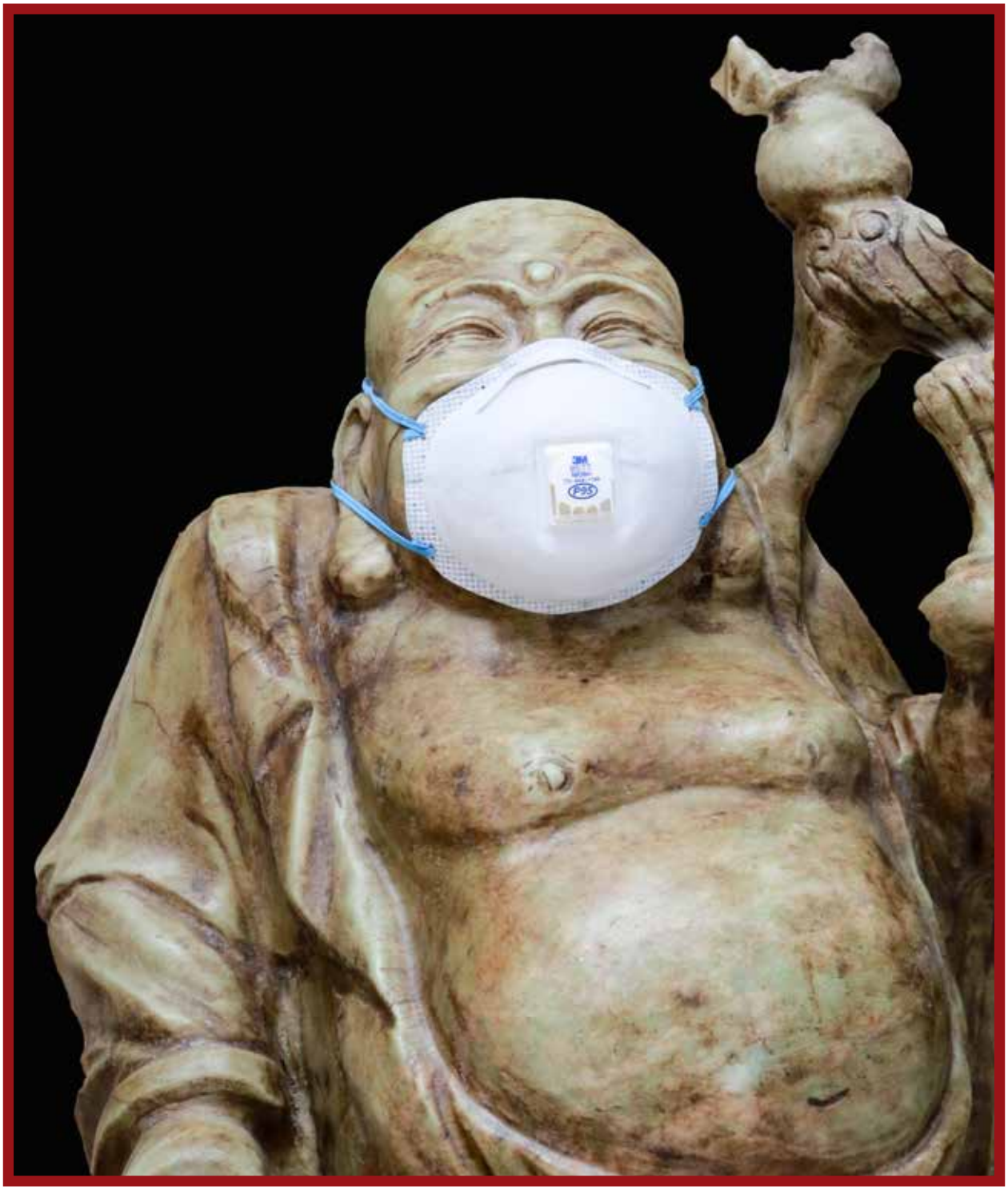
THE SENIOR SCENE



City of Santa Fe Community Services Senior Services

Offered by: Division of Senior Services
www.santafenm.gov/senior_scene_newsletter

JULY 2020

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

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

JULY 2020

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

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

It is also available online at *www.santafenm.gov*. Simply type "Senior Scene" into the search box on the home page and click on the magnifying glass. Then click on the listing for Senior Scene newsletter and scroll down to the issue you would like to read.

PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

Front Desk Reception **(505) 955-4721**
Toll-Free Administration Line (866) 824-8714
Gino Rinaldi, **DSS Director** 955-4710

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

Senior Services Registration
Vacant, Database Specialist 955-4722

Transportation Ride Reservations (page 3) **955-4700**
Linda Quesada-Ortiz, Project Specialist / Dispatch 955-4700
Erika Cuellar, Administrative Assistant 955-4702

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

Meals On Wheels (for homebound individuals)
Carlos Sandoval, Program Supervisor 955-4748
Robert Duran, MOW Assessments 955-4747

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

In Home Support Services:
Homemaker and Respite Care,
Theresa Trujillo, Program Supervisor 955-4745
Saul Carta, Program Coordinator 955-4735
Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program
Melanie Montoya, Volunteer Prog.Manager 955-4761
Anya Alarid, Project Administrator 955-4744

Retired Senior Volunteer Program (RSVP)
Kristin Slater-Huff, Public & Community Relations Officer 955-4760
Marisa Romero, Program Coordinator 955-4743

50+ Senior Olympics
Cristina Villa, Program Coordinator 795-3817

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

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

Newsletter Production
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Gil Martinez, Graphic Artist
Linda Miller & Barbara Anderson-Acosta, Proofreaders
Christella Vigil & Mela Sanchez, Mailing Distribution

By Gino

A message from the Division Director

"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy."
– Dale Carnegie

"When written in Chinese the word "crisis" is composed of two characters – one represents danger and the other represents opportunity."
– John F. Kennedy

"Things work out best for those who make the best of how things work out."
– John Wooden

Sometimes when I am searching through quotes I become captivated by the power of words and the feelings that are generated by a quote. Often the impact depends on what is happening in our world, sometimes it's just in what is in our own life. No matter which, it has an impact.

I want to thank all of you who have provided donations for the meals.

At Senior Services we are doing well. I'm sure we are no different than most people, we all want COVID-19 to end and return to something similar to normal, but we are still a ways out. We continue to serve meals whether it's home delivered or the curbside. In the last 13 weeks we have provided almost 45,000 meals to the seniors of the City of Santa Fe. We continue to do our best with the food boxes; we are delivering over 200 per week. We continue to provide transportation to medical appointments and pharmacies.

I hope folks are paying attention to the City's budget hearings. The City of Santa Fe is experiencing a significant budget shortfall and it will impact all City services, including seniors. Please let your City Governing body know that you appreciate their support now and into the future. It's really important.

I want to wish everyone a HAPPY FOURTH OF JULY!

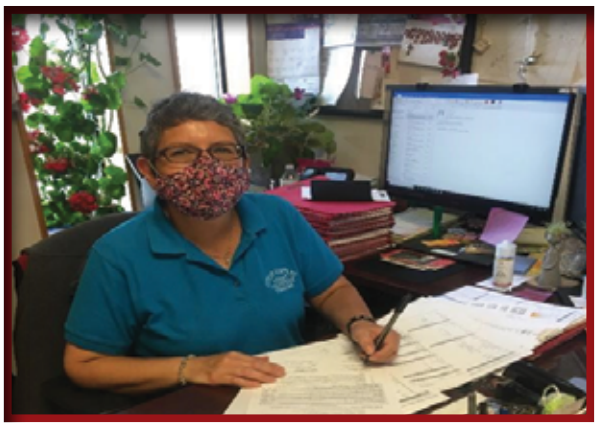
NEWS & VIEWS

JULY 2020

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

Senior Centers Remain Closed

City of Santa Fe Senior Centers will remain closed for the time being due to the risk of Covid-19 spread to seniors. Staff continues to prepare home-delivered and curbside meals Monday-Friday. To request meals, call (505) 955-4721.



Correction:
Last month, we incorrectly referred to Theresa Trujillo as the In-Home Support Services program coordinator. She is, in fact, the In-Home Support Services program supervisor. We apologize.

Transportation Information

Senior Services Transportation continues to provide rides to medical appointments and pharmacies. Please call at least 24 hours in advance. We ask a suggested donation of $0.50 per ride (one-way trip). Drivers and riders must wear a mask (we will provide a mask if the rider does not have one), a maximum of two riders are permitted in vans at a time, sitting six feet apart, and drivers will sanitize van between riders.

Senior Services Transportation: (505) 955-4700
(For medical appointments and pharmacy only)

SF County Senior Transport: (505) 992-3069
(For dialysis and wound care appointments only)

Santa Fe Ride: (505) 473-4444
(For weekend and evening transportation)

No Meals on July 3rd

Senior Services Programs will be closed on Friday, July 3rd in observance of Independence Day. There will be no meal delivery or curbside meals. Services will resume on Monday, July 6th

ECHO Commodity Food Distribution

Commodity boxes are available for people age 60 and over who meet income guidelines below. Distributions are on the third Tuesday of every month, 9:30 am - 1:30 pm. Normally, at the Santa Fe County Extension Building, but while County offices remain closed, distribution is at the State office parking lot at 1474 Rodeo Road.

To qualify, please bring a photo ID and proof of address (such as a utility bill). You may self-declare your income for the first two months, but you should bring a proof of income (such as your Social Security statement) as soon as you are able. For information, call (505) 242-6777.

Household Size	Gross Monthly Income
1.	$1,354
2.	$1,832
3.	$2,310

(For each additional family member, add $478/month. These guidelines effective 2/19)

Eileen C de Baca poses under a 2019 Independence Day decoration she made at the MEG Senior Center

Mayor Alan Webber joined the Fiesta Council, some Senior Services staff, and community members

A Big "Thank You"

By Linda Quesada-Ortiz, Transportation Manager

The Division of Senior Services would like to say "thank you" to all of the members of the Santa Fe Fiesta Council, La Confradia de la Conquistadora, and Los Caballeros de Vargas.

Arron Garcia, President of the Santa Fe Fiesta Council, his Board and the Council members partnered with La Confradia de la Conquistadora, Los Caballeros de Vargas and Senior Services to host a summer food drive for seniors.

The Fiesta Council had been seeking a way to support the senior citizens who have been affected by the Covid-19 pandemic, so they organized a food drive where members of the above groups and the general public could donate groceries for distribution to seniors.

Everyone gathered on Saturday morning June 13 at the Santa Fe Fiesta warehouse on Siler Road. Participants from each of the above groups worked side by side, collecting and sorting the generous donations. Together we gathered enough non-perishable food to make 180 bags of groceries, including beans, rice, oatmeal, and cans of tuna. The bags were distributed to seniors over the next few weeks.

As we all know the last 3 months have been challenging to say the least, but it's in these times as a community that we come together and show strength and support for one another. It has been said that in the midst of a storm comes a rainbow and this act of kindness towards our seniors is just that. To all who gave so generously, it is much appreciated; and for those who took time to come out and help collect and make bags we recognize you because it was hard work and a job well done.

We also want to send a special shout out to our wonderful Mayor Alan Webber for taking time out of his busy never ending schedule to join us!

Senior Services staff and families: Analicia Coca-Dominguez, Raymond Dominguez, Linda Quesada-Ortiz, Sharon Romero, Corrine Lovato, Yessenia Ornelas, Jose Lujan, and Fiesta Council President Aaron Garcia

"Having a difficult day? It will pass, and a new world is being created as we speak, a world filled with love." -Robert Francis "Mudman" Johnson

How to Honor a Friend

From Legacy.com

I fear that sometimes we get so caught up in our losses that we forget about the living. I spend so much time keeping in touch with friends and family members dealing with loss that I sometimes forget about those doing well.

This year and this week, I'm going to try something new. I'm going to get in touch with my friends, just to let them know that I'm thinking of them, and how much I appreciate and value their friendship. This is a good week to let those you care about know you care. And thank them for being a part of your life.

New Mexico State Police Investigate Recent "Virtual Kidnapping" Scams in Northern N.M.

From N.M. State Police Officer Ray Wilson, Public Information Officer:

The New Mexico State Police has become aware of recent cases in northern New Mexico of a phone scam known as virtual kidnapping. A victim is told their family member has been kidnapped and a ransom is demanded through money transfers.

Unlike traditional abductions, virtual kidnappers have not actually kidnapped anyone. Instead, through deceptions and threats, they coerce victims to pay a quick ransom before the scheme falls apart. Virtual Kidnappers often pose as law enforcement and instruct the victim to keep them on speaker phone and not hang up the phone.

If you receive a call, attempt to contact the alleged victim and request that they call back from their cell phone. **Do not disclose your loved one's name or provide any identifying information.**

If you suspect a real kidnapping is taking place or believe a ransom demand is a scheme, immediately call the Santa Fe Police non-emergency number at (505) 955-5010 or 911.

Try to slow the situation down. The success of any type of virtual kidnapping scheme depends on speed and fear. Criminals know they only have a short time to exact a ransom before the victims unravel the scam or authorities become involved.

Request to speak to your family member directly. Ask: "How do I know my loved one is OK?" Ask questions only the alleged kidnap victim would know, such as the name of a pet. Do not agree to meet the caller in person. Such a meeting can be dangerous.

Attempt to record the calls by using someone else's phone. Take down as much information as possible to assist authorities in investigations if it turns out to be a real kidnapping situation.

For more information on this type of scam visit *https://www.fbi.gov/news/stories/virtual-kidnapping*

FREE FOOD DISTRIBUTIONS

The Food Depot is hosting the following drive-through food distributions which are free and open to the public:

Thursday, 7/2, 6AM to 9AM: 1222 Siler Road (The Food Depot)

No Distributions on July 4th

Saturday, 7/11, 9AM to 11AM: Santa Fe Place Mall (enter from Zafarano Drive)

Thursday, 7/16, 6AM to 9AM: 1222 Siler Road (The Food Depot)

Saturday, 7/25, 9AM to 11AM: Santa Fe Place Mall (enter from Zafarano Drive)

Thursday, 7/30, 6AM to 9AM: 1222 Siler Road (The Food Depot)

Please visit www.thefooddepot.org and click on the links on the right for future scheduling information and the most up-to-date information on public food distributions throughout northern New Mexico, or call (505) 471-1633.

At both locations, no identification or proof of income is required. Attendees remain in their car while volunteers place food in the trunk or back seat. Lines can look long but move quickly.

The food distributions at Santa Fe Place Mall ("commodity distributions") include items from The Emergency Food Assistance Program (TEFAP) and require The Food Depot to ask questions of recipients. These questions include name, address, and household information including income. No other documentation is needed to receive assistance. These questions will only be asked at the distributions held at Santa Fe Place Mall. No one will be turned away during the distribution. The Food Depot is an equal opportunity provider.

The distributions held at The Food Depot location on Siler Road ("non-commodity distributions") are very flexible for persons wishing to pick up for other households, such as friends or family. The distribution held at Santa Fe Place Mall are much more limited in this respect and require a signed proxy form.

City Services Moving Forward as of June 16

The COVID health pandemic has changed the world as we know it. One important impact has been the City's extraordinary financial crisis—a $46 million deficit for the fiscal year which ends June 30, and a projected $100 million revenue shortfall for next fiscal year.

The City will continue to monitor emerging health recommendations, best practices, and the financial crisis as we make decisions moving forward about how, when, and whether we will reopen parts of City government.

Recreation Facilities, Parks, and Trails

Portions of the Genoveva Chavez Community Center (GCCC) will reopen Monday, July 13. The lap pool, fitness center, indoor track, and racquetball courts will reopen and will follow the Governor's COVID protocols. The recreation pool, therapy pool, fitness classrooms, basketball courts, and ice skating rink will not open yet.

The GCCC will be open Monday - Friday from 6:30 am - 6:30 pm and from 8:30 am - 4:30 pm on Saturdays, closed on Sundays. All visits will be by reservation only. No drop-ins. For information and reservations, call (505) 955-4000. For updates and information please visit our website at www.chavezcenter.com

The City will evaluate the reopening of GCCC before making a determination on opening the Bicentennial Pool. Ft. Marcy and Salvador Perez will remain closed. Playground Equipment and Basketball courts are still closed. Drinking water fountains and bathrooms at parks are still closed.

Open Amenities include skate parks, parks and trails, tennis courts, pickleball courts and Frisbee golf courses.

Libraries will Continue Curbside Services

Curbside service is Tuesday, Wednesday, Thursday and Saturday 12:00 - 5:30 pm. Outdoor book drops are open for returns at all 3 locations Monday - Saturday 10:00 am - 5:30 pm.

Patrons can check out new materials by placing them on "hold" through the Library system's online catalog catalog.santafelibrary.org (account log-in is patron's last name and their library card number), and request the pick-up location. Or call for assistance (Main Library: 955-6785; La Farge: 955-4860; Southside: 955-2810). Patrons without cell phones may call to schedule a walk-up pickup appointment.

Patrons are also encouraged to utilize the Library's digital collections of eBooks, Audiobooks, Movies and virtual programming at www.santafelibrary.org.

City Meetings Continue to be Held Virtually

Governing Body, City Council and Land Use committees will continue to meet virtually. All other committees will not be held through Sept. 4.

Meetings can be viewed on YouTube. Go to www.santafenm.gov for a link.

To submit a comment or join a meeting virtually for Petitions from the Floor, please send an email by 1 p.m. on the day of the meeting, to publiccomment@santafenm.gov. Contact the City Clerk's Office at (505) 955-6521 for details.

City Buildings

City buildings will remain closed through Sept. 4, 2020. Virtual offices remain open.

This Month in History

(From the website The History Place)

July 1, 1862 - President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of $600-$10,000 and a 5% tax on incomes over $10,000. Also on this day, the Bureau of Internal Revenue was established by an Act of Congress.

July 2, 1917 - A race riot occurred in St. Louis, Missouri, resulting in an estimated 75 African Americans killed and hundreds injured. To protest the violence against blacks, W.E.B. DuBois and James Weldon Johnson later led a silent march down Fifth Avenue in New York.

July 2, 1964 - President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting discrimination on the basis of race in public accommodations, publicly owned or operated facilities, employment and union membership and in voter registration. The Act allowed for cutoff of Federal funds in places where discrimination remained.

July 4, 1776 - The Declaration of Independence was approved by the Continental Congress.

July 5, 1810 - Promoter and showman P.T. Barnum (1810-1891) was born in Bethel, Connecticut. His American Museum opened in 1842, exhibiting unusual acts such as the Feejee Mermaid, Siamese Twins Chang and Eng, and General Tom Thumb. In 1871, Barnum opened "The Greatest Show on Earth" in Brooklyn, New York. He later merged with rival J.A. Bailey to form the Barnum and Bailey Circus

July 6, 1885 - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

July 10, 1991 - Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

July 14: Gerald R. Ford was born in Omaha, Nebraska, July 14, 1913 (as Leslie King). In 1973, he was appointed vice president following the resignation of Spiro T. Agnew and became president following the resignation of Richard M. Nixon. He was the first non-elected vice president and non-elected president of the U.S.

July 16, 1945 - The experimental Atomic bomb "Fat Boy" was set off at 5:30 a.m. in the New Mexico desert, creating a mushroom cloud rising 41,000 ft. The bomb emitted heat three times the temperature of the interior of the sun and wiped out all plant and animal life within a mile.

July 18, 1918 - Nelson Mandela was born in South Africa. He became a lawyer and joined the African National Congress (ANC) in 1944, eventually becoming deputy national president in 1952. In 1964, he was convicted for sabotage as a result of his participation in the struggle against apartheid. He spent the next 28 years in jail, but remained a symbol of hope to South Africa's non-white majority. Released in 1990, he was elected President of South Africa in 1994 in the first election in which all races participated.

July 20, 1969 - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon, proclaiming "That's one small step for man, one giant leap for mankind" - inadvertently omitting an "a" before "man" and slightly changing the meaning.

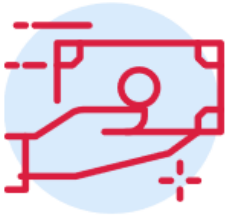
July 25, 1909 - The world's first international overseas airplane flight was achieved by Louis Bleriot in a small monoplane. After asking, "Where is England?" he took off from France and landed in England near Dover, where he was greeted by British police.

KNOW HOW TO SPOT A FAKE

Phishing Attacks

Ever click on a link or open an attachment in an email, even though you're not quite sure who it's from?

Cyber criminals have skillfully figured out how to create emails that look like they're coming from legitimate sources, including banks, government agencies, and other services and businesses. Get savvy in recognizing these frauds since often they not only collect your personal and financial information, but also infect your device with malware and viruses.



Imposter scams

You know you're a good person when your first instinct is to help when you receive an email or call from a government official, family member, or friend asking you to wire money.

You know you're a smart person when you don't immediately fall for it and verify whether the situation is real or not. Criminals have become experts at impersonating those closest to you by exploiting your personal information available online.

"You've won" scams

Winning isn't always what it's cracked up to be.

If you receive an email stating you've won a prize, the lottery, or a sweepstakes, be instantly on your guard if you are asked to pay a fee or tax for the prize, or if there's a request for your credit card or bank account information. Here, you can win by not falling for this scam.

Healthcare scams

Keep your stress levels low and be wary of calls, emails, or letters that promise big savings in your health insurance.

Cyber criminals will usually request your Medicare or health insurance information, social security number, or financial information. Not falling for these scams will give you a skeptical—but healthy—outlook on cyberspace.

Tech support scams

If it ain't broke, don't fix it.

If someone claiming to be with a technology company contacts you and wants to diagnose a computer problem you didn't know you had, or provide tech support you have not requested, stop! If you receive an unexpected pop-up or spam email about an urgent problem with your computer, stop! Scammers are likely using a nonexistent problem to obtain remote access to your computer or banking information.

Identity Theft

Victims of identity theft often feel violated—rightly so, since this crime involves someone using your personal information to obtain money or credit. Signs that you may be a victim of identity theft:

- bills for products or services you never purchased;
- unauthorized withdrawals from your bank;
- unauthorized charges on your credit card statements;
- unauthorized charges on your credit card or new accounts in your name—which you never opened;
- noticing a decrease in the amount of mail or bills you receive; or
- a decrease in the amount of mail or bills you receive, or being rejected, or denied, for a credit application.

Seniors & SNAP: 5 Myths Busted

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at www.BenefitsCheckUp.org/getSNAP.

1

MYTH
SNAP is only for families with children.

FACT
SNAP is for everyone who qualifies, including seniors.

2

MYTH
I'll only get $15 a month, so it's not worth applying.

FACT
The average national SNAP benefit for a senior living alone is $108 a month.

3

MYTH
Other people need SNAP more than I do.

FACT
Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.

4

MYTH
No stores near me accept SNAP.

FACT
Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.

5

MYTH
It's too hard to apply for SNAP.

FACT
Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.

ncoa
National Council on Aging

Visit www.BenefitsCheckUp.org/getSNAP to get your application now!

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RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JULY 2020

Senior Volunteer Programs

Retired Senior Volunteer Program (RSVP), Foster Grandparent Program (FGP), and Senior Companion Program (SCP)

Senior Volunteer Program members receive a variety of free benefits. While serving, volunteers are covered by an excess auto liability insurance policy. Volunteer service is also celebrated through recognition events and gifts as well as free educational opportunities and mileage reimbursement.

These are strange times for volunteerism, but some organizations are still running and others which are about to open again. Let us know what you are interested in, and we can go from there.

In the meantime, THANK YOU to all volunteers who have continued to find ways to serve the community, in any capacity. Our volunteers report distributing commodities with The Food Depot and Feeding Santa Fe, reading stories to children via Zoom through the S.F. Public Schools, assisting with the N.M. Department of Health's Covid-19 contact tracing efforts, purchasing groceries for neighbors who are sheltering at home, continuing maintaining the Railyard Park, supporting La Familia Medical Clinic which never closed, sewing masks at home, taking cooked meals to neighbors, training as an Ombudsman to work virtually with nursing home residents, and more.

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

Here is how Wikipedia defines volunteerism:

Volunteering is generally considered an altruistic activity where an individual or group freely gives time "to benefit another person, group or organization". Volunteering is also renowned for skill development and is often intended to promote goodness or to improve human quality of life.

To all volunteers born in JULY

RSVP *Voluntarios*

Marsha Gonzales	7/01
Alice Vargas	7/02
Thomas Pedersen	7/03
Roberta Carter	7/04
David Reffert	7/05
Marvin Lachman	7/06
Donna Sellers	7/06
Sue Ann Spoonhoward	7/07
Michaela Gallagher-Gonzales	7/08
Roger Greer	7/09
Rod Hasson	7/10
Nancy R. Nofield	7/10
Yvonne Prior	7/10
Sherry Garcia	7/11
Judith Bronson	7/13
Eleanor Riser	7/13
Tessie Horne	7/14
Patti Blair	7/16
Geniva Lopez	7/17
Frank Sena	7/18
Vivian Heye	7/20
Willie J Horne	7/20
Barbara Mellers	7/22
Abdi Iyow	7/24
Ann Aceves	7/25
Doris Patton	7/25
Marjorie Berkowitz	7/26
Patricia Collins	7/26
Pauline Candee	7/27
David L. Raab	7/28
Medardo Roybal	7/28
Michaela Shelley Valencia	7/29
Consuelo Garcia	7/30

We wish a very happy birthday to our Foster Grandparent and Senior Companion Volunteers born in July.

FGP/SCP *Voluntarios*

Jeannene Basham	7/1
Celia Roman	7/2
Sue Ann Spoonhoward	7/7
Carmen Montoya	7/16
Geniva Lopez	7/17
Dana Jeffory	7/21
Isidra Pacheco	7/21
Catalina Ortiz	7/24
Rosina Tapia	7/24

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

AARP's Social Security Resource Center

History of Social Security COLA Increases

Beneficiaries have received cost-of-living adjustments almost every year since 1975
by John Waggoner, AARP, May 28, 2020

Every year, by law, Social Security recipients are eligible for a cost-of-living-adjustment (COLA). The increase in benefits is designed to help beneficiaries keep up with rising prices. Retired workers receive the annual COLA from the Social Security Administration (SSA), as do survivors, those getting Social Security Disability Income (SSDI) and recipients of Supplemental Security Income (SSI) payments. Yet, while these beneficiaries are, indeed, eligible for COLA increases annually, the amount of the increase can vary greatly from year to year — and there's no guarantee of an increase in any given year.

How the Social Security COLA is calculated

SSA starts with the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), an official measure of the monthly price change in a basket of goods and services, such as food, energy and medical care. The CPI-W is tracked by the U.S. Bureau of Labor Statistics (BLS). SSA then calculates the COLA by comparing the average of the CPI-W for July, August and September of the previous year with the average for the same three-month period in the current year. The percentage change is the COLA for the following year.

For example, in 2019, the third-quarter average CPI-W was 1.6 percent higher than it was in the third quarter of 2018. Thus, the COLA increase for 2020 was 1.6 percent. As a result, the average monthly benefit for all retired workers rose by 1.6 percent to $1,503, from $1,479. The average monthly benefit for all disabled workers rose to $1,258, from $1,238. The COLA amount is typically announced by SSA in October.

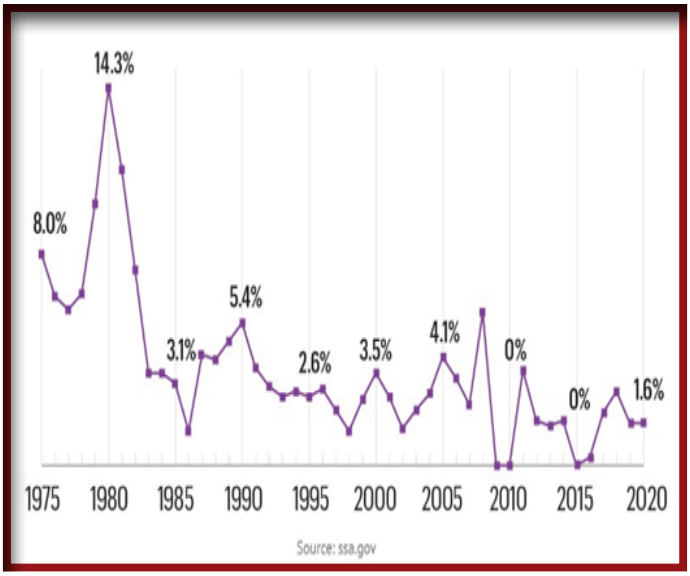
High inflation of 1970s led to annual COLAs

Until 1975, it took a new act of Congress each time Social Security benefits were increased. In the 1970s, however, soaring inflation was quickly eroding the purchasing power of fixed pensions and benefits. The annual rate of inflation doubled to more than 12 percent between 1969 and 1974. Congress enacted the COLA provision as part of the 1972 Social Security Amendments and automatic annual COLAs began in 1975. The first automatic Social Security COLA was 8 percent in 1975.

The 1975 COLA wasn't the largest bump in Social Security history since automatic annual increases went into effect. That came in 1980, when benefits rose 14.3 percent; an 11.2 percent increase followed in 1981. The 21st century has seen modest COLA increases, ranging from 5.8 percent in 2008 to zero for 2010, 2011 and 2016. There's no COLA increase if prices remain flat (or fall) year over year.

The Board of Trustees for the Social Security Trust Funds estimated that the 2021 COLA would be 2.6 percent. However, that projection was made before the sharp economic downturn caused by the novel coronavirus outbreak.

Social Security COLA Increases, 1975-present



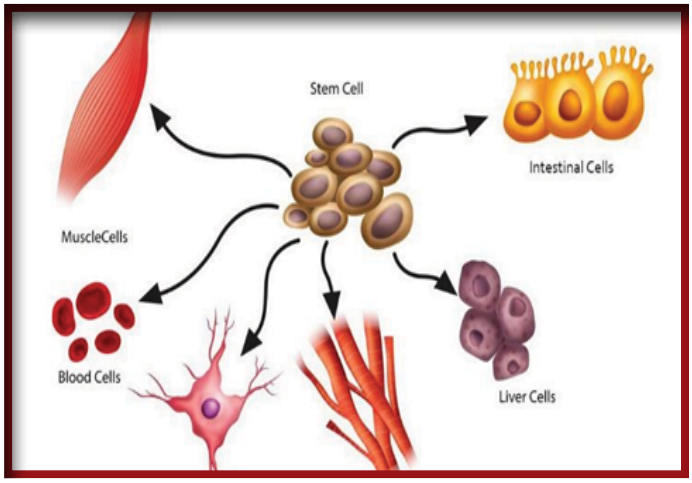
Social Security publishes a complete chart of annual COLA increases from 1975- present

What are Stem Cells?

By RSVP Volunteer Fitness Instructor Can Sirin

According to Dr. Lonnie Peets, Chiropractic Neurologist, and owner of New Mexico Stem Cell, a stem cell is essentially the building block of the human body.

"Stem cells are the body's raw materials, cells from which all other cells with specialized functions are generated. Under the right conditions in the body or a laboratory, stem cells divide to form more cells called daughter cells. These daughter cells either become new stem cells (self-renewal) or become specialized cells (differentiation) with a more specific function, such as blood cells, brain cells, heart muscle cells or bone cells. No other cell in the body has the natural ability to generate new cell types" says Dr. Peets.



From a layman's point of view, and where we "old timers" can benefit from, is the understanding that stem cells have the capability of regenerating tissue where the body has been under inflammatory conditions and, most importantly, repair that area whether it be from injury or arthritis.

Sounds somewhat "too good to be true" right? Well, in our next article we are going to take an example of a knee injury or a deteriorating knee function and hopefully come to be informed as to what stems can do for these conditions.

As I look forward to coming back to work as a volunteer in the Senior Center's weight and performance facility, I hope you are all doing your part to be conscientious community members in fighting the Corona virus.

Advance Care Planning: Important and Doable!

By Barak Wolff

We've made it to July…for most of us the most unusual and extraordinary in our lives. Mostly homebound, wearing masks, foregoing hugs and kisses, and keeping tally with the daily count of infections, hospitalizations, and deaths due to this pandemic virus. Even though we've learned a lot and we have hope, it promises to be a long, slow slog back to a new "normal" with lots of uncertainty and dislocation still ahead of us. But, we soldier on…

Back in the March Senior Scene, I wrote my first, pre-COVID, column about our inevitable mortality and how we can all move towards a "good death" if we choose to. In May, with the pandemic flu in full swing I reflected on the importance of advance care planning, particularly when we were all so much at risk and could be overtaken quickly, and fatally, particularly us seniors. Clearly, end of life preferences and care decisions are best thought about ahead of time, when we are healthy so we have time to think through our values and discuss our choices with family and loved ones.

This month I'd like to share a bit more practical information about how to actually accomplish this planning. Also, what happens if you lose the capacity to speak for yourself? Who do you trust to speak on your behalf? And how can you ensure that they will have the opportunity to do so? Here in New Mexico our laws make this relatively easy to accomplish, but each of us must first decide to do it and second we must put in the thought and effort to make it happen. Here are some steps you can follow:

Once you've decided that this is the time, thinking through your values regarding what really matters to you is a good place to start. Here are some suggestions that will help you get started. The first is from Christus St. Vincent Hospital entitled "My Choices, My Right to Decide" which provides a brief overview of how to start the conversation, assess your values, communicate with family and loved ones, and then put it on paper to make it official.

(https://www.christushealth.org/-/media/locations-and-directions/st-vincent/holistic-health-and-wellness/245077--mychoices-my-right-to-decide-form_updated-492018-english.ashx?la=en).
This is also available in Spanish.

(over)

Another is from the national Compassion and Choices website which has a variety of practical advance care planning tools in a comprehensive toolkit entitled: "My End of Life Decisions"

(https://compassionandchoices.org/wp-content/uploads/2018/09/My-End-of-Life-Decisions-Guide-Toolkit-FINAL-8-28-18.pdf).

This guide includes an excellent values worksheet that will assist you by laying out the choices in a very clear and user friendly manner.

(https://www.compassionandchoices.org/wpcontent/uploads/2016/03/Values_Worksheet.pdf

If you do not have internet access, you may call the newsletter editor at (505) 955-4760 to receive a paper copy in the mail.

You are now ready to complete the NM forms, a version of which is included in the Christus St. Vincent link above. The first part of the Christus form is where you designate your medical decision-maker or health care agent, sometimes called a surrogate. This person will be contacted to make health care decisions on your behalf, according to your expressed choices, if you become incapacitated.

It is important to select someone whom you trust fully, someone who is willing to take on this responsibility, and who is capable of representing your directives to health care providers, even under great pressure. Importantly, sometimes those we love the most (spouse, child, other family member, etc.) may not be the best to select as your agent/decision-maker. They may be too distressed about your critical condition and may not be able to separate their own feelings of fear and grief about your end of life. You want to select someone who you are confident will represent your choices about when to try and extend life and/or when to allow for a natural death with no heroic efforts. Your designated agent must also sign this form indicating their willingness to take on this responsibility. It is strongly recommended that you appoint a back-up agent/decision-maker or two in case the primary designee cannot be reached when they are needed.

The next step is to complete the NM advance directive form, which is also contained in the Christus, "My Choices, My Right to Decide" link above. The form provides simple questions that you have already thought about. Once completed, you sign and date the form. It is not required that it be formally witnessed or notarized, but it can be if you choose.

The final critical step is to share the results of your good work with family, loved ones, healthcare providers, assisted living or nursing home, hospital, etc. by providing them a copy and hopefully taking some time to discuss your directives with each.

Completing advance care planning is not a one-time exercise. It is anticipated that as your situation changes over time, your choices, including the designation of a health care decision-maker, may also change. The most recently completed advance directive is always the one that gets followed. As changes are made, be sure to provide copies to everyone who had the previous version.

So yes, it takes some work to figure out what are your values, or what matters to you. Then you must decide upon a personal representative, complete the forms, and discuss/distribute copies to those who care. But it is your legal right and the best way to achieve a "good death"…which is whatever kind of death you seek. In addition, you can always express your wishes in a letter.

Until next time, be safe and take good care.

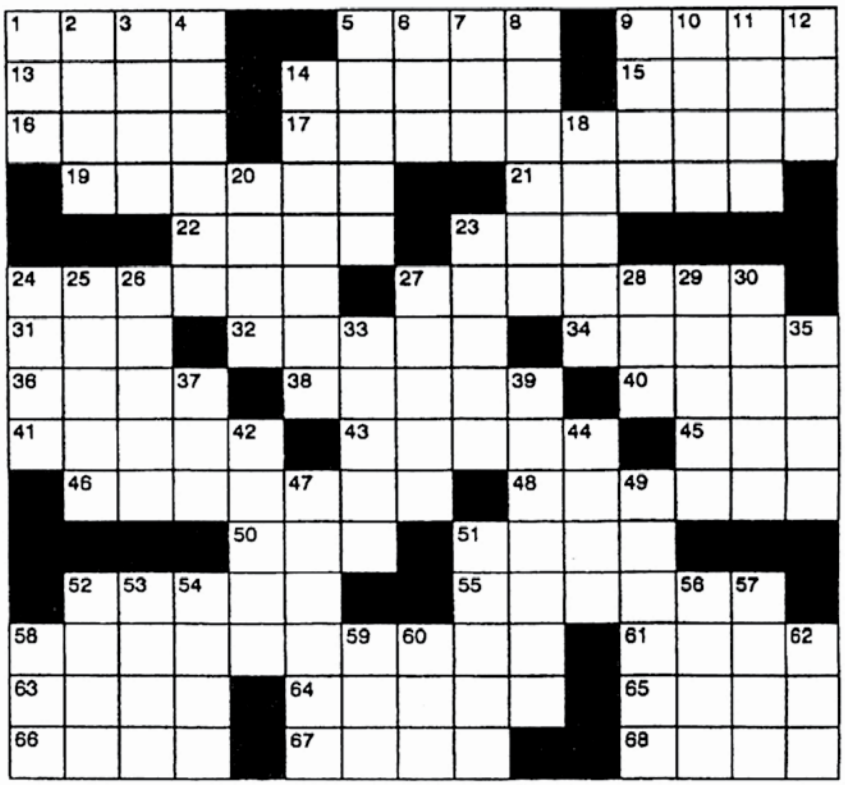
MOVIES AND TELEVISION

ACROSS

1. "Planet of the ____"
5. "State ____"
9. "Soap" family name
13. TV host Garroway
14. Avant-____
15. Step ____!
16. Actress MacGraw et al.
17. "Hill Street Blues" actor
19. Comedienne May
21. Join
22. Wilbur Post's horse
23. Actress Sothern
24. "____ to My Heart"
27. Hall of "Coming to America"
31. Forum greeting
32. Annie's dog
34. "____ on Her Fingers"
36. Chip's buddy
38. Lorenzo ____ of "Falcon Crest"
40. Drill
41. Ludden or Funt
43. "Fancy ____"
45. Gp. for Charlie Moore?
46. "The ____ Blade"
48. Certify
50. High school VIPs
51. Ontario Indian
52. Actress LuPone
55. "Nashville" director
58. "Night Court" judge
61. "____ Dirty"
63. "____ Desire"
64. Map within a map
65. "Too ____ the Hero"
66. Chicago district
67. Erwin and Gilliam
68. Sonny Shroyer show

DOWN

1. Susan Hayward film
2. "____ Rider"
3. "____ Under the Sun"
4. Big Bird's street
5. Lost strength
6. "The Long ____"
7. Director May Park
8. Summer TV fare
9. Singer Tennille
10. Subj. for Doogie Howser
11. Wheel covering
12. DDE's command
14. Keaton film, with "The"
18. "____ Sanctum"
20. Cleopatra's maid
23. Nordic
24. Actress Thompson
25. Footballs
26. A Reese
27. Elliot Weston, e.g.
28. Penpoint
29. Hole ____
30. Fairy tale villains
33. Neck parts
35. Usher's find
37. Always, in verse
39. Young actress
42. "____ Habits"
44. Manuscript mark
47. Cary Grant film
49. Shirley ____
51. Walking aids
52. ____ Alto
53. Singer Guthrie
54. "The ____ to Bountiful"
56. King of comedy
57. Defense alliance initials
58. Linden of "Barney Miller"
59. Dynamite letters
60. Columbus sch.
62. "____, Giorgio"



PUZZLE

JULY 2020

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CÁMARA
CAZADORES
DIVERTIDO
ELEFANTE
EXPERIENCIA
GUÍAS
HIENA
HIPOPÓTAMO
INDÍGENAS
JIRAFA
JUNGLA
KENIA
LEONES
MARFIL
MOSQUITOS
NATURALEZA
PLANTAS
PORTEADORES
RINOCERONTE
RÍOS
SABANA
SAFARI
SALVAJE
SELVA
TIGRES
VACUNAS
VIENTOS

Safe Procedures for a Doggie Bag

("To Your Health! Food Safety for Seniors" from the FDA and the USDA Food Safety Service)

If you choose to bring leftovers home from a restaurant, care must be taken. If you will not be arriving home within two hours of being served, (1 hour if temperatures are above 90°F), it is safer to leave the leftovers at the restaurant. Also, remember that the inside of a car can get very warm. Bacteria may grow rapidly, so it is always safer to go directly home and put your leftovers in the refrigerator.

Nutrition for Older Adults

(From the U.S. Library of Medicine, MedlinePlus)

What can make it harder for me to eat healthily as I age?

Some changes that can happen as you age can make it harder for you to eat well. These include changes in your:

Home life, such as suddenly living alone or having trouble getting around.

Health, which can make it harder for you to cook or feed yourself.

Medicines, which can change how food tastes, make your mouth dry, or take away your appetite.

Income, which means that you may not have as much money for food.

Sense of smell and taste.

Problems chewing or swallowing your food.

How can I eat healthy as I age?

Eat foods that give you lots of nutrients without a lot of extra calories, such as fruits and vegetables (different types with bright colors); whole grains, like oatmeal, whole-wheat bread, and brown rice; fat-free or low-fat milk and cheese, or soy or rice milk that has added vitamin D and calcium; seafood, lean meats, poultry, and eggs; and beans, nuts, and seeds

Avoid empty calories. These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.

Pick foods that are low in cholesterol and fat. You especially want to try to avoid saturated fats (fats that come from animals) and trans fats (processed fats in margarine and vegetable shortening. You may find them in store-bought baked goods and fried foods.

Drink enough liquids, so you don't feel dehydrated. Some people lose their sense of thirst as they age. And certain medicines might make it more important to have plenty of fluids

Be physically active. If you have started losing your appetite, exercising may help you to feel hungrier.

What if I am having trouble eating healthy?

Here are some tips that might help:

If you are having trouble chewing, see your dentist to check for problems.

If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your healthcare provider. A health condition or medicine could be causing the problem.

If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting.

If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories.

If an illness is making it harder for you to cook or feed yourself, check with your healthcare provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.

PUZZLE ANSWERS

JULY 2020

A	P	E	S			F	A	I	R		T	A	T	E
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F	B	S	O	T	I	U	Q	S	O	M	X	A	U	V
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LUNCH MENU JULY 2020

For any senior to request home delivered meals, call (505) 955-4721

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOR HOME DELIVERED AND CURBSIDE MEALS ONLY. CONGREGATE SITES ARE TEMPORARILY CLOSED.	**Menu subject to change. Substitutions may occur based on food availability.**	**1** **Red Chile Chicken Enchiladas** Mexi Corn Refried Beans Fresh Spinach Salad Vanilla Pudding with Cinnamon Fresh Orange	**2** **Meatball Sub** with Mozzarella Cheese Mixed Veggies Potato Chips Fresh Apple	**3** **All Centers Closed for Independence Day**
6 **Green Chile Cheeseburger** Garnish Ranch Beans Onion Rings Watermelon	**7** **Baked Tilapia** Potatoes Au Gratin French Style Green Beans WW Roll with Margarine Chocolate Pudding	**8** **Turkey Roast** Turkey Gravy Mashed Potatoes Asparagus Cranberry Salad WW Roll Pumpkin Pie	**9** **BLT** with Garnish Bowtie Pasta Salad Baby Carrots Mandarin Oranges	**10** **Buffalo Chicken Tenders** Buffalo Sauce French Fries Coleslaw WW Roll Cantaloupe
13 **Chicken Sandwich** with Garnish Green Beans Carrot Sticks Tater Tots Chilled Peaches	**14** **Meatloaf** Scalloped Potatoes Vegetable Medley Carrot Raisin Salad Apples in Strudel	**15** **Roast Beef** Mushroom Gravy Baked Potato California Veggies Cucumber Tomato Salad WW Roll Applesauce	**16** **Green Chile Chicken Tamale** Green Chile Sauce Pinto Beans Spanish Rice Coleslaw Fresh Pear	**17** **Ham & Cheese Sandwich** with Garnish Potato Salad Cold Peas Pineapple
20 **Beef Brisket** Roasted Potatoes Buttered Carrots Tossed Salad Sweet Roll Fresh Grapes	**21** **Carne Adovada** Black Beans Chuckwagon Veggies Flour Tortilla Chilled Apricots	**22** **Chef Salad** with Ham, Turkey & Egg Breadstick with Margarine Brownie	**23** **Orange Chicken** White Sticky Rice Asian Veggies Egg Roll Fortune Cookie Rainbow Sherbet	**24** **Beef Ravioli** Marinara Sauce California Veggies Garlic Toast Plums
27 **Turkey & Cheese Sandwich** with Garnish Macaroni Salad Celery Sticks Tropical Fruit	**28** **Spaghetti** with Meat Sauce Italian Veggies Tossed Salad Garlic Bread Pears in Jello	**29** **BBQ Chicken** Vegetable Medley Pork & Beans Cornbread Honeydew Melon	**30** **Baked Pork Chop** Pork Gravy Mashed Potatoes Mixed Veggies WW Roll Banana	**31** **Crunchy Beef Tacos** with Garnish Chuckwagon Veggies Mexican Rice Salsa Tapioca Pudding

Senior Meal Suggested Donation: Lunch $1.50

Milk is served with each meal.

City of Santa Fe
Division of Senior Services
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Santa Fe, New Mexico 87504-0909

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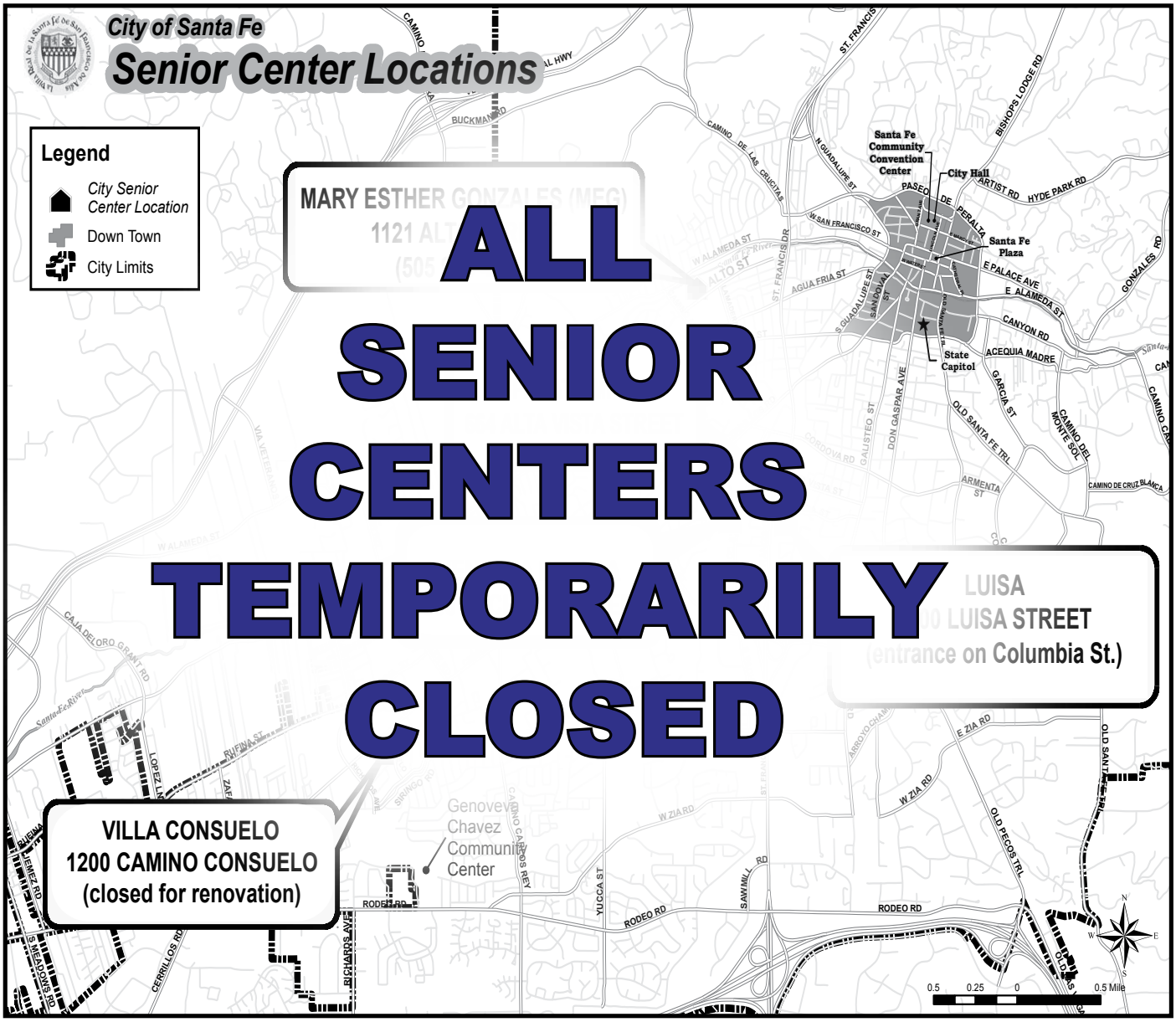
City of Santa Fe Community Services Senior Services