The Senior Scene

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

Offered by: Division of Senior Services

City of Santa Fe Community Services Senior Services

http://www.santafenm.gov/senior_scene_newsletter

JUNE 2017

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

JUNE - 2017

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

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

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at ***www.santafenm.gov***, simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

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
Sadie Marquez, Receptionist	955-4741
FAX Machine - Administration	955-4797
Senior Services Registration	
Brenda Ortiz, Database Specialist	955-4722
Transportation Ride Reservations (page 3)	**955-4700**
Fran Rodriguez, Project Manager/ Dispatch	955-4702
Robert Chavez, Project/Fleet Manager	955-4702
Linda Quesada-Ortiz, Administrative Assistant	955-4756
Nutrition	
Yvette Sweeney, Program Administrator	955-4739
Enrique DeLora, Inventory Supervisor	955-4750
FAX Machine - Nutrition	955-4794
Meals On Wheels (for homebound individuals)	
Carlos Sandoval, Program Supervisor	955-4748
Vacant, Administrative Assistant	955-4740
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 (M.E.G.), Ventana de Vida	
Cristina Villa, Program Coordinator	955-4725
Luisa, Pasatiempo, Villa Consuelo	

In Home Support Services: Respite Care, 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
Romella Glorioso-Moss, Special Projects Admin.	955-4744
Retired Senior Volunteer Program (RSVP)	
Triston Lovato-Armstrong, RSVP Administrator	955-4760
Marisa Romero, Program Coordinator	955-4743
FAX Machine - RSVP Office	955-4765
50+ Senior Olympics	
Cristina Villa, Program Coordinator	795-3817
Miscellaneous	
Craft Room	955-4736
Pool (Billiard) Room	955-4737
Other Important Numbers	
Santa Fe Civic Housing Authority	988-2859
Santa Fe County Information	992-3069
Santa Fe County Mobile Health Van	231-2382
Newsletter Production	
Triston Lovato-Armstrong, Editor/Distribution	955-4760
Gil Martinez, Graphic Artist	
Mela Sanchez, Mailing Distribution	
Christella Vigil, Mailing Distribution	

SENIOR SERVICES PROGRAM INFORMATION

JUNE - 2017

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. 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 membership card. **Please note that these cards are NOT valid as legal identification.**

Eligibility for Senior Services Registration

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

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc. For more information please contact Brenda Ortiz at (505) 955-4722 or *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. 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 or drivers.
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:	**Demand has increased and so has the wait time. We appreciate your patience.**
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.

DIRECTOR'S REPORT

JUNE - 2017

The City of Santa Fe Division of Senior Services Welcomes a New Director

We are pleased to announce that Eugene "Gino" Rinaldi has joined the City of Santa Fe as Director of the Division of Senior Services.

Mr. Rinaldi brings over 25 years of experience in administration of local, state and federal government programs related to health care, human services, transportation and aging and disabilities. He has an in-depth education and understanding of issues related to the aging adult population and the ability to build and develop long-term strategic collaborations.

A native New Mexican, born and raised in Bernalillo, Mr. Rinaldi earned a Bachelor of Science Degree from Weber State University and served 33 years in the United States Air Force Reserves, retiring in 2010 with numerous awards and decorations and the ability to respond to changing and challenging environments. This has helped throughout his career working in government and the private sector.

Mr. Rinaldi has worked at local and regional levels with Sandoval County as a senior services administrator and for the Middle Rio Grande Council of Governments as the Regional Transit Manager. He also served as manager of the St. Joseph Hospital Sixty-Plus Services, where he successfully grew a hospital-based senior membership program and managed a group of over 80 volunteers. More recently, Mr. Rinaldi served as the Cabinet Secretary for the Aging & Long-Term Services Department. His four-year tenure with the Department provided incredible insight into the policy and advocacy needs of New Mexico's population as well as developing a national and statewide network of citizens and local, state and federal policy makers.

In addition to years of experience, Mr. Rinaldi has served on various committees and councils including: the White House Conference on Aging Advisory Committee, the New Mexico Long-Term Care Task Force & New Mexico Alzheimer's Advisory Council, the New Mexico Health Care Policy Commission's Health Care Prevention Task Force, as President of the New Mexico Hispanic Council on Aging, the National Hispanic Council on Aging and American Society on Aging Leadership Fellowships, as Vice-Chair of the New Mexico Board of Social Work Examiners, the National Association of States United for Aging and Disabilities, as President of the Bernalillo Rotary Club, the Sandoval County Planning and Zoning board and as a board member of Rebuilding Together Sandoval County.

In his spare time Mr. Rinaldi enjoys visiting with his family; he is the proud father of two children Monica and Justin, and grandfather of two. He also enjoys the outdoors and carrying on a 400-year-old tradition of wine making in Bernalillo. He lives by the following motto: "The insurance of public trust is not just through transparency, but in how you treat the public."

Working out of the Mary Esther Gonzales Senior Center, Mr. Rinaldi looks forward to meeting you and hearing your ideas. Please join us in welcoming our new Director!

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure/glucose, heart rate, general health information and immunizations. Schedule is subject to change so please check for the updates online at www.santafecountynm.gov or call (505) 231-2382. All services are free.

Dates for June:

01 – Encino Villa	10 am – 2 pm
02 – Campo Alegria	11:30 am – 2 pm
03 – Van not out	
04 – Santa Fe Recovery Center	9 am – 1 pm
05 – Fort Marcy	9 am – 1 pm
06 – Eldorado Senior Center	10 am – 2 pm
07 – Santa Fe Community College	10 am – 2 pm
08 – Villa Alegre	9-11 am
Campo Alegria	11:15 am – 1:30 pm
09 – Casa Villita	10 am – 2 pm
10 – Van not out	
11 – Santa Fe Recovery Center	9 am – 1 pm
12 – Casa Rufina Apartments	9 am – 1 pm
13 – Chimayo Senior Center	10 am – 2 pm
14 – El Rancho Senior Center	9 am – 1 pm
15 – Santa Cruz Senior Center	10 am – 2 pm
16 – Ventana de Vida Senior Center	10 am – 2 pm
17 – Van not out	
18 – Santa Fe Recovery Center	9 am – 1 pm
19 – Villa Consuelo Senior Center	9 am – 1 pm
20 – St. John's Methodist Church	9 am – 1 pm
21 – Edgewood Senior Center	10 am – 2 pm
22 – Villa Valles County Housing Boys and Girls Club	9 am – 1 pm
23 – Mary Esther Gonzales Senior Center	10 am – 2 pm
24 – Van not out	
25 – Genoveva Chavez Comm Ctr	9 am – 1 pm
26 – Pasatiempo Senior Center	9 am – 1 pm
27 – Luisa Senior Center	10 am – 2 pm
28 – Camino de Jacobo County Housing	9 am – 1 pm
29 – Solana Shopping Center	10 am – 2 pm
30 – Genoveva Chavez Comm Ctr	10 am – 2 pm

Luisa Senior Center Open during Construction

Please take note that the Luisa Senior Center located at 1500 Luisa Street, remains open during the housing unit construction. The main entrance on Columbia Street is closed, so you will need to enter via San Mateo and then turn onto Luisa Street; this will take you to an entrance on the backside of the senior center.

Senior Transportation News

All senior transportation vans are equipped with the ability to charge battery operated oxygen packs. So please bring your charging cords if you would like to use this service! Also, a reminder that drivers may arrive up to 15 minutes before/after your scheduled pick-up time from home. Please note that due to an increase in demand, this has increased pick-up time from your destination. We appreciate your patience!

Stroke Support Group

Join this support group for stroke survivors and their significant others. The group meets the first Wednesday of each month from 11 a.m. to noon at the Christus St. Vincent Hospital, Atrium conference room, across from the elevators on the first floor. All are welcome! Please contact Anna at (505) 988-2583 with any questions.

Where to Start to Love Your Heart

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with simple dietary strategies and three supplements that will pump up your heart health. Join the volunteer programs for a free presentation on Thursday, June 8 at 9 a.m. in the Mary Esther Gonzales Senior Center dining room. The hour-long presentation will be offered by Nutritional Health Coach Shane Hamby, and is open to all.

Flora's Corner

"Those who bring sunshine to the lives of others cannot keep it from themselves."

– Sir James M. Barrie
(British writer)

Let's Grow!

Basic Composting
Saturday, June 17 from 9 to 11 a.m.

Learn how composting works and how to tailor the process to your needs and scale. There will be a hands-on clinic at our straw bale demonstration area to teach proper techniques for building a thermal pile, turning and finishing the compost. We will also discuss the basics of worm composting. Bring hats, gloves, sturdy shoes, and water. Also, bring a pitch fork if you have one. Located at the Santa Fe County Fairgrounds Compost Area (3229 Rodeo Rd).

Selecting Native Plants for Your Landscape
Saturday, June 24 from 10 a.m. to noon

This session will be taught by SNAPP (Santa Fe Native Plants Project) and will include a tour of native plants in the Audubon Gardens. The Randall Davey Audubon Center is located at 1800 Upper Canyon Rd in Santa Fe.

For more information please visit *www.sfmga.org.* Don't miss out on these wonderful events!

Happy Birthday to these FGP/SCP volunteers!

Danna Metzger	6/10
Aurora Rodriguez	6/14
Wesley Sandel	6/18
Christine Mendoza	6/22
David Lucero	6/23

Living Well with Alzheimer's and Dementia – Caregiver Support Group

Please join nationally recognized Alzheimer's specialist, Jytte Fogh Lokvig, Ph.D. for a talk on effective caregiving, communication, and problem-solving. This group discussion will take place on Thursday, June 8 from 1:30 to 4:30 p.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street). Refreshments will be provided and new faces are welcome! Call Theresa Trujillo at (505) 955-4745 to reserve a spot today.

Living with Alzheimer's Disease for Caregivers – "Late Stage"

A free presentation for caregivers will be offered on Friday, June 2 from 10 a.m. to noon. Hosted by the Alzheimer's Association, this event will take place at the Kingston Residence (2400 Legacy Court). For more information please contact David Davis at (505) 473-1297 or *dldavis@alz.org*.

Santa Fe Public Schools Kick Off Summer!

The academic year is wrapping up but the teaching and learning never stop. As you move around town, you might see teachers and students out and about on field trips, walking through downtown to visit museums, or up in the mountains soaking up nature and learning about the environment. Even during the summer months, our schools are busy. We offer a variety of summer classes and programs for students who may want or need some extra academic help, and we offer different enrichment programs in music, the arts, and science as a fun and exciting way to fill up some of the many weeks of summer break.

While many of our school sites are busy with these programs, others are getting some long-awaited structural work. You will see your tax dollars at work with the remodel of Capital High School and the start of construction at the new Milagro Middle School on Llano Street. School maintenance and construction staff will use the summer months to repair roofs, fix stucco and parking lot asphalt, or paint classrooms.

So even though the school year is over, SFPS continues to stay busy. As you drive by our schools this summer, you may find they look anything but deserted!

Veronica A. Sanchez

A private non-profit organization helping others become self-sufficient

The ECHO Inc. Commodity Supplemental Food Program (CSFP) provides monthly nutritious food, recipes, basic nutrition information and referrals to other programs for income qualified, New Mexico residents who are age 60 years or older. Food packages include: vegetables, fruit, meat, pasta/rice, peanut butter/beans, cereal, juice, milk, and cheese.

*Income qualifications are: $1307 or less in monthly gross income for one individual in the house; $1760 for household size of two; add $453 for each additional household member.

To register you must provide:

- Picture ID
- Proof of NM residency (physical address)
- Current year proof(s) of income (for entire household)
- Proof of date(s) of birth (official document)

Bring all items listed above to your local distribution. There are distribution sites across New Mexico, but the Santa Fe distribution occurs:

- 3rd Tuesday of each month
- 9:30 a.m. to 1:30 p.m.
- Santa Fe County Extension Building (3229 Rodeo Road)

CSFP is funded by USDA, which prohibits discrimination in the administration of its programs and is sponsored by the New Mexico Department of Health and ECHO Inc. Food Bank. Call (505) 242-6777 for more information.

Join Our Email List

Do you have an email address? If your answer is yes, then you can join our email list and receive the Senior Scene newsletter in color and before it hits the stands! Simply send an email stating your request to Triston at ***trlovato@santafenm.gov***.

The 2017 Summit will address challenges and solutions to ending hunger in New Mexico. The morning will feature keynote speakers, while the afternoon will focus on group sessions reviewing and discussing the FY17-21 New Mexico Action Plan to End Hunger. Attendees can contribute ideas and help create new initiatives to end hunger and also assist by donating non-perishable food items on that day. The Summit will be on Tuesday, September 26, 2017 from 8 a.m. to 5 p.m. at the Embassy Suites (1000 Woodward Pl) in Albuquerque. Registration is $35 per person and $25 for seniors. To register, please visit ***www.endnmhunger.com*** or pick up a packet at the Mary Esther Gonzales Senior Center (1121 Alto Street) in Santa Fe. For more information on the Summit please visit the above website or call (505) 395-2668.

Slots for Yardwork Assistance still Available

Do you need help cleaning your yard? Youth volunteers with the Student Life Mission Project will be available this July to assist with your needs! Assistance is only available in the City of Santa Fe area. Dates that are still available include:

- July 7
- July 17 – 19
- July 20, 22-23

Reserve your date/time by the end of June by calling (505) 955-4760 or (505) 955-4743. Please note it is limited to a first-come, first-served basis.

A group from Ventana de Vida Senior Center enjoyed themselves on a recent trip to the ABQ BioPark Aquarium.

Celebrating mothers at the Pasatiempo Mother's Day Concert. Singer Bob Sinn and piano player David Geist performed for the audience. Photos by Virginia Soto.

The Guitar class, led by Sister Jo, held their spring concert at the Mary Esther Gonzales Senior Center, showing off all their wonderful talents!

Mayor Javier Gonzales stopped by the Older Americans Month Dance to proclaim May as "Older Americans Month." Mayor Gonzales spoke with seniors and even got on stage to sing with Peter Vigil y los Hermanos!

NEW MEXICO & COLORADO

SANTA FE SENIOR ACTIVITY CORPORATION OCTOBER 1 - 5, 2017

Day 1 - October 1 (Sun) - Depart Santa Fe, NM - Royal Gorge, CO - Colorado Springs
Join your traveling companions and Cosmos Tour Director for your tour departure. Leave Santa Fe and drive north to Colorado Springs, Colorado, stopping at the ROYAL GORGE BRIDGE en route. Walk across the world's highest suspension bridge and marvel at the rugged rock walls that plunge more than 1,000 feet down to the Arkansas River. Continue to Colorado Springs, home to the U.S. Olympic Training Center.

Day 2 - October 2 (Mon) - Colorado Springs - Denver - Black Hawk
Take the PIKES PEAK COG RAILWAY up to the summit of 14,110-foot Pikes Peak, the place that inspired Katharine Lee Bates to write America the Beautiful. We then explore GARDEN OF THE GODS, featuring 300-foot towering sandstone rock formations against a backdrop of snowcapped Pikes Peak and brilliant blue skies. This afternoon, head north to Denver, and stop at the MOTHER CABRINI SHRINE. The Mother Cabrini Shrine is a shrine in honor of the Sacred Heart of Jesus and St. Frances Xavier Cabrini. Originally a summer camp for the girls from the Queen of Heaven Orphanage, the property became a place of prayer, pilgrimage and devotion after the canonization of St. Cabrini in 1946. Then it's on to the beautiful Colorado mountains for your overnight in Black Hawk. You are free to explore the many available casinos located in this National Historic District. (Breakfast)

Note: Visit to Mother Cabrini Shrine is subject to traffic conditions and availability. There are 373 steps leading to the Sacred Heart of Jesus statue.

Day 3 - October 3 (Tues) - Black Hawk - Georgetown Loop Railroad - Glenwood Springs
You have the morning at leisure to continue gambling, fill up at a buffet, or walk the streets of this one-of-a-kind historic mining settlement. Next, board the historic GEORGETOWN LOOP RAILROAD, sit back and relax as you enjoy the beauty of the rugged Rocky Mountains plus views of Clear Creek Canyon. Arrive in Glenwood Springs for the evening. Unpack your swimsuit and head down to the HOT SPRINGS for a relaxing soak. These are the world's largest and have been welcoming visitors for over 125 years. (Breakfast)

Day 4 - October 4 (Wed) - Glenwood Springs - Silverton - Rail Journey to Durango
Head south today through some of Colorado's most spectacular scenery. Arrive in Silverton, once a major mining town that owes its name to the bragging statement by an early miner: "We have no gold, but silver by the ton!" Board the DURANGO & SILVERTON NARROW-GAUGE RAILROAD for a scenic ride through San Juan National Forest. The legendary steam train hugs steep canyon walls as it winds its way through Rio de las Animas Canyon with vistas of snowcapped peaks. Arrive in Durango, a town born in the Gold Rush and silver-mining era. (Breakfast)

Day 5 - October 5 (Thurs) - Durango - Mesa Verde National Park - Santa Fe, New Mexico
This morning, visit MESA VERDE NATIONAL PARK, a UNESCO World Heritage Site. See Spruce Tree House, one of the best-preserved cliff dwellings. Also visit the museum that depicts the story of the people who once thrived on this 8,000-foot plateau, and stop at a great vantage point for pictures of Cliff Palace (one of the largest of the 700-year-old Anasazi dwellings). Return to Santa Fe for the end of your tour. (Breakfast)

Per person price $1,089 land only twin.
Single Supplement: $1382
Price includes: land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director.

On trip and emergency contact information is due per person by Final Payment. Passenger documents are sent 2–3 weeks prior to departure. Travel documents will not be sent until on trip and emergency contacts are provided for each passenger. Please contact your group leader with your emergency contact information.

Morning pick up 7:30am October 1st at the MEG Center 1121 Alto St. Santa Fe, NM 87501

COSMOS.

To reserve your spot, please contact Mercy at (505) 986-1416 or Corrine at (505) 986-1780.

10% cancellation fee will apply.

39th ANNUAL NEW MEXICO CONFERENCE ON AGING
AUGUST 15–16, 2017
Supporting Active Aging
Today—Tomorrow—Beyond

The 39th annual New Mexico Conference on Aging is scheduled to be held on August 15 and 16, 2017 at the Isleta Resort & Casino Conference Center in Albuquerque. The event, sponsored by the NM Aging and Long-Term Services Department, provides older adults, caregivers and professionals who work with them an opportunity to learn and have fun in an environment that supports independence and dignity. Approximately 1,500 individuals are expected to attend the Conference, which will feature more than 50 workshops, 60 interactive exhibits and a health & enrichment fair. The Conference will also include a variety of entertainment reflecting New Mexico's cultural diversity.

The conference will feature two general sessions:

- On Tuesday, August 15, Lisa Marsh Ryerson, president of the AARP Foundation, AARP's affiliated charity, will discuss the Foundation's strategic direction to create and advance effective solutions to help vulnerable older adults meet their basic needs. Ms. Ryerson holds a Bachelor of Arts from Wells College and a Master of Science from the State University of New York College at Cortland. Lauded for her leadership, she has received numerous awards and honors, including an honorary degree from Southern New Hampshire University in 2015 and an Honorary Doctor of Humane Letters from the State University of New York at Albany for having "met and exceeded each of John Quincy Adams' standards for leadership."

- On Wednesday, August 16, author, equestrian and caregiver, Patricia J. Conoway, will discuss her book "Listening with My Eyes". Communicating with her horse non-verbally was the only way Ms. Conoway could gain the horse's trust and cooperation. She applied that technique to communicating with her mother, a sufferer of Alzheimer's disease who lost her ability to speak.

The Conference will also recognize individuals and organizations with awards at the conference.

<u>The cost of the two-day conference is:</u>
Standard Rate: Pre-Registration: $105; On-site Registration: $115
Senior Rate (Age 55 and older): Pre-Registration: $45; On-site Registration: $55
Students: Pre-Registration: $45; On-site Registration: $55

<u>Day registration is also available:</u>
Standard Rate: Pre-Registration: $60/day; On-site Registration: $70/day
Senior Rate (Age 55 and older): Pre-Registration: $30/day; On-site Registration: $40/day
Students: Pre-Registration: $30/day; On-site Registration: $40/day

Scholarships are available.

More information can be found on the Department's website at www.nmaging.state.nm.us, or by calling 866-842-9230 or 505-383-3900.

COMMUNITY NEEDS

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

Feliz Cumpleaños *Happy Birthday*

Volunteers born in JUNE!

RSVP Volunteers

Arlene Mayer	6/01
Ethel Roberts	6/02
Sarah "Sally" Connelly	6/03
Rosella Fleming	6/04
Pauline Pino	6/05
Dan Rusthoi	6/05
Joan-Ann Ryan-Murphy	6/05
Geraldine L. Trujillo	6/05
Maria D. Varela	6/05
Juan M. Apodaca	6/07
Alfonso "AL" Ulibarri	6/07
Bernardo C de Baca	6/08
Jerry E. Smith	6/09
William Darmitzel	610
Clorinda Nava	6/10
Olivia M. Trujillo	6/10
Michael M. Reilly	6/12
Robert A. Guillen	6/13
Bob Peck	6/13
Edith Tichonchik	6/13
Eileen C de Baca	6/14
Margaret Rodriguez	6/14
Helen Whitfill	6/14
Kia Mudge	6/17
Thomas Minton	6/18
Wesley Sandel	6/18
Mary A. Catanach	6/19
Ann M. Young	6/19
Lee Meyers	6/20
Kristine Dorris	6/21
Patricia G. Gonzales	6/21
Joseph Shain	6/21
Katherine Kozik	6/25
Celine Sena	6/26
Genevieve Armijo	6/27
Remmy Roybal	6/28
Robert L. Pavia	6/29
Cheryl Alexandre	6/30

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

Many Mothers could use YOUR help improving the community, one baby at a time

Do you like working with new babies? Many Mothers is a small non-profit that pairs committed volunteers with Santa Fe families with a new baby. Volunteers provide in-home direct support for moms and their newborn babies; they ask that you commit to a family for three months, giving three hours each week for 12 weeks. You will not only support mom, but also her baby, during a very tender and challenging time. Tasks cater to each individual mom but may include:

- Holding the baby while mom showers, naps, eats, spends time with older sibling;
- Play with older sibling while mom bonds with newborn;
- Help fold baby clothes;
- Provide company for mom by sharing a cup of tea or simple conversation;
- Accompany mom to doctor's appointment or other errands.

You can also help with fundraising and other community outreach events. There is a background check and volunteer orientation involved. Call Triston today to get started!

SF Farmer's Market Institute Needs YOU

The Santa Fe Farmer's Market is kicking into its busy season and needs some volunteer assistance! An Information Booth Volunteer is needed to provide friendly, outgoing and helpful service to Market customers. This is a customer service oriented position and requires excellent written and verbal communication skills in interacting with a variety of individuals; calm under pressure and organizational skills are essential. Responsibilities include: helping with set-up and break-down of info booth, processing credit/debit transactions, answering general questions, and directing customers to vendor booths. Volunteers are currently needed Tuesdays and Saturdays from 7:30 a.m. to 1 p.m. Schedule will change slightly in June. Call Triston for more info!

ONGOING ACTIVITIES

JUNE - 2017

All activities are open to registered seniors.

Schedule is subject to change. Activity Coordinators' contact information on page 2.

Luisa Senior Center – 1500 Luisa Street (entrance on Luisa during construction)				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
	11:45 am: Sing along			**1 pm:** Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
8:15 am: Tai Chi **9-11 am:** Guitar class **9:30 am:** Enhance Fitness **1 pm:** Hospice Crafts **1-3 pm:** Bingo	**8:15 am:** Tai Chi **9 am:** Jewelry class **9-11 am:** Guitar class **9:30 am:** Zumba Gold (low impact) **1:30 pm:** Oil painting 6/6, 6/20 **1:30 pm:** Nia Technique (1st & 3rd Tuesday)	**8:15 am:** Tai Chi **9:30 am:** Enhance Fitness **9:30 am:** Ceramics **10:30 am:** DanceAbility **1-3 pm:** Bingo	**8:15 am:** Tai Chi **9:30 am:** Wood-Straw Applique	**9:30 am:** Enhance Fitness **9:30 am:** Ceramics **2 pm:** Knitting
7 am-4:30 pm: Pool/cards/billiard room **AND** Fitness room **8 am-4:30 pm:** Computer (open use when computer class is not in session)				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
8:30 am: Yoga (class currently full) **12:30 pm:** Bridge	**8:30 am:** Zumba **1 pm:** Line dance (Advanced)	**8:30 am:** Yoga (class currently full) **Noon:** Sing along	**9 am:** Tai Chi **10 am**: Zumba **10 am:** Ceramics **1 pm:** Line dance (Intermediate)	**1 pm:** Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
9-10 am: Gentle beginning yoga **1:30-3:30 pm:** Ceramics	**1 pm:** Art class	**9:30-10:30 am:** Spanish class **1:30-3:30 pm:** Ceramics	**1-3 pm:** Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
9:30 am: Ceramics	**11 am – 2 pm:** Bingo	**9:30 am:** Ceramics		**1:30-3 pm:** Guitar forum

***NOTE: Please <u>print</u> your name on our activity sheets every time you participate.**

UPCOMING ACTIVITIES

JUNE - 2017

AARP "Smart Driver" Course

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

The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is $20, but if you are an AARP member the cost is $15; your AARP card and driver's license must be presented the day of the class. Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. **To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.**

Upcoming dates are:

- June 13
- July 11

Monthly Senior Services Committee Meetings

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

Senior Olympics: Wed., June 14 at 9:30 a.m.
Transportation/Nutrition: No meeting in June
Travel Committee: Thurs., June 15, 8:45 a.m.
SAC Board: Thurs., June 15 at 10 a.m.
Advisory Board: Wed., June 21 at 9:30 a.m.

Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Please come and give us your input about activities in your favorite senior center. Senior center addresses are on page 13.

Villa Consuelo: Monday, June 5 at 10 am
Pasatiempo: Monday, June 5 at 1 pm
Luisa Center: Tuesday, June 6 at 9 am
Ventana De Vida: Monday, June 6 at 9:30 am

ICAN Nutrition Classes Available at Senior Centers

ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that can help you:

- Choose low-cost, nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits, and whole grains
- Be more physically active
- Maintain a healthy weight

Attend an ICAN class at either the Mary Esther Gonzales (MEG) or Ventana de Vida Senior Center! The dates/times are as follows at 11:30 a.m.:

- MEG Wednesday, June 14
- Ventana Thursday, June 15

For more information please contact Renee at (505) 471-4711.

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

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

Luisa: Thursday, June 1, 11 – noon
Pasatiempo: Wed., June 7, 10:30 a.m. – noon
MEG: Wed., June 14, 11 – noon
Ventana: Wed., June 21, 11 – noon
Villa Consuelo: Tuesday, June 27, 10 – 11 a.m.

Movie Day at the MEG Senior Center
Tuesday, June 27, 2017 at 1 pm
"Lion"
(2016 • PG-13 • 2h)

Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

Movie Day at Ventana De Vida Senior Center
Wednesday, June 28, 2017 at 1 pm
"Joy"
(2015 • PG-13 • 2h 4m)

An American housewife makes a personal pitch on a home shopping TV network for a self-wringing mop she's invented and the mop becomes a marketing sensation. Based on the life of Joy Mangano, who holds over 100 patents, including one for velvet-covered no slip hangers, Manganogoes on to create her own business empire. Starring Jennifer Lawrence (nominated for an Academy Award for her role as Joy Mangano), Robert De Niro, Bradley Cooper, Edger Ramirez, Diane Ladd and Isabella Rossellini.

Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St) is hosting a Bingo on Sunday, June 11 from 1–4 p.m. It is $12 for a package, four specials at $1 each, and a $100 jackpot guarantee. Everyone is welcome, so don't miss out on a chance of winning! Frito pies will be served for $5.00; bring small bills.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, June 26 and have a fun time listening to a performance by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes and can be reached at (505) 471-2777.

Let's Celebrate Your Birthday

Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place during the lunch hour at all senior centers as follows below. Join us!

- Luisa – Friday, June 2
- MEG – Wednesday, June 7
- Pasatiempo – Wednesday, June 14
- Villa Consuelo – Friday, June 16
- Ventana de Vida – Wednesday, June 21

Cake Provided by Christus St. Vincent

Cake will be available during the lunch hour on Monday, June 5 at Luisa, MEG, and Pasatiempo Senior Centers. Stop by for some delicious cake courtesy of Christus St. Vincent!

Celebrating Father's Day

Luisa Senior Center will be hosting a Father's Day Celebration on Friday, June 16 during the lunch hour. Fathers will receive free candy bars.

"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way." –Unknown

Free Hair Cuts at MEG

Our volunteer Fabiola, a licensed beautician will provide free senior haircuts (on a first come, first serve basis – 20 haircuts per day). Fabiola will be at MEG on Wednesday, June 7. The haircut sign-in sheet will be available on the Program Coordinator's office door starting at 9 a.m.

Are you a Veteran?

Did you serve in World War II, Korea or Vietnam? If so, then get your service experience filmed free of charge for a Veterans Oral History Project. One copy of your interview will be sent to the Library of Congress, one copy to the University of Texas, one copy for the NM National Guard Museum and one for you or your family. Just call Albert at (505) 955-4715 and leave your name and contact information and the project staff will make arrangements to interview you.

NM Commission for the Blind will present at the MEG Senior Center

A representative from the New Mexico Commission for the Blind will be at the Mary Esther Gonzales Senior Center to talk about services they provide and answer questions. The presentation will take place on Monday, June 12 at 11:30 a.m.

The Commission provides services designed to assist persons who are blind to live independently. Independent Living/Older Blind Services can be provided at any age, but are most often provided to persons who are over 55 and have vision loss due to the aging process. The Independent Living Program teaches persons how to travel using the white cane, how to read Braille, how to cook, how to use assistive technology devices such as talking clocks and calculators, and how to go grocery shopping.

Spanish Classes for Beginners

Do you want an introduction on conversational Spanish? Volunteer Sister Jo will be teaching a class from 9:30–10:30 a.m. on Wednesdays at Ventana de Vida Senior Center. Join her!

FREE Legal Workshop at MEG Senior Center

Do you have questions about probate, paying for nursing home care, Powers of Attorney, or Advanced Health Care Directives? Answers to these questions and more will be available when the Legal Resources for the Elderly Program (LREP) holds a legal workshop at the Mary Esther Gonzales Senior Center. The FREE workshop will take place on Thursday, June 22 with a presentation from 9:30-10:45 a.m. followed by one-on-one consultations from 11 a.m.-12:30 p.m. Advance registration is required for the one-on-one sessions. Please call 1-800-876-6657 or (505) 797-6005. LREP is a joint project of the New Mexico Aging & Long-Term Services Department and the State Bar of New Mexico.

Yoga at Ventana de Vida Senior Center

Please join Lynn in "Gentle Beginning Yoga" on Mondays from 9-10 a.m. at the Ventana de Vida Senior Center. Please bring your own mat.

Nia Technique on 1st & 3rd Tuesdays

The Nia Technique is a mind/body physical conditioning program that combines martial arts, modern dance arts and yoga in a workout set to music. Attend the Tuesday Nia Technique class at the MEG Senior Center and see how much fun it is! Classes are the first and third Tuesdays each month at 1:30 p.m., which will be June 6 and 20.

Come Dance!

Feel good in your body and experience joy in movement! Open to all abilities and skill levels, this one-hour DanceAbility class starts with a basic warm-up before beginning a series of simple and fun improvisation exercises, allowing for each person to find their inner dancer. This class is held Wednesdays at 10:30 a.m. in the MEG Senior Center dining area. Stop by!

Volunteer Benefits Counselor Available

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, Stan Cooper a volunteer from the NM Aging and Disability Resource Center (NM ADRC) is available to offer advice every Wednesday morning at the MEG Senior Center. To meet with Stan you must make an appointment. To reserve a free, individual 30-minute session please call the MEG Senior Center at (505) 955-4721. If you are unable to make an appointment or need more immediate assistance, call the NM ADRC at (505) 476-4846 or toll free at 1-800-432-2080.

Are you 60 plus? Hike with us!

Are you interested in exploring the Santa Fe area through a group hike? Try out this new activity with a hike to Tesuque Creek Trail. It is a 3.1 mile loop trail rated as easy with an elevation gain of 400 feet. Located near Santa Fe, this hike offers exposure to lower-elevation vegetation, including pinon-juniper and oak-pine belts and the creek is easily accessed. The hike will be led by a volunteer on Thursday, June 15. The van will depart at 9 a.m. from the Mary Esther Gonzales Senior Center (1121 Alto Street), but please arrive at 8:30 a.m. to fill out necessary paperwork; there is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, bring water and a snack or sack lunch, and it's recommended that you wear a hat, sunglasses and sun block. The maximum number of participants for this date is 13, so sign up now! Call Albert at (505) 955-4715 to reserve a spot.

Yard Sale at Ventana de Vida

Ventana de Vida Senior Center will be hosting its annual yard sale on Saturday, June 3 from 8 a.m. to 1 p.m. A variety of household items and baked goods will be sold. Stop by, enjoy and help them out! Parking is across the street from the senior center.

Upcoming Day Trips

Saturday, July 8, 2017: Taos Pow-Wow
Cost is $25/person; departing from the MEG center at 8:30 a.m. For additional information please call Don Bell at (505) 982-2707 between 5:30 and 7:30 p.m. Please note the date and price is subject to change.

Day Trip to Sandia Peak Tramway

Enjoy the beautiful countryside and open views from Sandia Peak via a ride on the Sandia Peak Tramway in Albuquerque. The trip will be Thursday, July 20, with a 9:30 a.m. departure from the Mary Esther Gonzales Senior Center, and an afternoon return. The cost will be $25 per senior; the Senior Center will provide transportation, tram tickets, water, and a sack lunch. Contact Albert at (505) 955-4715 to sign up.

Naprapathic Stress Relief Days!

Take 10 minutes out of your busy day to experience treatment for stress, aches & pains without drugs. Naprapathic Medicine of New Mexico, in conjunction with Southwest University of Naprapathic Medicine, will be offering "Stress Relief Days" sessions on Friday, June 23 from 10:30 a.m. to 1:30 p.m. in the MEG Senior Center boardroom.

So, what is Naprapathy? According to Naprapathic Medicine of NM, it is a branch of medicine that focuses on the evaluation and treatment of neuro-musculoskeletal conditions. Doctors of Naprapathy do hands-on soft and Connective Tissue Manipulations using techniques as spinal manipulation/ mobilization, stretching and massage, to stretch the definite strands of shrunken soft and connective tissue to decrease pain and disability. It has been used to treat conditions such as: carpal tunnel syndrome, migraines/ headaches, upper/lower back pain, stress/ work-related tension, whiplash, neck pain, sciatica, strains, sprains and elbow/arm/ shoulder pain.

June is National Safety Month *Source: National Safety Council*

Join NSC and thousands of organizations across the country as we work to raise awareness of what it takes to Keep Each Other Safe. Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities.

Top Causes of Unintentional Injury and Death in Homes and Communities
According to Injury Facts 2016, about 136,053 people died from unintentional-injury-related deaths in 2014. That's 136,053 times someone's ordinary day turned tragic. Often, these tragedies happen when least expected – during a vacation, while doing chores at home or while driving across town. NSC encourages everyone to be aware of hazards related to leisure and recreational activities and take proper safety precautions. Here, in order, are the top causes of unintentional injury and death in homes and communities.

#1: Poisoning: In 2011, poisonings overtook motor vehicle crashes for the first time as the leading cause of unintentional-injury-related death for all ages combined. Poisoning deaths are caused by gases, chemicals and other substances, but prescription drug overdose is by far the leading cause. Learn more about this epidemic and other poisons in the home. Visit ***www.nsc.org***.

#2: Motor Vehicle Crashes: No one wakes up thinking they will lose a loved one in a car crash, but motor vehicle crashes are the second leading cause of unintentional-injury-related death overall. Impaired driving, distracted driving, speeding and inexperience can cause a life to be cut short in the blink of an eye. Everyone has a role in making our roads safer.

#3: Falls: More than 29,000 people died in falls in 2013. Falling is the third leading cause of unintentional-injury-related death over all age groups, but it's the #1 cause of death for those 71 and older, according to *Injury Facts 2015.* The good news: Aging, itself, does not cause falls. Learn what you can do to help protect older loved ones. Visit ***www.nsc.org*** for tips.

#4: Choking and Suffocation: Suffocation is the fourth leading cause of unintentional injury-related death over all age groups, and choking on food or other objects is a primary cause. Suffocation is the second leading cause of unintentional injury death for people 87 and older. Mechanical suffocation is the #1 cause of death for infants. Learn prevention and rescue tips.

#5: Drowning: Not including boating incidents, about 10 people drown every day. It's the fifth leading cause of unintentional-injury-related death over all ages, and the #1 cause of death for children ages 1 to 4, mostly due to children falling into pools or being left alone in bathtubs. Learn how to keep yourself and your family safe.

#6: Fires and Burns: Fire is the sixth leading cause of unintentional-injury-related death over all ages. About 2,200 deaths were caused by burns and injuries related to fire in 2013. Often fires start at night, when family members are asleep. A working smoke alarm will cut the chances of dying in a fire in half.

#7: Natural and Environmental Incidents
Disasters are front-page news even though lives lost are relatively few compared to other unintentional-injury-related deaths. Weather-related disasters claim hundreds of lives per year. NSC encourages families to learn all they can about emergency preparedness, and always have an emergency kit on hand.

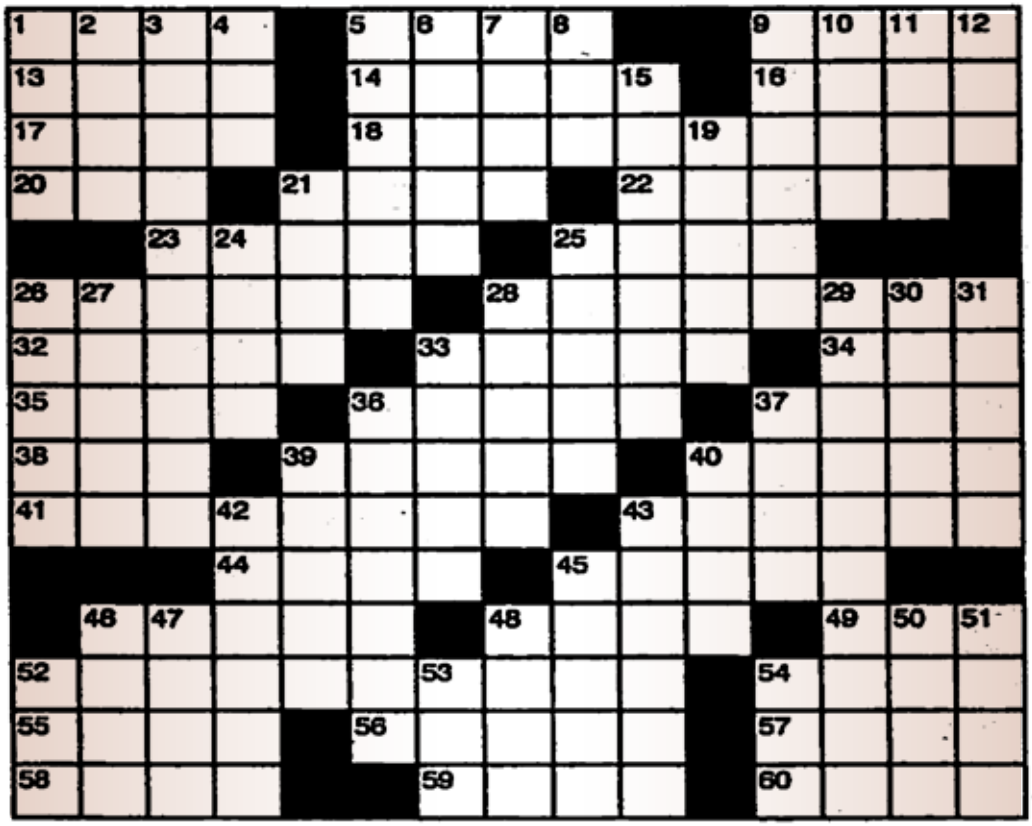
PUZZLE 49

ACROSS

1. Marine fish
5. Lather
9. Intention
13. Long
14. Eskimo
16. Stern
17. Swelter
18. Webster work
20. Popular
21. Lotion ingredient
22. Train
23. Made of a certain wood
25. Attention-getter
26. Sluggish
28. California jug wine
32. Strange
33. Noisy outbursts
34. Period
35. Photos
36. Leaf openings
37. Rewrite
38. Topsy's playmate
39. Hits
40. Hesitate
41. New Castle's locale
43. "Little Jack ____"
44. Predicament
45. Was able to
46. Bread edge
48. Close
49. Cagers' gp.
52. Textbook sections
54. Vex
55. Slacken
56. Washer cycle
57. Teen's problem
58. Had unpaid bills
59. Actress Armstrong
60. Used indigo

DOWN

1. Hint
2. Numerical prefix
3. Like some questions
4. Evergreen
5. Edged
6. Alliance
7. Italian ruler
8. Perch
9. Light
10. Confound it!
11. Where the Shannon flows
12. Poet Lowell
15. Gauzy fabrics
19. Banishes
21. Related
24. Orangutans, e.g.
25. Fence stakes
26. Like some TV shows
27. Dull green
28. "Beetle Bailey" character
29. Verbosity
30. Cacophony
31. Stage direction
33. Ornamental fruit
36. Pertaining to a foot part
37. Actor Holliman
39. Kind of cheese
40. Mope
42. Treated poorly
43. Harbors
45. Kasparov's game
46. Hammer part
47. Betty White role
48. Trigono-metric function
50. Scourge
51. Flabber-gasted
52. Metric prefix
53. Tease
54. Move aimlessly



Pop Males

74

Richard Burton made headlines in the '60s for his well-publicized relationship with violet-eyed beauty, Elizabeth Taylor. In this Word Seek, the name "Richard" makes headlines as one of the most popular male names of the 1960s.

- ☐ ANDREW
- ☐ ANTHONY
- ☐ BRIAN
- ☐ CHARLES
- ☐ CHRISTOPHER
- ☐ DANIEL
- ☐ DAVID
- ☐ DENNIS
- ☐ DONALD
- ☐ DOUGLAS
- ☐ EDWARD
- ☐ ERIC
- ☐ GARY
- ☐ GEORGE
- ☐ GREGORY
- ☐ JAMES
- ☐ JEFFREY
- ☐ JOHN
- ☐ JOSEPH
- ☐ KEITH
- ☐ KENNETH
- ☐ KEVIN
- ☐ MARK
- ☐ MATTHEW
- ☐ MICHAEL
- ☐ PATRICK
- ☐ PAUL
- ☐ RICHARD
- ☐ ROBERT
- ☐ RONALD
- ☐ SCOTT
- ☐ STEVEN
- ☐ THOMAS
- ☐ TIMOTHY
- ☐ TODD
- ☐ WILLIAM

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

PUZZLE ANSWERS

JUNE - 2017

PUZZLE 49

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

74

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

BREAKFAST MENU

JUNE - 2017

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of $1 for seniors 60 and over and a fee of $9.34 for non-seniors (59 and younger). **Milk is served with each meal. Menu is subject to change.**
Please print your name clearly on our meal sheets when eating at senior centers.

Monday	Tuesday	Wednesday	Thursday	Friday
	Join us for breakfast!		**1** Breakfast burrito w/scrambled egg, cheese, bacon, hash browns, salsa	**2** Waffles w/syrup & margarine Fruit Tomato juice
5 Scrambled egg Sausage patty English muffin Cheese, fruit	**6** Pancakes w/syrup Bacon Tomato juice	**7** Huevos Rancheros Scrambled egg Red chile Cheese, tortilla	**8** Biscuit White gravy Sausage patty Fruit	**9** Yogurt w/granola & fruit English muffin Margarine
12 Bagel Cream cheese Bacon Fruit	**13** Scrambled egg Potatoes Canadian bacon Fruit juice	**14** Cold cereal w/sliced banana Mini muffin Tomato juice	**15** Ham, egg, cheese Croissant Melon	**16** Cinnamon oatmeal Raisins Toast w/margarine
19 Scrambled egg Cheese, potatoes Sausage Red chile	**20** Fruit bowl Turkey bacon Toast w/margarine	**21** Oatmeal Cottage cheese Toast w/margarine Tomato juice	**22** Ham & cheese Biscuit Fruit	**23** Cold cereal Toast w/jelly, peanut butter Juice
26 Scrambled egg Cheese, bacon Green chile Hash browns	**27** French toast w/syrup Grilled ham Fruit	**28** Scrambled egg Sausage links Toast w/jelly Margarine	**29** Breakfast burrito w/scrambled egg, cheese, bacon, hash browns, salsa	**30** Waffles w/syrup & margarine Fruit Tomato juice

Drinking Enough Fluids *(Source: Go4Life from the National Institute on Aging at NIH)*

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients, and then get rid of the unused waste.

With age, some people may lose their sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Drinking enough fluids every day also is essential if you exercise regularly. Check with your doctor, however, if you've been told to limit how much you drink.

Go4Life has the following tips:

- Try to add liquids throughout the day.
- Take sips from a glass of water, milk, or juice between bites during meals.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water if you need to take a pill.
- Have a glass of water before you exercise or go outside to garden or walk, especially on a hot day.
- Remember, water is a good way to add fluids to your daily routine without adding calories.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

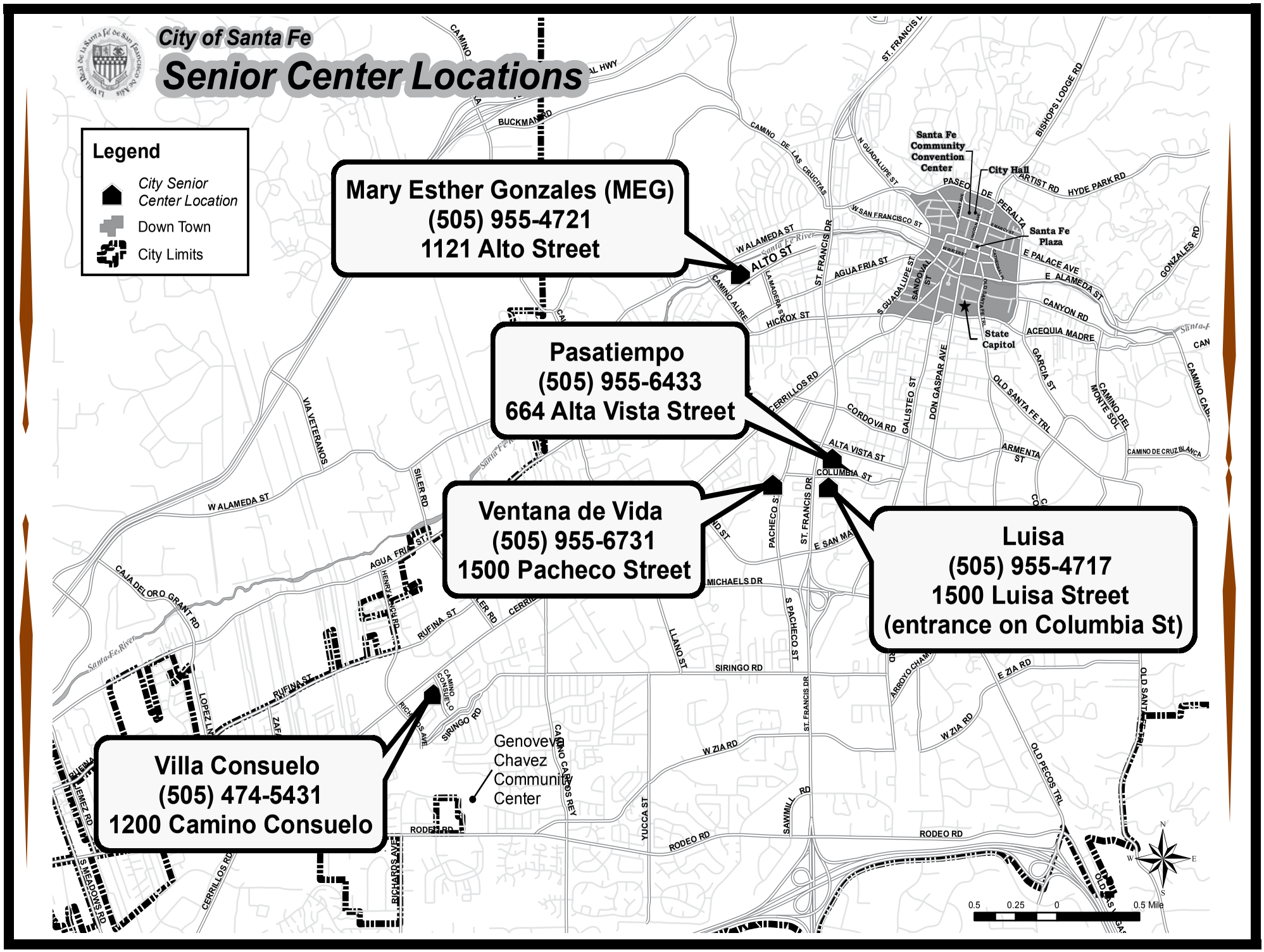
SENIOR CENTER LUNCH MENU
JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk is served with each meal.			***1*** **Beef Tips** White Rice Buttered Broccoli Tossed Salad Whole Wheat Roll Tapioca Pudding	***2*** **BBQ Chicken Breast** Potato Salad Coleslaw Corn Bread Melon
5 **Cheese Tortellini** with Marinara Sauce Italian Veggies Garlic Bread Ice Cream	***6*** **Teriyaki Chicken** Fried Rice Oriental Veggies Whole Wheat Roll Mandarin Oranges Fortune Cookie	***7*** **Baked Ham** with Pineapple Yams Green Beans Whole Wheat Roll Fresh Fruit	***8*** **Red Chile Beef** Enchiladas Mexi Corn Pinto Beans Tortilla Jello	***9*** **Breaded Fish** Scalloped Potatoes Mixed Veggies Whole Wheat Roll Tropical Fruit Salad
12 **Chile Relleno with Green Chile Sauce** Refried Beans Calabacitas Tortilla Fruit Danish	***13*** **Ham & Cheese Sandwich** with Garnish Tater Tots Pickle Spear Coleslaw Watermelon	***14*** **Roast Beef** Mashed Potatoes with Gravy Tossed Salad California Veggies Whole Wheat Roll Tapioca Pudding	***15*** **Chicken and Rice Casserole** Peas & Carrots Cucumber & Tomato Salad Brownie Whole Wheat Roll	***16*** **Baked Pork Chop** Gravy Rice Pilaf Broccoli and Cauliflower Whole Wheat Roll Fresh Fruit
19 **Beef & Bean Burrito Supreme with** Red Chile Sauce Spanish Rice Salsa Corn Spiced Apples	***20*** **Salisbury Steak** Mashed Potatoes Mushroom Gravy Spinach Whole Wheat Roll Tropical Fruit	***21*** **Chicken Fajitas** Garnish & Salsa Pinto Beans Fajita Veggies Jello with Fruit Tortilla	***22*** **Swedish Meatballs** Over Noodles Buttered Peas Spinach Salad French Bread Vanilla Pudding	***23*** **Breaded Chicken Sandwich** Celery & Carrot Sticks Potato Chips Coleslaw Fresh Fruit
26 **Spaghetti with Meat Sauce** Green Beans Tossed Salad Garlic Bread Peaches	***27*** **Chicken Fried Chicken** Garlic Mashed Potatoes with Cream Gravy Asparagus Cherry Crisp Whole Wheat Roll	***28*** **Beef Brisket** Pork & Beans Carrots Coleslaw Garlic Toast Cookie	***29*** **Tuna with Macaroni** Tossed Salad with Dressing Crackers Fresh Fruit	***30*** **Polish Sausage** Sauerkraut Buttered Carrots Parsley Potatoes Apple Strudel Whole Wheat Roll

Senior Meal Suggested Donation: Breakfast $1.00 --- Lunch $1.50
Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast $9.34 --- Lunch $9.34

Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers
11 am - 12:30 pm Monday through Friday

Please print your name clearly on our meal sheets when eating at any of the centers.
Menu is subject to change.

City of Santa Fe

Senior Center Locations