

THE SENIOR SCENE



Painting by Antonio Mendoza
In memory of one of Santa Fe's Renowned,
Distinguished and Treasured Painter & Guitarist
Antonio Mendoza



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

**JUNE
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

JUNE 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.

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(505) 955-4721

(866) 824-8714

955-4710

Administration

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Cara Alunno, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

Senior Services Registration

Vacant, Database Specialist

955-4722

Transportation Ride Reservations (page 3)

Linda Quesada-Ortiz, Project Specialist / Dispatch

Erika Cuellar, Administrative Assistant

955-4700

955-4700

955-4702

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Enrique DeLora, Inventory Supervisor

Tebrina Roibal, Administrative Assistant

FAX Machine - Nutrition

955-4739

955-4750

955-4749

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Robert Duran, MOW Assessments

955-4748

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

Mary Esther Gonzales (MEG), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

In Home Support Services:

Homemaker and Respite Care,

Theresa Trujillo, Program Supervisor

Saul Carta, Program Coordinator

Katie Ortiz, Clerk Typist

955-4745

955-4735

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Manager

Anya Alarid, Project Administrator

955-4761

955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Public & Community Relations Officer

Marisa Romero, Program Coordinator

955-4760

955-4743

50+ Senior Olympics

Cristina Villa, Program Coordinator

795-3817

Miscellaneous

Craft Room

Pool (Billiard) Room

Not in service

955-4730

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

988-2859

992-3069

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By Gino

A message from the Division Director



The secret of change is to focus all of your energy, not on fighting the old but on building the new. –Socrates

Tough times never last, but tough people do. -Robert H. Schuller

Boy this story keeps getting more dynamic with each passing day. I hope and pray that all of you are holding up. We continue to reinvent our operation here at Senior Services, as COVID-19 continues its vicious path. I look forward to reopening, but I'm afraid it won't happen anytime soon and not without changes.

On March 13th we were ordered to close our doors due to COVID-19 and we began a journey to transform from a fully operational senior program, with fitness, congregate meals, Senior Olympics, local trips- don't forget bingo, and so much more. Now we are primarily a feeding operation providing home delivered meals, curbside lunches and food boxes from the Food Depot. We continue to call seniors and conduct the assessments and wellness checks. We are also doing medical transports, but nowhere near what we did before the closure. There is so much we are no longer doing, but there is still a great deal we are doing to meet the needs of our seniors.

We broke into 3 teams in order to protect the integrity of the operation and limit the risk for staff. So some of us have not seen each other for several weeks, except perhaps when a Meals on Wheels driver passes a Transportation driver on the road. We have had to mobilize a significant amount of our resources, both personal and financial, to feed folks at home. We have provided over 25,000 home delivered meals to about 800 seniors daily (M-F). We are also serving on average 70 people a day through the curbside meals. Just to give you an idea of the amount, we are serving more meals than when we were fully open. The numbers are growing each week. We have also seen an increase in the number of new members by over 400. For years we have provided a Friday food distribution and the ECHO Commodities food boxes. But with COVID-19, folks can't come by the center and pick up food. Now we are delivering food boxes from ECHO and the Food Depot. We are delivering over 200 food boxes each week.

Later in this newsletter, there is a more detailed article on all the great things the City of Santa Fe Division of Seniors Services staff are doing. Drivers are delivering food boxes; Homemakers are preparing and delivering home delivered meals; Respite staff are answering phones and doing assessments; Maintenance staff are deep cleaning every corner of the MEG Center; and so much more. They have all really stepped up to do whatever is necessary.

Many of you are aware of the City of Santa Fe's current financial condition. In addition to having to deal with COVID-19, we are having to deal with the effects of reduced budgets, not just from the City, but State and Federal governments. Nobody knows yet

(over)

DIRECTOR'S REPORT continued

JUNE 2020

how deep these cuts will be or how widespread. If any group understands societal sacrifice, it is you all, our seniors.

I know in my heart that we will be okay and we will rise to achieve our best. I am blessed to be surrounded by the greatest people doing great things every day. Keep us in your thoughts.

I want to share one of the many notes I receive every day:

Dear Gino Rinaldi

Thank you for all you do. Where I live ...I see some of the staff doing their services. They are always smiling, greeting others pleasantly and showing a great humility, which those on the outside very much appreciate. Thank You

I very much appreciate your kind words. It would be nice if you also shared with the City leadership how much you appreciate what we are able to do for all of you during these trying times. The phone number for the City's Constituent Services office is (505) 955-6949, if you'd like to share your thoughts.

If you have internet access, we invite you to go to the homepage of the City's website (which is pictured below). Besides basic information like phone numbers for City services, you can get the latest Covid-19 updates and the City's responses. There are also surveys available from time to time, where the City is asking for your feedback. It is all there for you at www.santafenm.gov. I thank you all for your support.

- Gino



NEWS & VIEWS

JUNE 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.*



Left:
Pasatiempo resident and Senior Scene proofreader Sue Olman, sporting her Covid-19 apparel

Senior Services Membership

If your annual membership with Senior Services renews while the centers are closed, a staff member may call you to update your file over the phone. If you receive a call from one of our staff members, they will read to you the contact information we have on file, then ask you a few questions about your current health, nutrition and personal care needs.

Membership is required for those who participate in our Nutrition or Transportation programs. It is very important that everyone is up-to-date in our system because having a current assessment and information for each person is how we get reimbursed for the services you receive, which then allows us to continue providing those services. Thank you!

Membership is for seniors age 60 or over, or the legal spouse of someone 60 or over. It is free and it enables you to access meals and medical transportation.



Yardwork Assistance Cancelled

As a continued precaution against the spread of the novel coronavirus, Glorieta Conference Center will not be accepting visitors this July. That means they will not host the camp which sends students out to do yardwork for seniors. The Student Life Camp staff were very sorry to have to tell us, but they must cancel all offers of yard assistance this summer. They promise to try again next summer. Thank you for your understanding.

A Situation only becomes favorable when one adapts to it

Submitted anonymously by a senior Wu Wei's Comment:

As long as you are angry or upset over an event, you will be unable to perceive its beneficial aspects, as you may wear yourself out with unnecessary resistance; the event may have been to your complete advantage from the first moment. Even happy turns of fortune sometimes come to us in a form that seems strange or unlucky.

The event itself is simply an event; the way you respond to the event determines its final outcome in your life. Once an event has taken place, since you cannot alter the past, all that is left to you is your response. Why not respond as though the event occurred for your benefit?

You will then immediately experience good feelings about the event, and by acting in accord with your feelings, you will help to bring about that end.

Anyone who understands this concept and acts accordingly will mount through the skies of success as though on the wings of six dragons.

Spark Stories™

Senior Services Receptionist Cara Alunno is always looking for interesting and inspirational ways to help us all age more vibrantly and creatively. In the May 2020 issue of Prime Time magazine, she noticed an advertisement for a company that can help seniors do just that.

Elixir Images (a small, women-owned Santa Fe business) can create for you a “Spark Story” which is a 20-minute video. Originally begun as a therapeutic program to spark memories for those living with dementia, it has now become a tool for anyone in isolation to feel more connected. It “blends together video greetings from family and friends” with images of special memories which can be watched over and over. To learn more, go to www.elixirimages.org or call (925) 550-9436.

Or create your own home video using a smartphone or video recorder, for free. We are all seeking creative ways to connect during Covid.



Gratitude

Cecilia Rivera called in to compliment us on our May “Gratitude” article. She noted a few categories she’d like to have specifically thanked:

- Thank you to City and utility company workers for keeping our trash picked up and our services working.
- Thank you to bankers who stay open to help us with our money needs.

Flora’s Corner

Inspiration: The real voyage of discovery lies not in seeking new landscapes, but in having new eyes!



-Anonymous

Do it yourself Compost Bin

We are all spending more time at home than ever. Maybe now is a good time to begin composting your food scraps.



To make compost you’ll need a compost bin, which can be purchased at a local hardware store; remove tags and packaging.

Or use an old trash can, but make sure it is thoroughly cleaned out.

Once your old trash can bin is cleaned and dry, using a paddle bit, drill a hole a few inches from the top of the lid. Then drill another hole three inches down from the first hole. Drill several more holes, going to the bottom and on all sides of the bin. Thoroughly wash and dry the bin again. You’re ready to start composting at home!

Excerpted from advice from Steve Sandoval, Keep Santa Fe Beautiful Board of Directors

Support & Practical Actions Phone Meetings

Chronic Illness Group

2nd and 4th Tuesdays 2:00 – 3:00 pm

Family Caregivers Group

2nd and 4th Wednesdays 2:00 – 3:00 pm

Family Caregivers Group (with a loved one with any kind of dementia)

2nd and 4th Fridays 2:00 – 3:00 pm

For your safety all groups are currently meeting via conference call. Please contact Eileen at 428-0670 or ej@eileenjoyce.com for information and the conference call phone number.

Memory Care Alliance Meetings on ZOOM

Caregiver Support Group: "Alliance Club" by Memory Care Alliance meets 1st, 3rd, and 5th Fridays of the month from 2:00 - 3:00 pm as a ZOOM conference call. Information at (505) 310-9752.

Grief Group: Meets the same days and times as the Caregiver "Alliance Club" above, in order to maintain the friendships, community and on-going support for caregivers who have lost a loved-one to a dementia-related illness. All are welcome. Information at (505) 310-9752.

We Welcome Your Input

This newsletter is aimed at senior citizens in Santa Fe and is designed to educate, inform, stimulate, entertain and welcome people into the Santa Fe Division of Senior Services.



We try to include a variety of viewpoints, streams of information and educational resources. We are always open to new ideas and are happy to publish items that fall within the DSS editorial guidelines, space permitting. Per our guidelines, we do not print items that are directly religious, political, potentially slanderous

or offensive, or that endorse a for-profit company's product or services. We reserve the right to refuse materials submitted or to edit them for comprehension or appropriateness for the target audience.

You may submit articles, poems, thoughts, events, news or meeting information, in English or Spanish, or suggest particular topics you'd like us to research and publish.

Input must be received by the 10th of the month to be considered for the following month's issue.

Please send questions or submissions to:
Kristin Slater-Huff, RSVP Office
City of Santa Fe Senior Services
PO Box 909 Santa Fe, NM 8750-0909
Email: kwslater-huff@santafenm.gov
Phone: (505) 955-4760

FREE FOOD DISTRIBUTIONS

In response to the increased community need for food, The Food Depot is hosting the following drive-through food distributions which are free and open to the public:

Thursdays:

At The Food Depot 1222 Siler Road behind the Coll Green Angel Depot (in collaboration with Feeding Santa Fe) Drive-Through Grocery Distribution 6:00 – 9:00 am.

Saturdays:

At The Food Depot 1222 Siler Road behind the Coll Green Angel Depot (in collaboration with Feeding Santa Fe) Drive-Through Grocery Distribution 9:00 – 11:00 am on May 30th and June 6th and 20th, for grocery bags.

At Santa Fe Place Mall, 9:00 – 11:00 am on June 13th & 27th. Note: these are commodity food distributions, rather than a bag of groceries.

These food distributions will continue weekly until further notice.

People seeking food assistance should be prepared to provide basic information including giving their name, address and self-declaring their income (no documentation required).

Times are subject to change and food distribution will close if the food runs out before the end time.

Always check at www.thefooddepot.org or call (505) 471-1633 to make sure distribution times or locations have not changed.

There is no longer a food distribution at Capital High School.



DSS HAPPENINGS

JUNE 2020

What is the Division of Senior Services Doing to Support You During the Covid Outbreak?

As of the publication of this newsletter, a date has not been set for re-opening the City of Santa Fe Senior Centers. We will remain closed to the public until the threat of the spread of Covid-19 has dissipated.

However, all Senior Services staff members are hard at work supporting you, our senior population, **to enable you to stay home safely.**

We are separated into teams A, B and C, so that if someone in one group becomes infected, the other groups can work to cover their tasks.

Team A is housed at the Mary Esther Gonzales Senior Center. They are preparing, cooking, and delivering meals for the “congregate home delivered” seniors, which means those seniors who normally have lunch at the congregate dining rooms at the Senior Centers. They are also preparing, cooking and serving the curbside lunches for any senior who drives up. Lastly, they are continuing with much of the administrative work that keeps things going. If you are age 60 or over and wish to receive home delivered meals while centers are closed, or to sign up for curbside meal pick up, please call (505) 955-4721.

Team B is located at the Monica Roybal Teen Center. They are sending out drivers to take seniors to doctor appointments and pharmacies (only). They are also picking up, organizing and delivering boxes of commodities from the Food Depot and the Aging and Long-Term Services Department to seniors at home with a goal of minimizing seniors’ needs to shop for groceries and leave their homes. If you are age 60 or over, to receive a box of groceries/commodities, please call (505) 204-8045.

Team C is working from the Pasatiempo Senior Center. They are preparing, cooking and delivering to the regular Meals on Wheels clients. If you are 60 or over and need Meals on Wheels on a long-term basis, please call (505) 955-4748.

Highlight on Transportation

Senior Services Transportation continues to transport seniors, but in a modified manner:

- No more than two clients may be in a van at a time, to allow for social distancing.
- Transportation is only providing rides to and from medical appointments and pharmacies.
- Drivers are wearing masks and gloves when they are transporting clients.
- Per the governor’s mandate, **all clients are required to wear a mask** while riding in the vans.
- The required masks and optional gloves are provided for free to the clients.
- Drivers are mandated to disinfect their vans after each pick up and drop off.
- Call (505) 955-4700 for Transportation.



Transportation driver Kathleen Vargas is ready for her next client

DSS HAPPENINGS

JUNE 2020

Highlight on Food Distribution

During just one week (May 11-15, 2020) the Division of Senior Services staff picked up 1,000 boxes, each containing 14 pounds of non-perishable food items to be delivered to our senior population within the community.

The boxes, coordinated and purchased via the State of New Mexico's Aging and Long Term Services Department, were delivered via an 18-wheeler truck to hub site Monica Roybal Center.

DSS staff were prepared with masks and assisted in unloading the boxes using a forklift and pallet jack. The boxes were successfully stored in preparation for delivery in the next few days.

In addition to the 1,000 boxes of food, staff also coordinated with the Food Depot and picked up 182 boxes of food (including perishable items such as fruits and vegetables). These boxes have been identified to be delivered to senior citizens in the community who have requested assistance.



Transportation driver Louie Chavez in a mound of fresh potatoes, unloading bags



Respite Care provider Mark Sanchez moves a pallet



Senior Services partnered with Fleet Section Manager Daniel Garcia to operate the forklift to unload the pallets



Activities coordinator Albert Chavez works with Transportation driver John Glenn Vigil to stack bags of groceries

Our hope is that the boxes of food delivered will aid in eliminating some food insecurity issues and assist in keeping this vulnerable population out of the stores and away from crowds.

DSS HAPPENINGS

JUNE 2020

Highlight on "Congregate Home Delivered Meals"

It takes many of our staff members from Nutrition, In-Home Support and Transportation to prepare, cook and deliver the nearly 400 meals we serve daily to seniors who usually come to the centers for lunch. Preparations begin the day before, with chopping, packaging and organizing the cold food. The next morning, hot food is cooked and sealed into lunch trays. Then drivers take different routes around town, using our special meal delivery vans and other equipment to maintain proper temperatures, as they travel along the streets of Santa Fe to get to each home.



Care Attendant Sofia Barefoot and Cook Jolene Ulibarri prepare meals for home delivery



In-Home program coordinator Saul Carta, Respite care provider Yessenia Ornelas, Respite Care provider Debbie Griego-Cardiel and Transportation driver David Kennedy prepare tomorrow's meals



Activities coordinator Cristina Villa puts lunches into the back seat

Highlight on Curbside Meals

Staff members prepare meals for the 60-75 seniors who come to the curbside to pick up lunch daily. A senior calls on a Monday and tells us which day or days he or she would like the meal that week. Then they drive up to the front door at the MEG Center - 1121 Alto Street - between 10:30 am and 12:30 pm. Seniors remain in their cars and pop their trunk or unlock the back door so staff can load in the meal. Staff wear gloves and masks and seniors wear, at least, a mask. It is a great way to safely connect with a smiling face and receive a fresh lunch each day, if you enjoy getting out of the house.

Card from a senior who receives curbside meals: 5-19-2020

**Great job to all the staff at the
MEG [Senior Center]
Thank you for all the hard work.
I have enjoyed the meals every day.
Thank you and God bless everyone**

-LH

DSS HAPPENINGS

JUNE 2020

Meals on Wheels Highlight

Our Meals on Wheels staff continue with their usual mission of providing home-delivered meals to seniors too frail to prepare their own lunches. Currently, they are working out of Pasatiempo Center, and they deliver 260 meals a day.



Cook Aide Coco Blankenship and Cook Brenda Tapia, along with Care Attendant Valerie Trujillo and (Monica Roybal staff member) Kathleen Montaño just finished cleaning the Pasatiempo kitchen



Strongman Meals on Wheels delivery driver Gilbert Romero prepares to lift another tray of nutritious meals.

Administration Highlight

All of the Senior Services Administrative staff are still working full-time to answer all your calls, sign people up for meals, update senior memberships, work out budgets for the upcoming Fiscal Year, write this newsletter, manage staffing needs, make plans for future re-openings of the Senior Centers, complete City, State and Federal reports, maintain all the vehicles, order needed supplies, process mileage reimbursement and stipends for the RSVP, SCP and FGP volunteers, and much more.



In-Home Support Services program coordinator Theresa Trujillo catches up on paper work



Receptionist Cara Alunno registers a client for meals

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JUNE 2020

How Can You Help Right Now?



Senior Corps is the part of the federal government that structures and supports the Retired Senior Volunteer Program (RSVP), the Senior Companion Program (SCP) and the Foster Grandparent Program (FGP). Here are their ideas for how you can help out right now:

Americans are uniting to help each other during the Coronavirus (COVID-19) pandemic. Be sure to follow CDC guidelines for how to slow the spread of the disease, and consider these simple ways every American can help their neighbors, friends, and families.

Donate to Nonprofits or Food Banks

Cash donations are the best way to support the nonprofit of your choice.

Buy Groceries for a Neighbor

When you have to run out to the grocery store, call a neighbor and see if they need anything.

Give Blood

Blood donations have decreased dramatically. Help fill the need by contacting your local Red Cross or other blood donation sites.

Donate Medical Supplies and Equipment

If you have medical supplies or equipment to donate, please email FEMA's National Business Emergency Center at nbeoc@fema.dhs.gov.

Stay in Touch

Check on your neighbors, friends, and family – especially those who are older or may be alone. A phone call, text, or a conversation through the door could brighten their day.

Volunteer from Home

Prefer to volunteer while staying at home? Check out AllForGood.org for service ideas.

For more information on COVID-19, visit Coronavirus.gov, Centers for Disease Control, Government Response to Coronavirus (COVID-19) USA.gov/coronavirus, and FEMA Coronavirus Rumor Control.



HAPPY BIRTHDAY!
To all volunteers born in JUNE

RSVP Voluntarios

Arlene Mayer	6/01
Lillian O. Phillipovich	6/01
Ursula Garcia	6/02
Diana Mamalaki	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
Alfonso "AL" Ulibarri	6/07
Bernardo C de Baca	6/08
Olivia M. Trujillo	6/10
Sylvia Stevens	6/11
Michael M. Reilly	6/12
Robert A. Guillen	6/13
Bob Peck	6/13
Edith Tichonchik	6/13
Eileen C de Baca	6/14
Helen Whitfill	6/14
Florence Cromwell	6/15
Kia Mudge	6/17
Thomas Minton	6/18
Sylvia Tyndall	6/18
Mary A. Catanach	6/19
Kristine Dorris	6/21
Joseph Shain	6/21
Christine Mendoza	6/22
Gilbert J. Alarid	6/23
Marie Newsom	6/23
Katherine Kozik	6/25
Julienne Tolen	6/25
Celine Sena	6/26
Genevieve Armijo	6/27
Remmy Roybal	6/28
Cheryl Alexandre	6/30

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

FGP/SCP Voluntarios

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

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.

HEALTH & SAFETY

JUNE 2020

The Difference Between N95s, Surgical Masks and Cloth Masks

From Mass General Hospital Research Institute Blog April 29, 2020

The Centers for Disease Control and Prevention (CDC) now recommends all citizens use a mask as a protective measure, but with so many options available it can be confusing to know which one is best for everyday use. The masks clinicians and first responders wear are different from what someone should use when they take trips to the grocery store and it is important to understand the difference.

So what is an N95 mask and how is it different from a surgical mask? Is a cloth mask safe?



From an interview with George Alba, MD, a clinician in Pulmonary and Critical Care Medicine at Massachusetts General Hospital and a researcher at the Mass General Research Institute, helps explain the specifics and best practices according to CDC guidelines.

Droplets vs. Aerosols

Before talking about specific masks, it is important to understand how COVID-19 spreads and the difference between droplets and aerosols. While scientists are still learning about how the virus moves between people, it seems to spread primarily through droplets and potentially through aerosol particles in very close quarters.

Droplets are large particles of liquid usually produced by someone who has coughed or sneezed. Because of their size, droplets usually do not travel very far before they fall onto a surface. This is how transmission can occur from a contaminated surface like a doorknob.

Aerosols on the other hand, are extremely small particles that are so light they can be suspended in the air for an extended period of time. In addition to being spread via coughs and sneezes, aerosols can also be released by talking or breathing.

Think of it like this: droplets act like rain, while aerosols act like fog. If it's raining and you walk under an overhang you won't get wet because gravity brings the raindrops straight to the ground (barring any wind). Fog, on the other hand, is so light it can float and occupy almost any space.

N95 Masks



N95 masks, technically considered respirators, are named for their ability to filter 95% of particles in the environment using static electricity. To

ensure their safety and efficacy, all N95s must be tested and approved by the National Institute for Occupational Safety and Health (NIOSH).

Unlike other forms of masks, N95s are tight-fitting and have to be fit-tested for each individual. Once properly fitted, the mask should be snug and create a seal against the skin with minimal leakage, which makes it very secure but also can be uncomfortable, Alba explains. The static electricity coupled with the custom fit and minimal leakage makes the N95 an extremely effective mask, but they are not necessary for the general public, according to Alba. "N95s are critical supplies that should be reserved for health care workers and other first responders, otherwise we are putting them at tremendous risk."

The CDC has also stated that the use of N95s is not recommended for the general public.

N95s are vital to protect health care workers providing direct patient care. Not only are they in very close contact with patients, but they often conduct procedures—such as intubations for ventilators—that increase their risk of infection by generating large amounts aerosolized particles.

HEALTH & SAFETY

JUNE 2020

Prior to COVID-19, N95s were typically used for patients with highly infectious, aerosolized respiratory diseases such as tuberculosis, and these masks would be discarded after each patient visit. Now, N95s are in such short supply that clinicians must use their respirator for the duration of their shift and have it decontaminated for reuse, sometimes using a machine that generates vaporized hydrogen peroxide.

Surgical Masks

Surgical masks are the most commonly used masks at Mass General. “The benefit of the surgical mask is that it is fluid-resistant and can protect you against large droplets or splashed bodily fluids. Plus, it doesn’t require fit testing,” says Alba.



Unlike N95s, surgical masks do not protect against aerosols and are not sufficient protection when in direct contact with COVID patients during aerosol-generating procedures, he explains.

Surgical masks are an extremely valuable piece of PPE (Personal Protective Equipment) within the current COVID-19 pandemic. At Mass General, every person is required to wear a surgical mask upon entering the hospital because it can help trap droplets and prevent the spread of disease when the mask wearer coughs or sneezes. It can also protect staff from exposure to asymptomatic staff or patients who may not have been identified as having COVID-19. The mask must be discarded upon leaving, which means maintaining a sufficient supply is crucial for these facilities.

Cloth Masks

The CDC continues to recommend that the general public use cloth masks in public settings to slow the spread of COVID-19.



While they may not protect against aerosols, if you are practicing the CDC’s recommendations for mitigating the spread of the disease — **staying home, reducing unnecessary travel and maintaining six feet of physical distance** — the amount of protection a cloth mask provides is sufficient.

“The chance of being infected via aerosols in public is so low [because of the amount of open space] that a cloth mask is sufficient for preventing that,” Alba explains.

“It is critical to emphasize that the most important thing people in the general public can do is to stay at home if you can, and if you do need to go out, wear a cloth mask and maintain at least six feet of physical distance, and perform frequent hand hygiene,” says Alba. “That will dramatically reduce the spread of the virus.”

Check out the graphic below for simple summary on best practices:

N95s, Surgical Masks and Cloth Masks: Know the Difference

	Cloth Mask	Surgical Mask	N95 Respirator
CDC recommended for general public	✓		
Necessary for medical facilities & first responders		✓	✓
Protects against droplets	✓	✓	✓
Protects against aerosol			✓
Custom fit			✓
Loose fit	✓	✓	

PUZZLE

JUNE 2020

MOVIES AND TELEVISION

PUZZLE 109

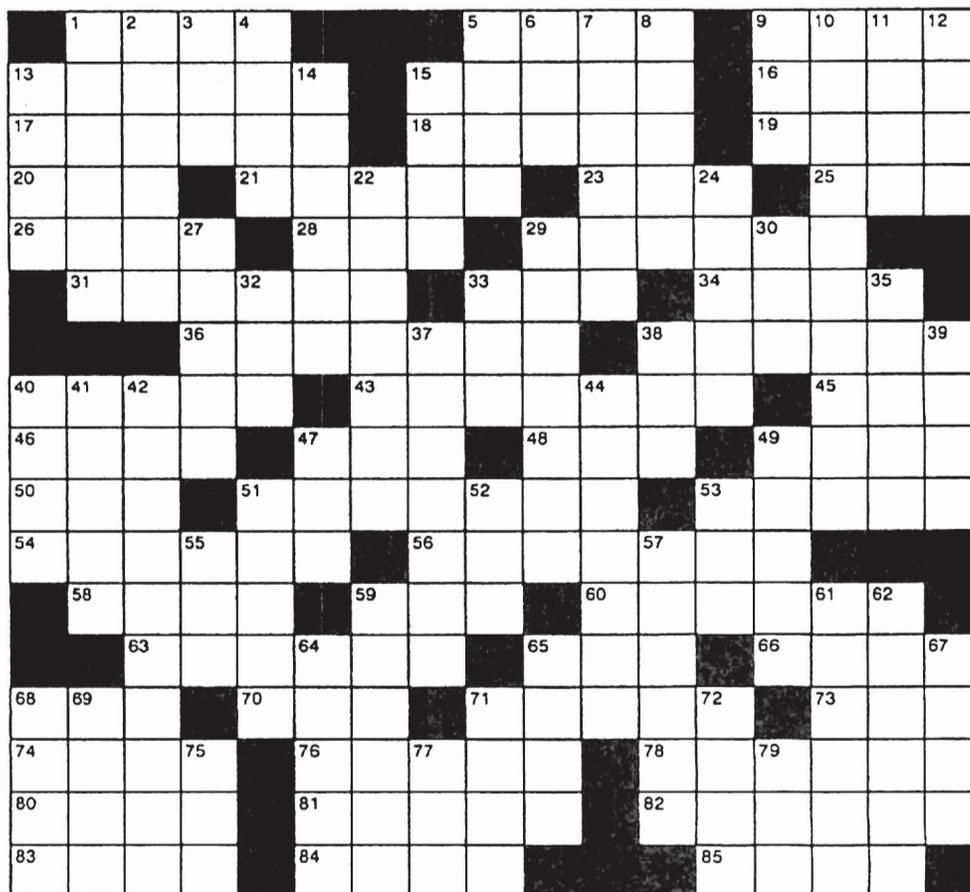
ACROSS

1. Anthropologist Margaret _____
5. "Buffalo _____" (song)
9. Stop
13. "_____ Roberts"
15. Actor Arbus
16. Pittsburgh river
17. "Enter _____ Lupin"
18. "The _____ Mutiny"
19. The Fonz's word
20. Fury
21. "_____ Zone!"
23. Mr. Calloway
25. "_____ How She Runs"
26. "_____ Look Now"
28. Curved letter
29. Conclude
31. Warm again
33. "The Fresh Prince of Bel-_____"
34. "The Desert _____"
36. "The _____" (Robertson film)
38. "_____ Our Life"
40. "_____ Hotel"
43. "_____ from Frank"
45. Hwy.
46. Function
47. "Kidnapped" author's initials.
48. Actress Alicia
49. Tidy
50. _____ rule
51. "Winter _____"
53. Ogles
54. "A Different World" actor
56. "The Return of _____"
58. Jacob's brother
59. "We _____ Not Alone"
60. Actor George _____
63. Bring on
65. Turkish title
66. Basic: abbr.
68. "_____ in the Family"
70. Tolkien creature
71. Scacchi or Garbo
73. Life, to Brigitte
74. "_____ Bomber"
76. Gleason film
78. "_____ Ground"
80. Hemsley TV series
81. Actor Herb _____

82. Hardens
 83. Only
 84. Actor Auberjonois
 85. Historic times
- DOWN**
1. "The Dark _____"
 2. Ancient ascetic
 3. Eroded
 4. Cozy rooms
 5. Happy
 6. Ms. MacGraw
 7. James Stacy TV series
 8. Golfer Sam _____
 9. "Island _____"
 10. Hopkins/Oberon film
 11. Ireland
 12. Method
 13. "_____ of Salem"
 14. "_____ Performance"
 15. "Pair of _____"

22. Actress Getty
24. Comic George _____
27. "_____ Alone" (song)
29. "_____ Drums"
30. "_____ Ballou"
32. "The _____ of Innocence"
33. Pismire
35. Shankar's instrument
37. Return to pristine condition
38. Actor Augustain
39. Gels
40. "Mardi _____"
41. "The Trials of _____ O'Neil"
42. "Brooklyn Bridge" character
44. Swell
47. Skelton or Buttons
49. "I Like Your _____"

51. Bea Arthur TV series
52. Rapper Vanilla _____
53. Actor Tommy _____ Jones
55. Bar
57. Ringo or John, e.g.
59. Lively
61. Oz's Gulch
62. Nets
64. TV's Felix _____
65. Liberal _____
67. Ryan and Tilly
68. TV's "_____ -12"
69. "_____ Street"
71. Singer Lesley
72. First-class
75. Opposite of WSW
77. Military title: abbr.
79. "Celebration at Big _____"



PUZZLE

JUNE 2020

95

Stand Delivers

“American Bandstand” debuted on TV as the local dance show “Bandstand” in Philadelphia in 1952 and made its network debut in 1957. Devoted exclusively to rock’n’roll music, it featured appearances by many singing sensations, including James Darren and Chubby Checker, who were frequent guests.

- AVALON, Frankie
- CHECKER, Chubby
- CLARK, Dick (host)
- DANCING
- DARREN, James
- DAYTIME version
- FABIAN
- FAD dances
- FANS
- FILM clips
- GUESTS
- HITS
- HORN, Bob (host)
- HOSTS
- LIP-SYNCHING
- LIVE broadcast
- MUSIC
- NIGHTTIME version
- PERFORMANCES
- PHILADELPHIA
- POP STARS
- POPULAR music
- PROGRAM
- “RATE-A-RECORD”
- REGULAR dancers
- RYDELL, Bobby
- SERIES
- SONGS
- STUDIO audience
- TEENS
- TELEVISION

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



NUTRITION EDUCATION

JUNE 2020

Nutrition Education: Make Better Beverage Choices

(From the USDA United States Department of Agriculture)

What you drink is as important as what you eat. Many beverages contain added sugars and offer few or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

Drink water: Drink water instead of sugary drinks. Regular soda, energy or sports drinks and other sweet drinks usually contain a lot of added sugar and calories.

How much water is enough? Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

A thrifty option: Save money by drinking water from the tap at home or when eating out.

Manage your calories: Drink water with and between your meals. We take in about 400 calories per day as beverages — drinking water can help you manage your calories.

Kid-friendly drink zone: Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Adults can drink up to one cup and, depending on age, children can drink ½ to 1 cup of 100% fruit or vegetable juice each day. 100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.



Don't forget your dairy: When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day. Milk is a part of the Dairy Group. A cup = 1½ ounces of natural cheese or 2 ounces of processed cheese.

Enjoy your beverage: When water just won't do — enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the container to stay within calorie needs. Select smaller cans, cups, or glasses.



Water on the go: Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

Check the facts: Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

Revised January 2016

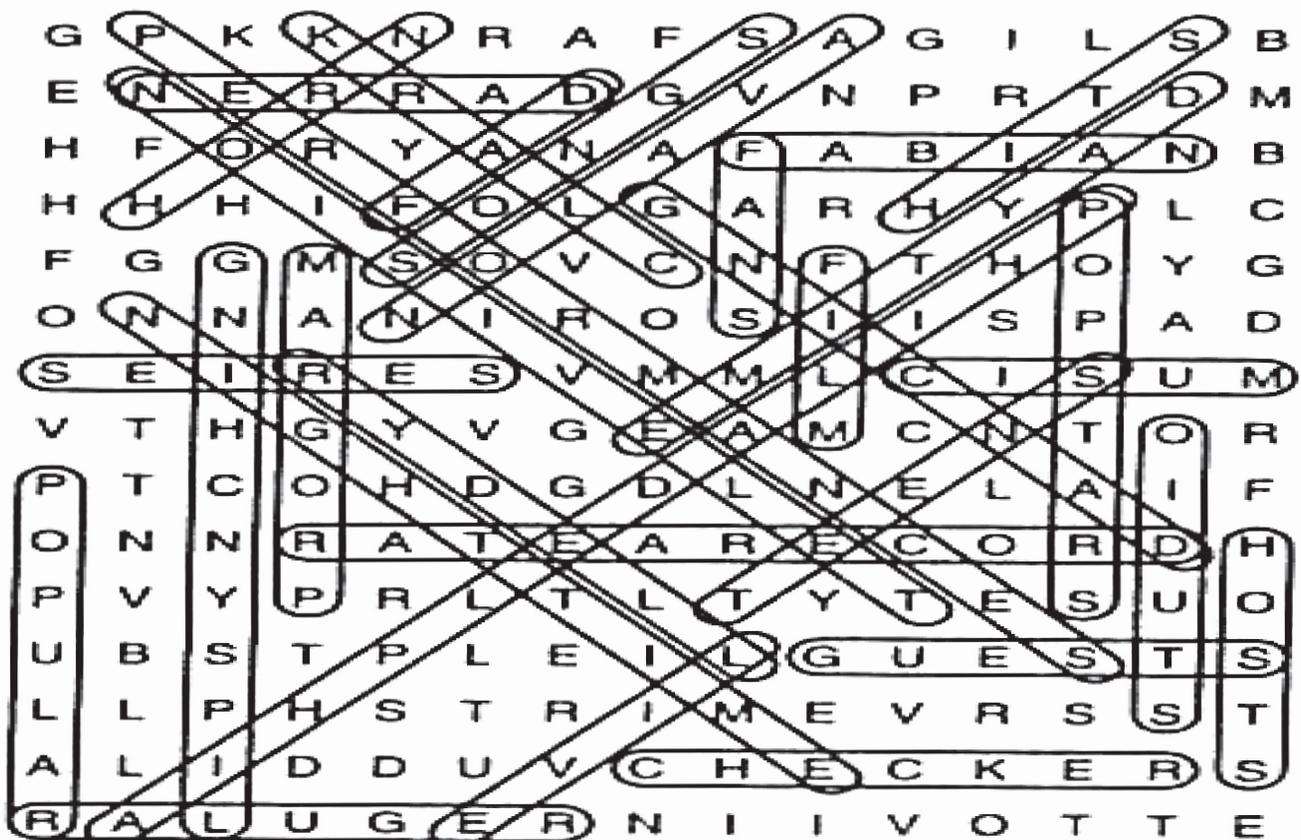
PUZZLE ANSWERS

JUNE 2020

PUZZLE 109



95



SENIOR LUNCH MENU

JUNE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Tenders Country Gravy French Fries Coleslaw Biscuit with Margarine Plums	2 Cheesy Baked Ziti Meaty Marinara Sauce Italian Veggies Tossed Salad Bread Sticks Pineapple in Jello	3 Red Chile Beef Enchiladas Salsa Corn Refried Beans Cucumber & Tomato Salad Apples in Cobbler	4 BBQ Pork Rib Sandwich Baked Beans Steamed Corn Coleslaw Chilled Pears	5 Chicken Salad Sandwich Croissant Potato Chips Cold Peas & Peppers Bananas in Pudding
8 Swedish Meatballs Egg Noodles Buttered Peas Spinach Salad Garlic Bread Strawberries in Yogurt	9 Hawaiian Chicken Steamed Rice Green Beans Garden Salad Hawaiian Roll with Margarine Tropical Fruit	10 Pork Roast Mashed Potatoes Pork Gravy Asparagus with Onions WW Roll with Margarine Applesauce	11 Frito Pie Garnish Pinto Beans Mexicorn Coleslaw Mandarin Oranges	12 Baked Chicken Mushroom Cream Sauce Wild Rice Steamed Carrots & Green Beans WW Roll Chocolate Pudding
15 Chicken Provencal Steamed Rice Spinach WW Roll with Margarine Fruit Cocktail	16 Grilled Ham & Cheese Vegetable Soup Potato Chips Pickle Spear Strawberry Ice Cream	17 Roast Beef Mashed Potatoes Mushroom Gravy California Veggies WW Roll with Margarine Cherries in Cobbler	18 Carne Adovada Refried Beans Chuckwagon Corn Tortilla Mixed Fruit in Jello	19 Breaded Fish Sandwich Onion Rings Vegetable Medley White Cake
22 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes WW Roll Cinnamon Spiced Apples	23 Baked Fried Chicken Sweet Potato Fries 3 Bean Salad WW Roll with Margarine Oatmeal Cookie	24 Beef Fajita Fajita Veggies Salsa Chile Beans Chilled Peaches	25 Chicken Cordon Bleu Cheese Sauce Broccoli & Cauliflower Rice Pilaf Chilled Apricots	26 Baked Cod Scalloped Potatoes Brussels Sprouts WW Roll with Margarine Lemon Bar
29 Hot Dog Garnish Tater Tots Peas & Carrots Watermelon	30 Turkey Sandwich Garnish Macaroni Salad Pickle Spear Green Grapes	1 JULY Red Chile Chicken Enchiladas Mexi Corn Refried Beans Spinach Salad Vanilla Pudding Fresh Orange	2 JULY Meatball Sub w/ Mozzarella Cheese Mixed Veggies Potato Chips Fresh Apple	3 JULY ALL SENIOR CENTERS CLOSED FOR INDEPENDENCE DAY

Due to Covid-19, all Senior Centers are temporarily closed.

Meals are served curbside or home-delivered only.

Senior Meal Suggested Donation: Lunch \$1.50

Milk is served with each meal.

Menu is subject to change.



City of Santa Fe

Senior Center Locations

Legend

- City Senior Center Location
- Down Town
- City Limits

MARY ESTHER GONZALES (MEG)
 1121 ALTO STREET
 (505 955-4721)

PASATIEMPO
 664 ALTA VISTA STREET

VENTANA DE VIDA
 1500 PACHECO STREET

LUISA
 1500 LUISA STREET
 (entrance on Columbia St.)

VILLA CONSUELO
 1200 CAMINO CONSUELO
 (closed for renovation)

