
Thursday, January 22 - Popcorn
Tuesday, January 27 - Popcorn



Pasatiempo Social – 12:15 p.m.-1:00

Wednesday, January 28 – Ice Cream

Luisa Social – 12:15 p.m. – 1:00 p.m.

Friday, January 23 – Ice Cream



The events are free of charge and all seniors are invited to join us for a special treat and enjoy conversing with your fellow senior citizens.

Attention MEG Sewing Class Students

The sewing/quilting class scheduled at MEG every Thursday at 12:30 has been canceled. Classes will resume in April.

Sewing Classes



MEG Zumba Class

The Tuesday Zumba class continues in the month of January at the Mary Esther Gonzales Senior Center. This exercise class promises to make attendees break a sweat and hum to the beat of the music. All fitness levels are invited to join in on the excitement of having fun while burning calories. January classes are as follows:

- Tuesday, January 6th – 9:30 a.m.
- Tuesday, January 20th – 9:30 a.m.
- Tuesday, January 27th – 9:30 a.m.
- No Zumba on Tuesday, January 13th

Pasatiempo Zumba Time Changes

Beginning in January, the Pasatiempo Zumba class will change as follows:

Zumba Dance – Wednesday - 10:00 a.m.
Zumba Dance – Friday – 9:00 a.m.

For those that have never attended a Zumba class, we welcome all levels of fitness. Begin your new year with a commitment to exercising!



Movie Day at the MEG Senior Center “Noah” - Tuesday, January 6th at 1:00 p.m.

When God decides that mankind has become too sinful and must be wiped off the Earth, he chooses Noah (Russell Crowe), a pious man, for a great task. Noah must build an ark large enough to hold Moreld his wife (Jennifer Connelly), adopted daughter (Emma Watson), sons (Logan Lerman, Douglas Booth, Leo McHugh Carroll) and their wives -- plus breeding pairs of every animal. When the task is completed, Noah and his family witness God's wrath in the form of an apocalyptic flood.

HEALTH & SAFETY

1/2015

Do you have a Vial of Life?

The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is not able to speak or remember this information. The decals, medical information forms, and other materials are available at the Mary Esther Gonzales Senior Center, which are sponsored by the Retired Senior Volunteer Program.

How to use the Vial of Life:

1. Fill out the Vial of Life form

- Make blank copies of this form to keep your information current.
- Fill out the front and backside of the Vial of Life Emergency Medical Information Form. Answer all or any pertinent questions.

2. Place the form(s) you filled out in the plastic vial bottle.

- You may also consider placing the following items in the vial:
- Copy of EKG
- Living Will or Equivalent
- DNR (Do Not Resuscitate)
- Recent Picture of Yourself

3. Place the vial in your refrigerator

- Securely close the vial, making sure that all necessary paperwork is enclosed

4. Place the decal on your front window or front door – somewhere where it is visible

- Place the decal on the front door/window so it can easily be seen by anyone responding to an emergency.

It is encouraged that patients with complex medical histories fill out their medical information form with their doctor's help. Also, many seniors benefit from bringing their completed Vial of Life form to doctor's visits. Many seniors have trouble when they are overprescribed medications or prescribed

conflicting medications by different doctors. The Vial of Life Emergency Medical Information Form is a practical way to keep all of that information in one place.

If you have questions or would like to obtain a Vial of Life, please call the RSVP office at 955-4743.



Three Good Reasons to Let Go of Perfection

Perfect is always better than good, right? Some of us have a little voice inside that likes to keep telling us so. And it isn't always right.

So the next time that stickler in your head starts nagging needlessly, stop — and remind it that letting go of perfection just might help you:

1. Learn and grow

Even world-class musicians likely weren't note-perfect the first time they picked up a violin or sat down at a piano. Allowing ourselves to make mistakes — and keep trying — is a key to gaining new skills.

And sometimes things just don't go as we like — from taking a wrong turn off the freeway to disappointing someone we love. But each misstep — and how we respond — adds to our experience and wisdom.

2. Enjoy the journey

There's nothing wrong with having high standards. It means we value quality and want to do our best. But it can also cause us to fret about failure and the future. When we let go of the need to be perfect, it can help us stay in the moment — and feel less stressed and more creative.

3. Connect and respect

We all make mistakes. And remembering that can help us be kinder to ourselves — and others too.

Instead of wishing people would change, try to celebrate what's unique about each other. After all, there's nothing like knowing you're appreciated for you — successes, slipups and all.

SENIOR OLYMPICS

1/2015

Senior Olympics Spotlight

You don't stop playing because you grow old, you grow old because you stop playing.

The Santa Fe Senior Olympics Program offers athletic competitions for people 50 and over. The qualifying winners of the local games are invited to participate in the New Mexico Senior Olympics State Games where they may qualify (first through third place) to compete at the National Senior Games.

The Santa Fe Senior Olympics Program is an event open to all people who are residents of the Santa Fe/Santa Fe County area who are at least fifty years of age by December 31. Each Senior Olympic participant must correctly complete a registration form, turn it in by the deadline and pay all fees. Registration fees include registration, t-shirt, membership and awards. Golf and bowling fees are extra.

Even if you have never participated, we always welcome new faces! Please join us for registration for local games as follows:



Kick-Off Registration for Local Games

MEG Senior Center Dining Room
Monday, January 12, 2015
from 9:00 a.m. – 12:00 noon

Regular Registration - \$12.00

MEG Senior Center
January 12th through February 13th
from 8:30 a.m. – 4:30 p.m.

Genoveva Chavez Community Center
Friday, January 30th and Friday, February 13th
From 9:00 a.m. – 12:00 p.m.

Late Registration - \$22.00

MEG Senior Center
February 16th through February 20th
from 8:30 a.m. – 4:30 p.m.

Fees

Regular registration - \$12.00
Late registration - \$22.00



Note: Games are moved up earlier this year because National Games are in July and State Games are June 3-6 in Roswell. If you have questions or require additional information, please call Cristina Villa, Senior Olympic Coordinator at 955-4725.

**Basketball • Swimming • Archery • Bowling • Horseshoes • Pickleball • Huachas • Tennis
8-Ball Pool • Shuffleboard • Race Walk • Track • Talent Show • Field • Cycling • Golf
Table Tennis • Racquetball • Dance • Badminton • Air Gun**

LEGAL & CONSUMER

1/2015

Don't Fall Victim to Scammers

Santa Fe Police are warning the public of a reoccurring scam spreading through the city.

Monday, December 1, 2014, detectives received a phone call from a 50-year-old woman concerned she had a warrant out for her arrest following a frightening phone call from an unknown number. The woman reports the caller claimed he was with the IRS and the victim had improperly filed her taxes. He told her she owed the government \$4,566 in back taxes. The victim then requested to contact her accountant at which time the caller became more and more verbally aggressive. He told the woman she needed to take care of the problem immediately, and that she was facing six months in jail on tax evasion charges. He also told her she need to purchase a Green Dot MoneyPak pre-paid debit card, transfer the owed balance onto it and provide him the card's information immediately.

Very concerned the victim contacted Santa Fe Police. Police informed her the call was a scam. **No legitimate government agency will ever ask for an immediate wire transfer or pre-paid debit card payment via the phone.** This is the second IRS/tax evasion type scam reported to Santa Fe Police in the last 30 days. In a similar scam, offenders have also claimed to be law enforcement and tell the victim they either have a warrant for their arrest due to unknown charges or their loved one has been jailed in a different city. The scammer then request a cash wire transfer or payment via a pre-paid debit card to remedy the situation. Residents are reminded scammers can be very persuasive and aggressive over the phone.

Santa Fe Police would like to offer the following tips to protect residents from phone scams:

- If the requestor asks for payment via a pre-paid debit card or wire transfer, it's likely a scam.
- If you get a call saying you're a winner – don't pay any money to collect supposed sweepstakes winnings. Legitimate operations won't require you to pay to collect your winnings.

- It's against federal law to play a foreign lottery – so if you get a call it is likely a scam.

- Never wire money to anyone you do not know.

- Never provide anyone with personal information such as bank accounts, pin numbers or Social Security numbers.

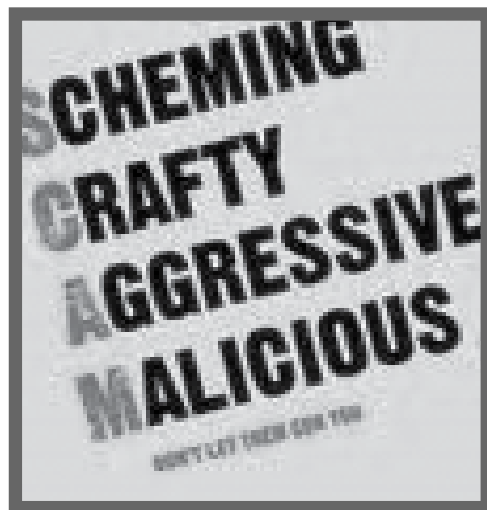
- Check any unfamiliar area codes before returning calls.

- If you do not have Caller ID, consider adding it to your phone service. Caller ID allows you to add a Call Intercept feature that screens calls and offers the option to reject suspicious international calls.

- If you do not make international calls, ask your telephone provider to block outgoing international calls.

- If you have access to a computer, enter the number the scammer's telephone number. Many online forums will alert you to fraudulent phone numbers.

Call Santa Fe Police (505) 428-3710 if you have any questions.



Do you have questions about Power of Attorney, Advanced Health Care Directives, Estate Planning or Long-Term Care Medicaid Planning?

If so, plan to attend the Legal Resources for the Elderly Program's free Legal Workshop at the MEG Senior Center on Tuesday, January 13th from 9:30 a.m. – 10:30 a.m.

Detailed information regarding this free workshop is available on page 15 of this newsletter.

PUZZLE

1/2015

PUZZLE 57

ACROSS

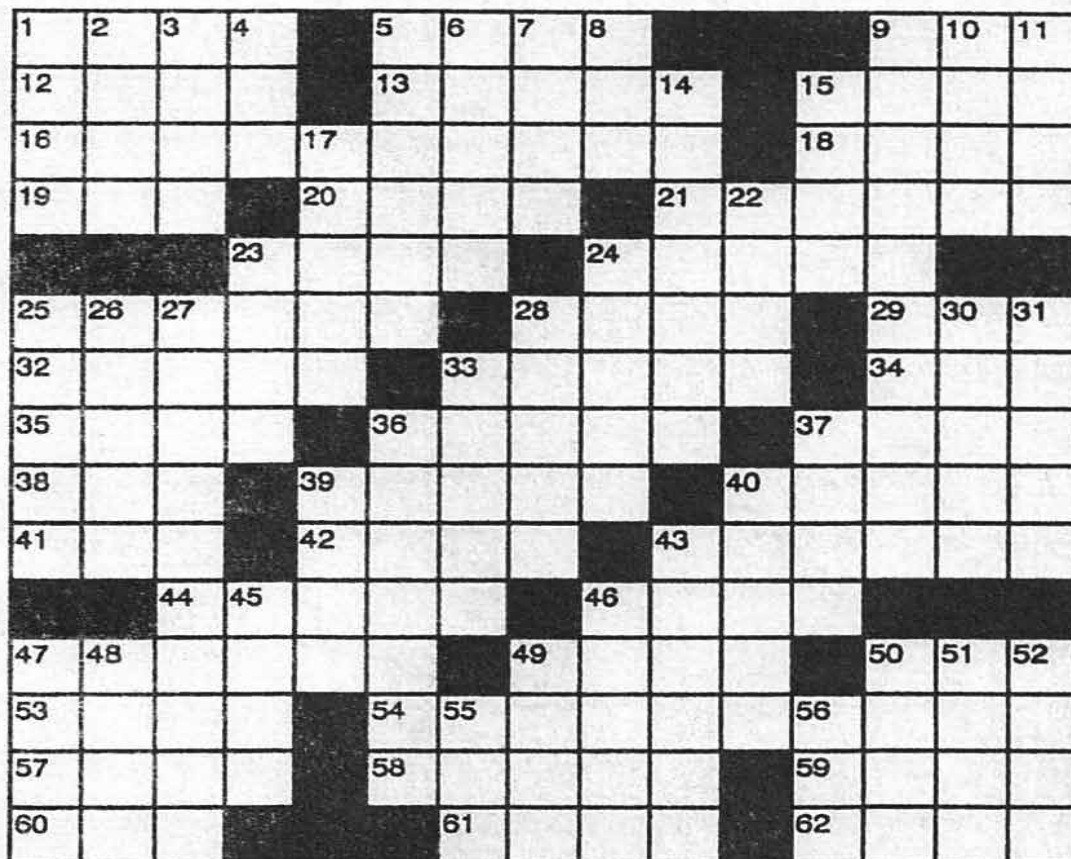
1. Bench
5. Hard blow
9. "Scarecrow and ____ King"
12. Singer Guthrie
13. March sign
15. Postmaster's concern
16. Sinclair Lewis novel
18. Admiral's helper
19. Started: abbr.
20. "____ In Rome"
21. Made, as money
23. Kernel
24. Dromedary
25. Lived in a tent
28. Pack in tightly
29. Possessive pronoun
32. Expect
33. Tempts
34. Society page word
35. Increase
36. Lost cause
37. Nashville's state: abbr.
38. Marine flier
39. Wide
40. Made public
41. Absolutely
42. Acorn producers

43. Defeats
44. Mountain pools
46. Undercooked
47. Severed
49. Stage group
50. Native mineral
53. Margarine
54. Kept up
57. Baseball feature
58. Proverb
59. Skin disorder
60. Skirt edge
61. Achieves
62. Inert gas

DOWN

1. Similar
2. Time spans
3. Descended
4. High fashion
5. Washed

6. Was incorrect
7. Property right
8. Twentieth letter
9. Socially prominent people
10. Take the subway
11. Snow toy
14. Trunk or rug
15. Female horse
17. Sugary
22. Electrical units
23. Whirl
24. Was concerned
25. Shrewd
26. Cognizant
27. Dominant trend
28. Large game fishes
30. Creed
31. Ships
33. Glances
36. ____ Moses
37. Wheel cover
39. Dull person
40. Large artery
43. Squanders
45. Jot
46. Extent
47. Elegant
48. Toward the sheltered side
49. Genoa goodbye
50. Formerly
51. Gambling city
52. Paradise
55. Say further
56. Actor McShane



PUZZLE

1/2015

word searches

Anniversary Waltz

Words can go horizontally, vertically and diagonally in all eight directions.
Words may overlap but do not share letters

r k n t t h f c r t r x r s k b k r c l
t g l m y d q m h g f c a t s g w q g h
p n m k n k t d d y z p l d i z x f t r
l e a t h e r x f l p x n b l q r t h m
h v q f t z f b b h a o k r k l j r v z
y d l o g c p r i f m r m z k r n j k r
x q h p t t r r u a g q e t t u b l e g
f l v d t r e r i i m g k m z b l v d h
f x p p p e m d j b t q q t e y l g n y
l g w l y p a l u m i n i u m i a h o r
r d o b t a b n k x y l h q s t n g m e
c r o b l p o r e p p o c c g r i b a t
y q d a l t e w r k k d d y o m h r i t
f n c r t a k z s t t z w h n r c n d o
t e r o g t t n n t p g p l l g a i w p
c z c c l q i s c o e f m j n l r l o t
p e a r l t m p y l r e w z j o v t l n
q m n b l l m y m r l b l t n b y d l z
k c n f k f j g v r c g y r o v i r e q
l d x l c g y d k t j x b r n l r c y k

aluminium
bronze
china
copper
coral
cotton
crystal

diamond
emerald
fruit
gold
iron
ivory
lace

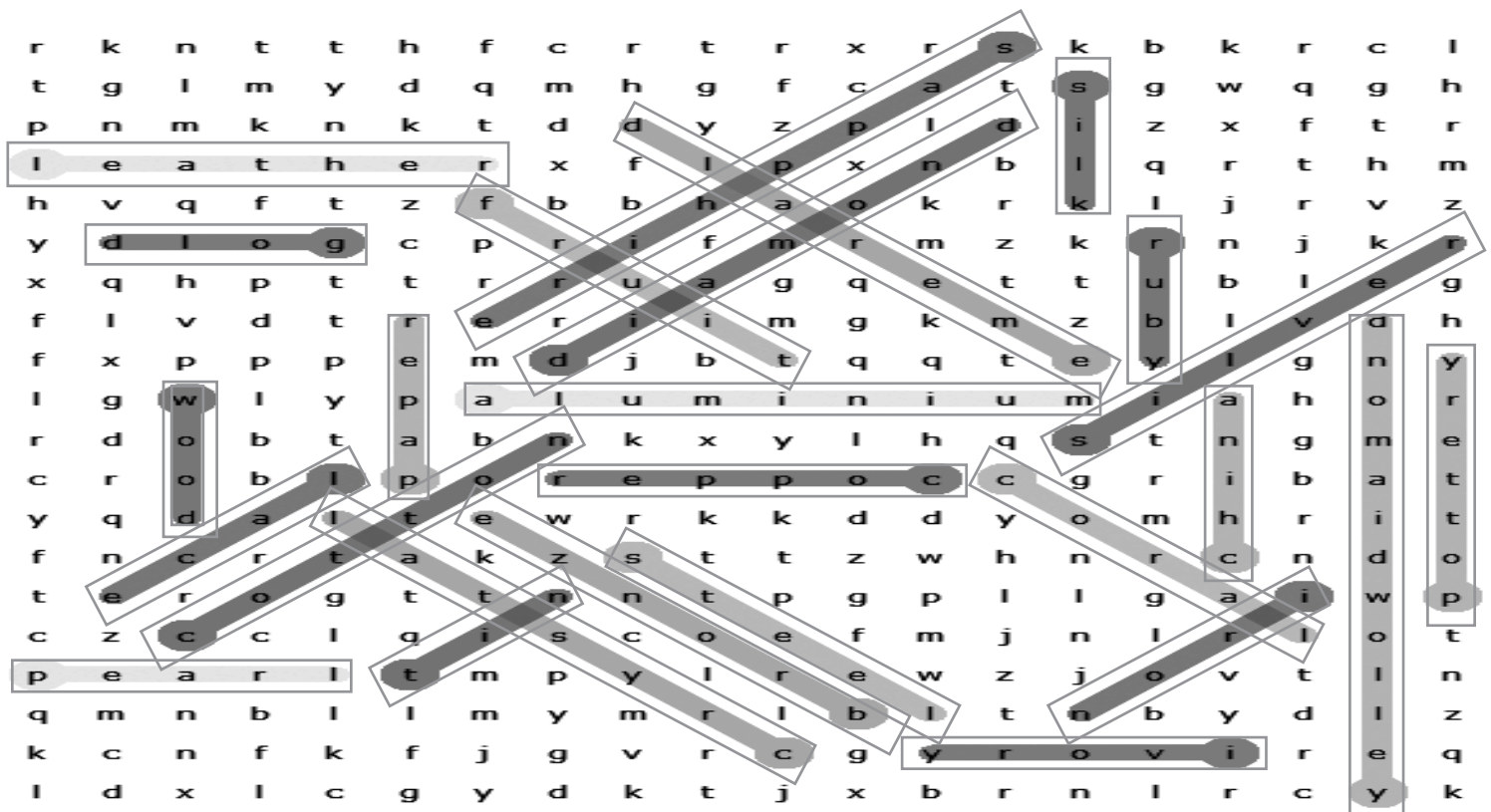
leather
paper
pearl
pottery
ruby
sapphire
silk

silver
steel
tin
wood
yellow diamond

PUZZLE ANSWERS

4/2004E

PUZZLE 57



BREAKFAST MENU

1/2015

Senior Center Breakfast Menu for January 2015

Breakfast is served Monday – Friday, 7:30-8:30 a.m., at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$5.25 fee for non-seniors (59 years of age or younger).

1st	<u>Closed in observance of New Year's Day.</u>
2nd	Breakfast burrito, scrambled egg, cheese, red chile, tortilla, bacon, milk
5th	Boiled egg, tomato juice, hot oatmeal, margarine milk.
6th	Breakfast burrito, sausage, cheese, green chile, tortilla margarine, milk
7th	Peanut butter, tomato juice, small roll, jelly, milk
8th	Grilled ham, cheese, peppers and onions, small roll, margarine, milk
9th	Scrambled egg, tomato juice, French toast, maple syrup, milk
12th	Sausage patty, tomato juice, pancakes, maple syrup, milk
13th	Scrambled egg, cheese, grilled peppers, hashbrown, bacon, milk
14th	Peanut butter, tomato juice, small roll, jelly, milk
15th	Grilled ham, salsa, potatoes, margarine, milk
16th	Breakfast burrito with scrambled egg, cheese, salsa, tortilla, bacon, milk
19th	<u>Closed in observance of Martin Luther King Jr. Day</u>
20th	Cottage cheese, tomato juice, cold cereal, jelly, milk
21st	Grilled ham, peppers, tortilla, margarine, milk
22nd	Scrambled egg, tomato juice, waffles, maple syrup, milk
23rd	Breakfast biscuit, sausage, cheese, salsa, margarine milk
26th	Diced ham, cheese, salsa, potatoes, margarine, milk
27th	Breakfast burrito with scrambled egg, cheese, red chile, tortilla, bacon, milk
28th	Sausage patty, green chile, hashbrown, small roll, margarine, milk
29th	Scrambled egg, French toast, tomato juice, maple syrup, milk
30th	Boiled eggs, tomato juice, hot oatmeal, margarine, milk

Nutrition Education - Cutting Boards for Food

By: William Schafer, Food Technologist — Department of Food Science and Nutrition

Research shows that plastic, wooden and glass cutting boards may hide harmful germs. How many germs depends on the type of plastic or wood, grooves in the surface, or direction of the wood fibers. Cleaning practices also affect the number of disease causing germs. Tips for food safety when using cutting boards:

- Choose a cutting board with a smooth, hard surface.
- Replace the cutting board when it has many scratches and grooves.
- Do not chop vegetables or other ready-to-eat foods on a board that was used for meat, unless you wash it first. If possible, always use different boards for meats than what you use for fruits, vegetables, and ready-to-eat foods.
- Scrape off any stuck food and scrub all cutting boards completely with hot soapy water after each use. Dishwashers are usually very good cleaners.
- Sanitize cutting boards with a mixture of one teaspoon of household unscented bleach to 4 cups of water. Flood the board with the mixture. Follow label directions on bleach bottle for how long to soak items in bleach/water solution to sanitize. Do not rinse. Allow to air dry before use. Let cutting boards dry completely before you put it away.
- Store boards so that they stay clean, dry. Do not store where they could touch raw meat.



JANUARY SENIOR LUNCH MENU

1/2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is Subject to Change			All CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	² Tuna Salad w/ Noodles Tossed Green Salad w/ Ranch Dressing Crackers Chilled Peaches Milk
⁵ Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Chilled Mandarin Oranges Milk	⁶ Meatloaf w/ Gravy Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk	⁷ Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing WW Roll w/ Butter Apple Cobbler Milk	⁸ Beef Steak w/ Veggie Topping Steamed Spinach Parmesan Potato Rounds WW Roll w/ Butter Lemon Bar Milk	⁹ Chicken Fajitas Chile Beans topped w/ Cheese Jell-O w/ Orange Slices Tortilla (1) Milk
¹² Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans WW Roll w/ Butter Apple Cobbler Milk	¹³ Chicken Provencal (w/ Veggies & Sauce) Steamed Rice Buttered Spinach WW Roll w/ Butter Chilled Tropical Fruit Milk	¹⁴ Roasted Pork Roast Mashed Potatoes w/ Brown Gravy Asparagus Tips WW Roll w/ Butter Chilled Applesauce Milk	¹⁵ Chicken Fettuccini w/ Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears Milk	¹⁶ Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk
¹⁹ All CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	²⁰ Spaghetti w/ Meat Sauce Steamed Broccoli Topped w/ Cheese Sauce Garlic Bread Chilled Peaches Milk	²¹ Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges Milk	²² Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Pears Milk	²³ Red Chile Carne Adovada Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/ Mixed Fruit Milk
²⁶ Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/ Cheese Cranberry Sauce Jell-O / Milk	²⁷ Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/ Dressing Cherry Cobbler Milk	²⁸ Stuffed Chicken Breast Steamed Spinach California Vegetables Baked Biscuit Peach Crisp Milk	²⁹ Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad WW Roll w/ Butter Chilled Pears / Milk	³⁰ BBQ Chicken Thighs Creamy Coleslaw Green Beans WW Roll w/ Margarine Chocolate Pudding Milk

Please Note: Senior Meal Suggested Donations: Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast / lunch \$5.25

Lunch is Served at:

MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers

11:00am till 12:30pm Monday thru Friday

