

# ***THE SENIOR SCENE***



*Kasha-Katuwe Tent Rocks  
National Monument  
Photo by Albert Chavez*

## **Programs & Activities for Older Adults**

## **Programas y Actividades para Adultos Mayores**

Offered by: Division of Senior Services  
[http://www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)



**JUNE  
2016**



## ***CITY OF SANTA FE, DIVISION OF SENIOR SERVICES***

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

**JUNE - 2016**

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

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

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at [www.santafenm.gov](http://www.santafenm.gov), simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter." You may also find it on the Retired Senior Volunteer Program (RSVP) website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

### **Front Desk Reception**

Toll-Free Administration Line

**Ron Vialpando, DSS Director**

**(505) 955-4721**

(866) 824-8714

955-4710

### **Administration**

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

### **Senior Services Registration**

Brenda Ortiz, Database Specialist

### **Transportation Ride Reservations (page 4)**

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

955-4722

**955-4700**

955-4702

955-4703

955-4756

### **Nutrition**

Thomas Vigil, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

955-4740

955-4750

955-4794

### **Meals On Wheels (for homebound individuals)**

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

955-4748

955-4739

955-4747

### **Senior Center Programming (Activities)**

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

Mary Ester Gonzales (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

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

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

### **Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin.

Daniel Mitchell, Special Projects Admin.

955-4761

955-4744

### **Retired Senior Volunteer Program (RSVP)**

Triston Lovato, RSVP Administrator

Marisa Romero, Administrative Secretary

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

### **50+ Senior Olympics**

Cristina Villa, Program Coordinator

955-4725

### **Miscellaneous**

Lobby Area

Craft Room

Pool (Billiard) Room

955-4735

955-4736

955-4737

### **Other Important Numbers**

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

### **Newsletter Production**

Triston Lovato, Editor/Distribution

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4760

# ***DIRECTOR'S REPORT***

**JUNE - 2016**

Dear Patrons,

As the City of Santa Fe, Division of Senior Services ends Fiscal Year (FY) 2015/16 on June 30, we prepare for a new one. The information below indicates program accomplishments and funding that was utilized to provide you with services during the 2015/16 funding cycle. SAMS is a major component used to track our performance measures that are related to our annual units of services, which include: number of meals, rides, one service hour and one function. SAMS (Social Assistance Management System) is a web-based reporting system that tracks program data by fund account, actual program outcomes, demographics, forecasting and can assist with monitoring trends within Santa Fe's aging population; it is a reporting system mandated by our funder the Non-Metro Area Agency on Aging (AAA).

The following numbers represent our annual projected program units of services for FY 2015/16: congregate meals service (59,881 meals), home delivered meals (142,273 meals), door to door transportation (44,510 rides), homemaker services (9,261 hours) and respite services (10,590 hours). We project that we will exceed our annual contractual negotiated units of services for FY 2015/16; the total state and federal grant funding that we received for these services from the Non-Metro AAA is \$1,066,811, which includes both nutrition and transportation donations. The City of Santa Fe matched funding utilized for these programs is \$1,499,453; AAA federal and state grant funding is allocated to provide only the above noted services.

Our Senior Volunteer Programs expect to meet its annual performance measures for FY 2015/16, with the following projections: Foster Grandparent Program (26,957 hours), Senior Companion Program (35,633 hours), and the Retired Senior Volunteer Program (81,947 hours). Through our state and federal contractual obligation we received \$365,481 from the State Aging and Long-Term Services Department and the Corporation for National and Community Services to fund the volunteer programs. The City of Santa Fe matched funding to the volunteer programs is \$212,419. Again all federal and state grant funding can be utilized only for the above noted volunteer support services.

And, finally Senior Services Center Programing provided well over 35,467 units/sessions related to our program activities i.e. fitness, health screenings, educational, recreational, arts and other activities. The total annual cost for Center Programing is \$493,489 and is 100% city funded which also includes administrative costs. We feel this information is important to share so you can understand how your Division and its programs are funded and what was accomplished during FY 2015/16.

Thank you for your continued patronage and being part of our program! Hope you have a Happy Father's Day, which will be celebrated on Sunday, June 19, 2016.



Ron J. Vialpando, Division Director



# **SENIOR SERVICES PROGRAM INFORMATION**

JUNE - 2016

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

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

### ***Eligibility for Senior Services Registration***

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

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

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

## **SENIOR TRANSPORTATION INFORMATION**

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**  
Ride reservations can be made up to five business days in advance.  
Please specify if you require a wheelchair lift van.  
To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office

Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**

SF County: For rides outside city limits but within Santa Fe County, call 992-3069.

SF Ride: For weekend and evening transportation, call 473-4444.

# NEWS & VIEWS

JUNE - 2016

## Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change so please check for the updates online at [www.santafecounty.org](http://www.santafecounty.org) or call (505) 231-2382. All services are free.

### Dates for June:

01 – Edgewood Senior Center	10 am – 2 pm
02 – St. John's United Methodist	9 am – 1 pm
03 – Smith's (Pacheco location)	noon – 2 pm
<b>04 – Van not out</b>	
05 – Santa Fe Recovery Center (Nurse inside – no van)	9 am – 3 pm
06 – Fort Marcy	9 am – 1 pm
07 – Eldorado Senior Center	10 am – 2 pm
08 – Santa Fe Community College	10 am – 2 pm
09 – Santa Cruz Senior Center	10 am – 2 pm
10 – Casa Villita Apartments	10 am – 2 pm
<b>11 – Van not out</b>	
12 – Santa Fe Recovery Center (Nurse inside – no van)	9 am – 3 pm
13 – Pasatiempo Senior Center	9 am – 1 pm
14 – Genoveva Chavez Center	10 am – 2 pm
15 – El Rancho Senior Center	10 am – 2 pm
<b>16 – Van not out</b>	
17 – Ventana de Vida Center	10 am – 2 pm
<b>18 – Van not out</b>	
19 – Santa Fe Recovery Center (Nurse inside – no van)	9 am – 3 pm
20 – Casa Rufina	9 am – 1 pm
21 – Chimayo Senior Center	10 am – 2 pm
22 – Pojoaque Senior Center	10 am – 2 pm
23 – Rio en Medio Senior Center	10 am – 1 pm
24 – Mary Esther Gonzales Center	10 am – 2 pm
<b>25 – Van not out</b>	
26 – Santa Fe Recovery Center (Nurse inside – no van)	9 am – 3 pm
27 – Villa Consuelo Senior Center	9 am – 1 pm
28 – Luisa Senior Center	10 am – 2 pm
29 – Villa Alegre	10 am – 2 pm
30 – Encino Villa	9 am – 1 pm

## Flora's Corner

"When you sacrifice your integrity, you erode your most precious leadership possession."

- David Cottrell, author

## In Remembrance

**Margarito Elisandro Baca** passed away at 97 in Santa Fe, NM on Saturday, May 14, 2016 after a short illness. Margarito was born on January 31, 1919 in Maes, NM. Margarito was a Journeyman plumber pipefitter and was employed by Zia Company and Johnson Control until his retirement. He was a World War II veteran



serving in the Asian Pacific. He was awarded two Stars for the Asiatic Pacific, One Star for the Philippines Liberation and was given the Victory Metal. Margarito was preceded in death by his wife Floy M. Baca, his parents Locadio and Fedelia Baca, six brothers Baudilio, Johnny, Sacramento (Jack), Antonio, Merced, Arturo Baca and two sisters Lugarda Garduno and Estellita Baca. He is survived by his daughters, Beatrice Swift, Linda Hernandez (Gilbert), Margaret Baca, sister Neva Montoya (Robert), long-time friend Vitalia Garcia and a very special nephew, Eddie Baca. His close grandchildren Lorenzo and Victoria Salazar, Marco and Joseph Gonzales, Johnny Romero, great granddaughter Courtney Gonzales and great grandson Angelo Gonzales, many more grandchildren, great grandchildren, nieces and nephews. He will be missed.

## Parkinson's Support Group Meetings

The Parkinson's support group meetings are held on the third Thursday of each month, from 1:30 to 3 p.m. at the Christus St. Vincent Holistic Wellness Center (located at 490-B West Zia Rd). This is an opportunity for anyone with Parkinson's disease and/or their care partners to share experiences and information with those in similar situations. For more information please contact Karen St. Clair at (505) 780-5864 or visit [www.NMParkinson.org](http://www.NMParkinson.org).

# NEWS & VIEWS

JUNE - 2016

## Let's Grow! Selecting Native Plants for your Landscape

Native plants attract, feed, and offer protection for wildlife. See native plants in the Audubon Center landscape and learn how they can be used effectively in your own garden. The free class will be on Saturday, June 25, 2016 from 10 to 11 a.m. at the Audubon Wildlife Center (1800 Upper Canyon Road).

## Yardwork Assistance Sign-up

Senior yard-work assistance returns in July! Various youth groups attending the Student Life Mission Camp in Glorieta will be available to assist with yardwork. The groups will include an adult supervisor and they will have most of their own supplies. Please keep in mind that you may not pick your date/time – you will be assigned a date and notified as it gets closer.

The dates of this project are:

- Monday – Wednesday, July 18 – 20, 2016
- Friday – Sunday, July 22 – 24, 2016

**Call Triston at (505) 955-4760 to add your name to the list. \*Please note: limited spots are available and the last day to sign up for this service is Friday, June 24, 2016 (or until full).\***

## Volunteer Benefits Counselor Now Accepting Appointments

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.

## FREE Civil Legal Clinic



A free legal fair presented by the First Judicial District Court Access to Justice Committee, will be held on Friday, June 3 from 10 a.m. to 1 p.m. Consults will be limited to the first 25 people and is on a first come, first served basis. Meetings

are with attorneys on civil legal matters only (not family law) and please bring any related paperwork for the attorney to review. Issues include: landlord/tenant, consumer rights, bankruptcy, estate/wills/probate, public benefits, power of attorney and employee rights. The clinic will be held in the 1st floor jury room of the 1st Judicial District Court, located at 225 Montezuma Ave in Santa Fe. If you have questions, please call the Volunteer Attorney Program at 1-877-266-9861.

## BEMER Magnetic Therapy Sessions

Free BEMER chair sessions for pain reduction are being offered by Jim Muirhead in the Mary Esther Gonzales Senior Center dining room Monday – Thursday from 11 a.m. to 2 p.m. BEMER (Bio Electro Magnetic Energy Regulation), a technology used in electromagnetic field therapy, is said to be effective in stimulating the vascular system, or blood flow. Some benefits associated with these sessions may include: pain and stress reduction, better sleep, antiaging effects, improved blood circulation, enhanced cardiac functions, better performance, and/or increased energy. Please note these sessions are not recommended for individuals who have a pacemaker or transplant. For more information about the BEMER technology visit <https://united-states.bemergroup.com>.

## The Volunteer Programs wish a very happy birthday to all FGP and SCP Volunteers born in the month of June!

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





# NEWS & VIEWS

JUNE - 2016

## Being Mortal Event on June 14, 2016

The Santa Fe Healthcare Network invites you to a free community screening and discussion of the documentary Being Mortal. The film sheds light on how a cure-focused medical system often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end. It underscores the importance of people planning ahead and talking with family members about end-of-life decisions.

Being Mortal delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how best to care for the dying becomes a personal quest.

Seventy percent of Americans say they would prefer to die at home, but nearly 70 percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only 30 percent have done so.

This free community event is on June 14, from 4 to 6:30 p.m. at Christ Church Santa Fe (1213 Don Gaspar Ave). Karin Thron M.D. Ambercare Hospice Medical Director, Amy Fredericks Director of CSVH Holistic Health & Wellness Center, and Jeff Pine Director of EGIS (Elders Getting Information and Services) will lead a discussion on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

Santa Fe Healthcare Network will provide information on community resources, and Brookdale Santa Fe will provide refreshments. To reserve your seat, please call Eileen Joyce at 505.428.0670 or email [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com). Hope to see you there!

## 2016 Day Trips

For additional information on day trips please call Don Bell at 982-2707 after 5:30 p.m. (Note: Date and price are subject to change.)

### June 18th (Saturday)

#### Chaco Canyon

Cost per person is \$25; this includes a picnic lunch. Leaving at 5:30 a.m. There will only be two vans going so sign up soon!

### July 9th (Saturday)

#### Taos Pow-Wow

Cost per person is \$25; everyone is on their own for lunch.

### August 13th (Saturday)

#### Gallup Inter Tribal C

(Details to follow)

### September 13 – 20, 2016

#### Yellowstone

Cost per person is \$1995  
(Double room occupancy)

**There are only six spots available, so sign up today!**



Photos taken at  
Yellowstone  
National Park  
by Don Bell

### October 2016

#### Albuquerque International Balloon Fiesta

Cost per person is \$20; leaving at 5:30 a.m.  
(Date to be determined)

### December 2016 – River of Lights

Cost \$20

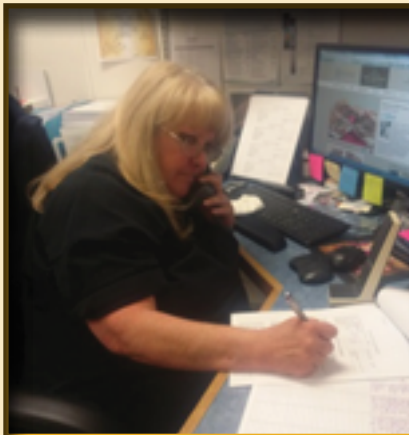
**More information to follow.**

## AT - A - GLANCE

JUNE - 2016



(Pictured above) This group had tons of fun during their recent trip to Kasha-Katuwe Tent Rocks National Monument



Senior Services employees working hard!

Mother's Day Celebration at Pasatiempo featuring Mariachi Porvenir



Look who turned 96! Ms. Dube Naranjo, a regular at MEG. Photo submitted by her friends from the Enhanced Fitness Class.





## 3<sup>rd</sup> Annual End Hunger in New Mexico Summit

September 27, 2016  
Sheraton Albuquerque Uptown  
2600 Louisiana Blvd NE  
Albuquerque, NM



Brought to you by:  
New Mexico Cares Foundation, Inc.



North Central New Mexico  
Economic Development District  
Non-Metro Area Agency on Aging  
3900 Paseo de Sol  
Santa Fe, NM 87502-5115  
Toll Free: 866 699-4927  
Direct: 505-395-2668  
[endnmhunger@endnmhunger.com](mailto:endnmhunger@endnmhunger.com)

### ***HOW CAN YOU PARTICIPATE?***

- ✓ *Register for the Hunger Summit*
- ✓ *Help this year to create new initiatives to end hunger*
- ✓ *Donate Non-Perishable Food Items for the Food Truck on September 27, 2016 at the Sheraton Albuquerque Uptown, Albuquerque, NM*
- ✓ *Be a Sponsor of the Hunger Summit. Complete the "Call for Partners and Presenters" form @ [www.endnmhunger.com](http://www.endnmhunger.com)*
- ✓ *Donate Door Prizes. Contact us @ 505-395-2668*
- ✓ *Donate items for Tote Bags*

*For more information contact  
Dolores Gonzales  
505-395-2678 / 505-395-2668 / 866-699-4927  
[www.endnmhunger.com](http://www.endnmhunger.com)*

# **RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)**

JUNE - 2016

## **COMMUNITY NEEDS**



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

### **The 50+ Employment Connection**

is a program of the New Mexico Aging and Long-Term Services Department, located at 2550 Cerrillos Road in Santa Fe. It provides individuals, who are 50 years of age or over, with job search assistance. Volunteers are needed in the following areas:

#### **Client Services Volunteers**

Assist in faxing job applications, Goodwill verifications, or other work related documents. Show clients how to use printer/copier, client computers, and how to access the 50+ hotspot when they bring in their own laptop.

#### **Volunteer Program Assistant**

Looking for friendly and outgoing person(s) with a good understanding of customer service, can work well under pressure, has good communication skills, and a strong desire to help the clients of 50+ Employment Connection for a minimum of six hours, up to 35 hours a week, as many as you're willing and able to give.

#### **Administrative Volunteers**

Answer/transfer incoming calls, take messages, assist with walk-in clients, as needed. Call clients to remind them of their next day appointments and contact volunteers about appointments or cancellations. Review various job websites and print out and place jobs into JOBS book daily. Monitor job listings and remove as needed. Add resource information to bulletin boards as needed. Replenish daily sign-in sheets and client intake forms as needed. Set up Job Club on Wednesdays

## **HOSTS Literacy Program Needs YOU**

Are you interested in helping a child with their reading? If so, the Help One Student to Succeed (HOSTS) program at Cesar Chavez Community School needs you! Volunteer mentors are paired with students who have been recommended by their teachers. Working one-on-one with a student for 30 minutes, volunteers simply follow the lesson planned for that day. As a volunteer you can serve as little as one hour per week or more depending on your schedule! A short orientation will be provided to familiarize you with the program and your role as a mentor and a background check is required. The program will resume when the new school year begins, so sign up today! Call Triston at (505) 955-4760 for more information.

**Shifts are 30 minutes and available Monday thru Thursday, but the following days/times are in great need of a volunteer!**

- \* Mondays between 11 am and 1:30 pm
- \* Tuesdays between 10:30 am and 2:30 pm
- \* Wednesdays between 1:30 and 2:30 pm
- \* Thursdays all day (8:30 am – 2:30 pm)

### **Help Someone Learn to Read or Help with English as a Second Language**

Literacy Volunteers of Santa Fe provide tutoring to adults in reading, writing and speaking English. Many students are waiting for tutors at this time and your knowledge of basic literacy skills, the training you will receive, and a commitment to tutor two to three hours each week for a period of nine to twelve months are all that are required to get started! Become a volunteer today and help to strengthen our community, families, and the workforce! Call Triston at (505) 955-4760 for more information.

#### **Upcoming training dates are:**

ESL Training:      June 2 from 4 pm – 6 pm  
                             June 3 from 9 am – 5 pm  
                             June 4 from 9 am – 5 pm



# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JUNE - 2016



## Happy Birthday

**RSVP volunteers born in JUNE**

Arlene Mayer	6/01
Lillian O. Phillipovich	6/01
Ethel Roberts	6/02
Sarah "Sally" Connelly	6/03
Diane Mamalaki-Montoya	6/03
Rosella Fleming	6/04
Pauline Pino	6/05
Joan-Ann Ryan-Murphy	6/05
Geraldine L. Trujillo	6/05
Maria D. Varela	6/05
Frances Segovia	6/06
Juan M. Apodaca	6/07
Alfonso "AL" Ulibarri	6/07
Augustina Valdez	6/07
Bernardo C de Baca	6/08
Anita Finer	6/09
Jerry E. Smith	6/09
Clorinda Nava	6/10
Olivia M. Trujillo	6/10
Michael M. Reilly	6/12
Pauline B. Rodriguez	6/12
Robert A. Guillen	6/13
Bob Peck	6/13
Edith Tichonchik	6/13
Dale Wells	6/13
Eileen C de Baca	6/14
Margaret Rodriguez	6/14
Helen Whitfill	6/14
Kia Mudge	6/17
Sandra Squadrilli	6/17
Thomas Minton	6/18
Wesley Sandel	6/18
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
Charles M. Spring	6/26
Genevieve Armijo	6/27
Remmy Roybal	6/28
Robert L. Pavia	6/29

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

## American Cancer Society Needs YOU

The American Cancer Society is looking for volunteer drivers for its "Road to Recovery" program. Volunteers would be needed once a month or several times a week depending how much time you are able and willing to donate. Drivers would transport people with cancer who have no means of transportation and/or who are too ill to drive themselves to appointments.

### Driver must:

- Have a valid NM driver's license and proof of insurance;
- Have access to a safe, reliable vehicle;
- Pass the driver risk management review process (background check, insurance verification, driver's license verification, and motor vehicle record check); and
- Successfully complete the volunteer training & orientation;
- To get started call Triston today!



**Volunteers from RSVP, the Foster Grandparent Program and Senior Companion Program met Santa Fe County Commissioners at the March 29th meeting when Commissioners proclaimed Tuesday, April 5, 2016 as "County Day of Recognition for National Service." Thank you volunteers for all you do!**

# ONGOING ACTIVITIES

JUNE - 2016

All activities are open to registered seniors.

*Schedule is subject to change.*

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

**\*LUIZA IS CLOSED FOR REMODELING THROUGH JUNE 2016\***

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:15 am:</b> Tai Chi <b>9 am:</b> Guitar class <b>9:30 am:</b> Enhance Fitness <b>11:30 am:</b> Colorama <b>1 pm:</b> Hospice Crafts <b>1-3 pm:</b> Bingo	<b>8:15 am:</b> Tai Chi <b>9 am:</b> Jewelry class <b>9 am:</b> Guitar class <b>9:30 am:</b> Zumba Gold (low impact) <b>11:45 am:</b> Sing along <b>1:30 pm:</b> Oil painting (6/7, 6/21) <b>1:30 pm:</b> Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays)	<b>8:15 am:</b> Tai Chi <b>9:30 am:</b> Enhance Fitness <b>9:30 am:</b> Ceramics <b>1-3 pm:</b> Bingo	<b>8:15 am:</b> Tai Chi <b>9:30 am:</b> Wood-Straw Applique	<b>9:30 am:</b> Enhance Fitness <b>9:30 am:</b> Ceramics <b>2 pm:</b> Knitting
<b>7 am-4:30 pm:</b> Pool/cards/billiard room AND Fitness room <b>8 am-4:30 pm:</b> Computer (open use)				

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 pm:</b> Art class	<b>9-10 am:</b> Chair yoga	<b>1-3 pm:</b> Bingo	

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

**\*VILLA CONSUELO IS CLOSED FOR REMODELING THROUGH JUNE 2016\***

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



# UPCOMING ACTIVITIES

JUNE - 2016

## AARP "Smart Driver" Course



Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 p.m. to 5 p.m. but

please arrive at 12:30 p.m. to check-in and fill out any required paperwork.

The 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 14th
- July 12th

## Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center will now be at 1:30 p.m. Upcoming classes are:

- June 7th 1:30 p.m.
- June 21st 1:30 p.m.

## Monthly Senior Services Committee Meetings

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

Senior Olympics: \_\_\_\_\_ 6/8/16 at 9:30 a.m.  
Transportation/Nutrition: \_\_\_\_\_ No Meeting  
Advisory Board: \_\_\_\_\_ 6/15/16 at 9:30 a.m.  
Travel Committee: \_\_\_\_\_ 6/16/16 at 8:45 a.m.  
SAC Board: \_\_\_\_\_ 6/16/16 at 10 a.m.

## Free Hair Cuts at MEG & Pasatiempo

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

- June 1st MEG
- June 8th Pasatiempo
- June 15th Pasatiempo



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

## Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

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

MEG	Wednesday, 6/15	11 a.m. – noon
MEG	Wednesday, 6/29	11 a.m. – noon
Pasatiempo	Thursday, 6/2	11 a.m. – noon
Pasatiempo	Thursday, 6/23	11 a.m. – noon
Ventana de Vida	Thursday, 6/9	11 a.m. – noon

**Note: Luisa and Villa Consuelo senior centers will not be scheduled due to construction, but you are welcome at the other centers!**

## UPCOMING ACTIVITIES

JUNE - 2016

### Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, June 27 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at (505) 471-2777.

### Movie Day at Ventana De Vida Senior Center Wednesday, June 22, 2016 at 1 p.m. "Brooklyn"

(2015 • PG-13 • 1h 51m)



An Irish immigrant (Saoirse Ronan) in 1950s New York falls for a tough Italian plumber (Emory Cohen), but faces temptation from another man (Domhnall Gleeson) when she returns to her homeland for a visit.

### Movie Day at the MEG Senior Center Tuesday, June 28, 2016 at 1 p.m. "Selena"

(1997 • PG • 2h 7m)



In this biographical drama, Selena Quintanilla (Jennifer Lopez) is born into a musical Mexican-American family in Texas. Her father, Abraham (Edward James Olmos), realizes that his young daughter is talented and begins performing with her at small venues. She finds

success and falls for her guitarist, Chris Perez (Jon Seda), who draws the anger of her father. Seeking mainstream stardom, Selena begins recording an English-language album which, tragically, she would never complete.

### Free Ear Acupuncture Will Return in July

The veterans' ear acupuncture clinic is cancelled for all of June and will return on July 7, 2016. At that time Licensed Acupuncturist Carolyn Bleakley will open the clinic to: first responders, firefighters, and police officers, in addition to veterans. Sessions will take place from 2 to 4 p.m. every Thursday in the MEG Senior Center dining room.

### Let's Celebrate Your Birthday

Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place every first Wednesday at MEG, every second Wednesday at Pasatiempo, and every third Wednesday at Ventana de Vida. Join us!

### Wood Carver Needed

We are looking for a woodcarver to teach at both the Pasatiempo and MEG Senior Centers. If you are available and interested in this activity please contact Albert at (505) 955-4715.

### MEG Exercise Room

Please welcome volunteer trainer Gitte Mainland who will be assisting seniors in the MEG exercise room. Ms. Mainland will be available on Tuesdays and Thursdays from 9 to 11 a.m. during the month of June. If you would like this assistance, please mark your calendar and join her!

### Father's Day Celebration

Join us on Monday, June 20 at the MEG Senior Center to honor fathers during the lunch hour! There will be music by Mariachi Azteca and lunch will be Italian Baked Chicken with veggie sauce, steamed rice, steamed spinach, chilled mixed fruit, and milk. Don't miss this good time!

### Bingo at Ventana de Vida on Thursdays

Join us for Bingo at Ventana de Vida Senior Center on Thursdays from 1 to 3 p.m. We hope to see you there!



# UPCOMING ACTIVITIES

JUNE - 2016

## Barbeque and Dance at MEG Center



Mark your calendar for Thursday, June 9, 2016! There will be a barbeque at the MEG Senior Center during the lunch hour and a dance to follow from 1 to 4 p.m. Entertainment will be provided by Bandalegre. There will be a cover charge of \$2 at the door and light refreshments will be served. Please join us for some great food, music and dancing!

## Yard Sale at Ventana de Vida Senior Center

**YARD  
SALE**

**June 4<sup>th</sup>**

There will be a yard sale at Ventana De Vida on Saturday, June 4, 2016 from 8 a.m. to noon. If you want to set up a table to sell your items please call Albert at (505) 955-4715.

## Nutrition Education Classes

There will be Nutrition Education Classes, offering nutrition tips, good eating habits, what to eat when dealing with diabetes, and much more! The dates are as follows:

### MEG

- Tuesday, June 7, 2016 at 1 p.m.
- Tuesday, August 16, 2016 at 1 p.m.
- Tuesday, October 4, 2016 at 1 p.m.

### Ventana De Vida

- Tuesday, July 12, 2016 at 1 p.m.
- Tuesday, September 27, 2016 at 1 p.m.
- Tuesday, November 15, 2016 at 1 p.m.

## Yoga Now at Ventana de Vida

Are you interested in trying out a yoga class? If so, please join instructor Mary Jo Mulligan for chair yoga every Wednesday from 9 to 10 a.m. at the Ventana de Vida Senior Center. This gentle form of yoga is open to all so stop by!



## Weekend Bingo at Pasatiempo

The Pasatiempo Senior Center (664 Alta Vista) is hosting a Bingo on Sunday, June 5, 2016 from 1 to 4 p.m. It is \$12 for a package and there will be four specials at \$1 each. There will be two \$100 jackpots – one in the middle of the games and the other at the end. Blackouts are \$2. We will be serving Frito pies for \$5; please bring small bills. Everyone is welcome so don't miss out on a chance of winning!



## A Question of Story

Join this group discussion about telling a new story – how the world works, creating positive changes, and sharing stories and ideas. The group will meet at the Ventana de Vida Senior Center (1500 Pacheco) on Monday, June 13th and Thursday, June 16th from 1 to 3 p.m. For more information please contact Francis Mudman Johnson at (505) 954-4495.

*"It's all a question of story. We are in trouble just now because we are in between stories. The Old Story the account of how the world came to be and how we fit into it-sustained us for a long time. It shaped our emotional attitudes, provided us with life purpose, energized action, consecrated suffering, integrated knowledge and education. We awoke in the morning and knew where we were. We could answer the questions of our children. We could identify crime, punish transgressors. Everything was taken care of because the story was there. But now it is no longer functioning properly and we have not yet learned the New Story."*

- Thomas Berry, C.P., PhD

# SENIOR OLYMPICS

JUNE - 2016

## SENIOR OLYMPICS SPOTLIGHT

Not a dry seat in the house. Solid and striped balls rolled all over the five pool tables on Thursday, April 21 as the Senior Olympic 8-Ball Tournament unfolded at the Mary Esther Gonzales Pool Room. There were a total of 32 athletes, with participation from two ladies this year; they played best of three, double elimination. Ray Smock went undefeated in the 65-69 age categories and Robert Baker was undefeated in the 75-79 groups. It was awesome to see the newcomers place gold! Event Manager, Eloy Ulibarri did a great job in coordinating this event along with his assistant Robert Castellano, and there was no stopping our oldest competitor Leo Vasquez age 85 from shooting on the table!

Black and yellow discs moved from one side of the mat to the other as shuffleboard took place at the SF County Extension Building on Thursday, April 28 and Friday, April 29. Every participant was trying to score a perfect 10 but some scored in the negative – it's not as easy as it looks! You either push the disc too hard or too soft. A big shout out to Betty and Rosella for keeping score and to Event Manager Karl Cardenas for a job well done.

Table tennis took place on Friday, April 23 at the Genoveva Chavez Community Center (GCCC). Forty-two athletes participated using all six tables. It was great team work by all the athletes who helped with scoring when they were not playing. It was a long day for most of the athletes, starting early and ending late, but there were several new faces which are always nice to see. Bob Funkhouser, Event Manager, did a phenomenal job in coordinating this event as well as making the set up look very professional. I know it took numerous hours to prepare, set up and tear down. Also a round of applause goes out to Barbara Hays, age 86 and still competing!

Swimming took place on Saturday, April 23 at the GCCC. This year we had 44 participants ranging in age from 50 to 94. There were 14 events, and 220 medals were earned, an average of 4 medals per participant. We had several first-time athletes, and two mother-daughter pairs. A great time was had by all! Great job to Event Manager Dick Roth in coordinating this event!



The racquetball event took place on Saturday, April 30 and Sunday, May 1 at the GCCC and a whopping 20 Olympians showed up, including two women. The tournament was for best two out of three games and participants broke a sweat in a matter of minutes! It is a good exercise to keep the heart going. There were singles, doubles and mixed doubles competition and Event Manager Chris Pacheco did a phenomenal job coordinating this event. Our oldest senior competitor was Ricardo Roybal, at age 80. Way to go Ricardo!

The cycling event took place on Saturday, May 7 and was held in Pojoaque with 25 riders participating, ranging in age from 50 to 86 years old! There were five events, and 74 medals earned, an average of three per participant. The event was a great success, despite late morning strong winds. Everyone had a great time making personal bests and winning medals. Event managers Dick and Karin Roth deeply appreciate the help from volunteers who helped with timing.

Pickle ball took place on Wednesday, May 11 and Friday, May 13 at the GCCC. There were 24 athletes who participated and it was great to see several athletes keeping score for several games and also line judge.



# SENIOR OLYMPICS

JUNE - 2016

Great teamwork! Pickleball is really growing – it was great to see so many new faces! Event Manager, Liz Armijo did a remarkable job coordinating as she took countless hours getting in contact with athletes as well as pairing up athletes and setting up/tearing down for the event.

Just a friendly reminder if you are interested in attending the State Senior Olympic Games in Roswell. Deadline for registration is as follows:

- May 1 – 31: Regular registration \$60
- June 1 – 10: Late registration \$75

Registration will not be accepted after these dates so don't miss out!

Senior Olympics will be having a celebration on Friday, June 10 to honor all local athletes who participated in the 2016 games. Athletes will eat free and prices are as follows for non-athletes:

- Children under 13 - \$2
- 13 and older - \$5

**Please RSVP!**

**To Cristina by Friday, June 3.**

Congratulations to all the athletes who participated in local games!

Until next month,  
Cristina Villa

[cavilla@santafenm.gov](mailto:cavilla@santafenm.gov)

(505)795-3817



# CONSUMER & LEGAL

JUNE - 2016

## How to spot frauds and scams

You've heard the saying "If it sounds too good to be true, it probably is." Common scams change, but you can protect yourself by learning how to spot the red flags that can signal a scam.

### 1. Promises of guaranteed riches

Scammers dangle the prospect of wealth to convince you to put your money into their deals. When the seller focuses only on how much money you can make, beware.

#### What you'll hear

"You never have to work again." "No risk."  
"You're guaranteed to make money."

#### The truth

All real investments carry risk. Ask questions about where the profits come from, and what the risks are.

### 2. Pressure to act right now

Be cautious when you hear a sales pitch urging you to act immediately before an opportunity disappears.

#### What you'll hear

"This is your chance to get in on the ground floor." "If you don't take this, someone else will."

#### The truth

The fraudster may be trying to keep you from thinking carefully, researching, and talking to your family or a trusted adviser.

### 3. Special opportunity just for you

Be careful when someone claims to have inside information that's not available to others. Keeping information secret is a sign there's something the scammer doesn't want others to see.

#### What you'll hear

"This product is top secret." "I have inside information that no one else knows."

#### The truth

A legitimate adviser gives you written disclosures, answers your questions, explains risks, and discourages you from buying anything you don't understand.

### 4. You've won!

Scammers say you've won the lottery or another big prize, but to collect, you have to pay an up-front fee or tax. Or, you'll be

invited to a "free lunch" seminar that's marketed as educational, when in fact it's a staged sales event.

#### What you'll hear

"Congratulations, you've won the lottery!"  
"Come to a free dinner."

#### The truth

You can't win a lottery you didn't enter, and you never have to pay to collect a real prize. Some companies offer "free lunch" seminars because they hope giving you something small will make you feel obligated to buy from them.



### 5. I'm just like you

Promoters sometimes target a particular faith community, social group, or ethnic group and work hard to be accepted, so you're more likely to trust them. They'll ask you personal questions, then use your answers to figure out what sales pitch will most appeal to you.

#### What you'll hear

"Everyone is making money on this deal."  
"Our church friends have all agreed."

#### The truth

Hucksters know you're less likely to ask questions if you trust them, so they use association with your friends, faith community, or social group as a shortcut to earn your trust.

### 6. I'm specially trained

To earn your trust, salespeople tell you they have special certifications, qualifications, or credentials. They want you to think they're experts who know what's best for you.

#### What you'll hear

"I'm an expert adviser." "I've been managing these kinds of investments for two decades."  
"I'm a certified specialist."

#### The truth

Credentials alone don't guarantee expertise or the quality of someone's training. It's up to you to find out if a qualification is valuable.

**cfpb** Consumer Financial  
Protection Bureau

Learn more at [consumerfinance.gov](http://consumerfinance.gov).



# PUZZLE

JUNE - 2016

## PUZZLE 52

### ACROSS

1. Selected
6. TV sheriff
10. Petty quarrel
14. Plumb's perpendicular
15. Scent
16. Impel
17. Place of combat
18. Mail
19. Cow color
20. Indicates
22. Fundraiser
24. Crimson
25. Center
26. Thin spaces
27. Circle part
30. Large couch
32. Used to be
34. Clock face
36. Salt
37. Population count
40. Peachlike fruit
42. Soup cracker
43. Tailed sky sight
44. Lip
45. Fountain beverage
46. "Chorus Line" song
47. Pearly \_\_\_\_\_
49. Neither's partner
50. Freudian term
52. Sketched
54. Massage
56. Deer meat
58. Rolls around (in)
62. Cuckoos
63. Sun

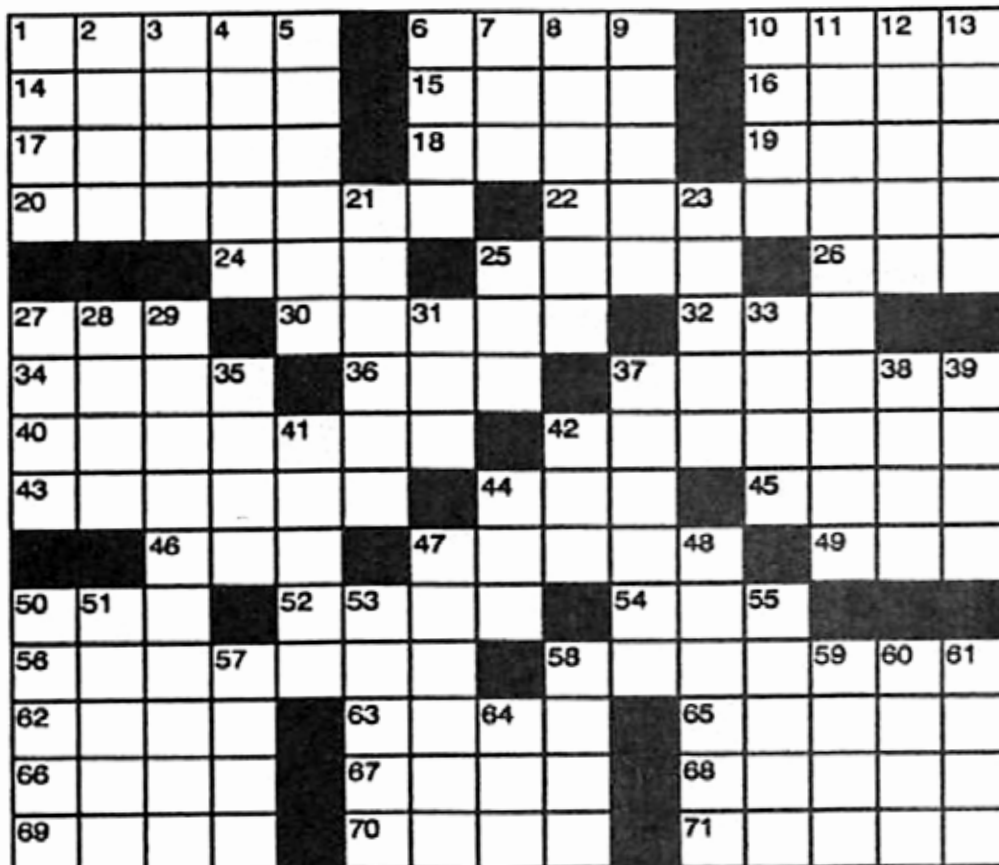
65. Verboten
66. Not yet, in law
67. Napoleon's exile isle
68. Decorate
69. Solidifies
70. Permeate
71. Requires

### DOWN

1. Dressed
2. Present!
3. Microwave \_\_\_\_\_
4. Title for Juan
5. In high spirits
6. Deprivation
7. Lyric poem
8. Cream-filled candy
9. Command

10. Definite
11. Line of work
12. Once more
13. Campers' homes
21. Film cutter
23. Stair post
25. Automobile
27. First man
28. Mature
29. Schulz or Larson
31. Large tub
33. Social insects
35. Mortgage
37. Picture-taker's need
38. Counteract
39. Singe

41. College girls
42. Be seated
44. Uncooked
47. Tender
48. Turkish ruler
50. George Eliot
51. Magic lamp denizen
53. Table wines
55. Cutting edge
57. Mother of Horus
58. Enfold
59. Woodwind
60. Promise
61. Male progeny
64. Gettysburg Addresser



The 1970s was the decade of the disaster film. Among the most notable was "The Poseidon Adventure." A galaxy of stars portray passengers from all walks of life, ringing in the New Year aboard a luxury liner that capsizes at sea. The 1972 movie won an Oscar for its special effects.

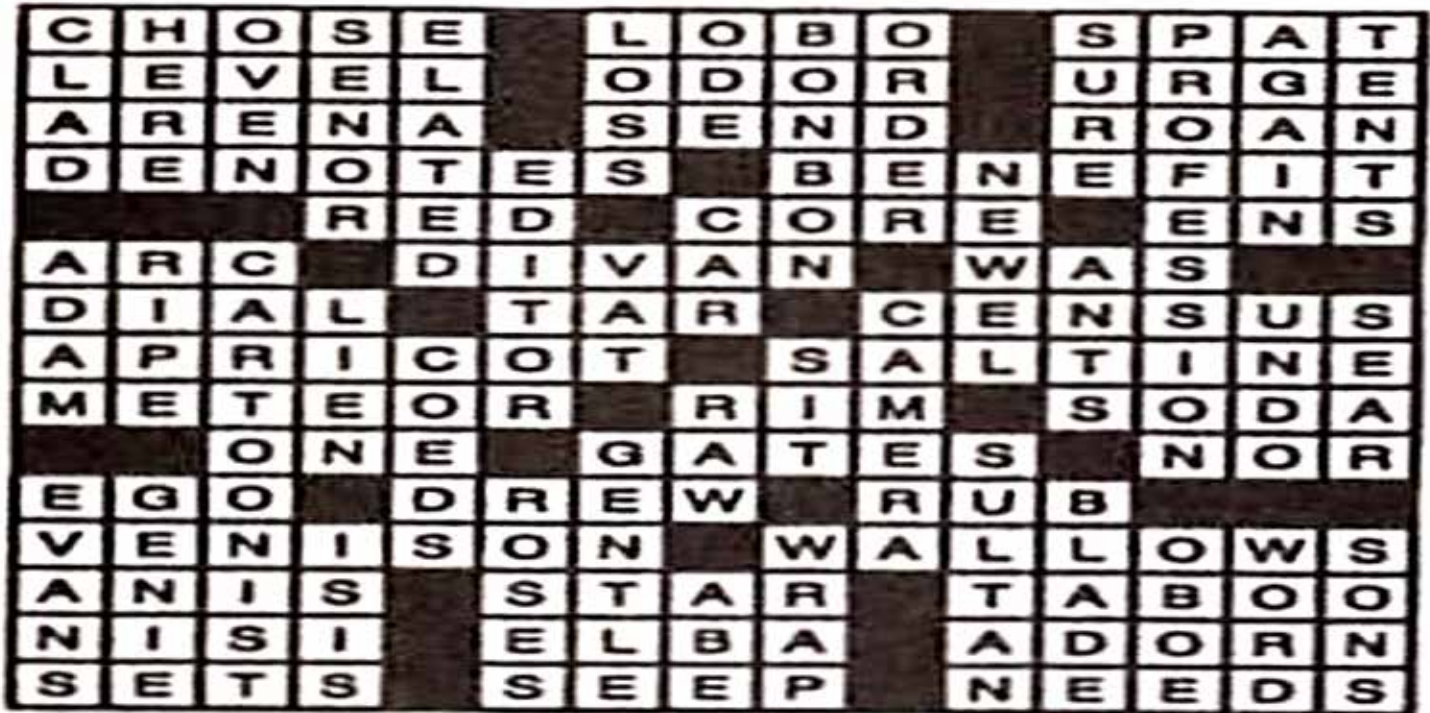
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<input type="checkbox"/> BELLE	<input type="checkbox"/> PLOT	<input type="checkbox"/> STEVENS, Stella
<input type="checkbox"/> BORGNINE, Ernest	<input type="checkbox"/> REV. SCOTT	<input type="checkbox"/> SUSAN
<input type="checkbox"/> BUTTONS, Red	<input type="checkbox"/> ROBIN	<input type="checkbox"/> WINTERS, Shelley
<input type="checkbox"/> CAST		
<input type="checkbox"/> CHARACTERS	A L B E R T S O N T N L P F M	
<input type="checkbox"/> DRAMA	Y I W M W N R P T O L P V F C	
<input type="checkbox"/> HACKMAN, Gene	F N K U O I E E N Y A P J O D	
<input type="checkbox"/> JAMES	N D N T T V N N V S E R M D O	
<input type="checkbox"/> LINDA	H A T A I K I T S S B L G A W	
<input type="checkbox"/> LYNLEY, Carol	K U Y Y M E L E E E C D N S A	
<input type="checkbox"/> MANNY	B S O C R A N I L R M O R Y L	
<input type="checkbox"/> MARTIN, Pamela Sue	E M A E N G A L A C S E T V L	
<input type="checkbox"/> MCDOWALL, Roddy	N N S N E V E T S A T G C T F	
<input type="checkbox"/> MOVIE	U I I R C R C H A C K M A N V	
<input type="checkbox"/> MR. LINARCOS	K T S N O J O M A T L T S O J	
<input type="checkbox"/> NEAME, Ronald (director)	F R D G G V A R E I I R T D A	
	K A O W S R A M R O B I N E C	
	P M H S D H O K E N S N H J H	
	W D C C C E Y B L S U S A N A	



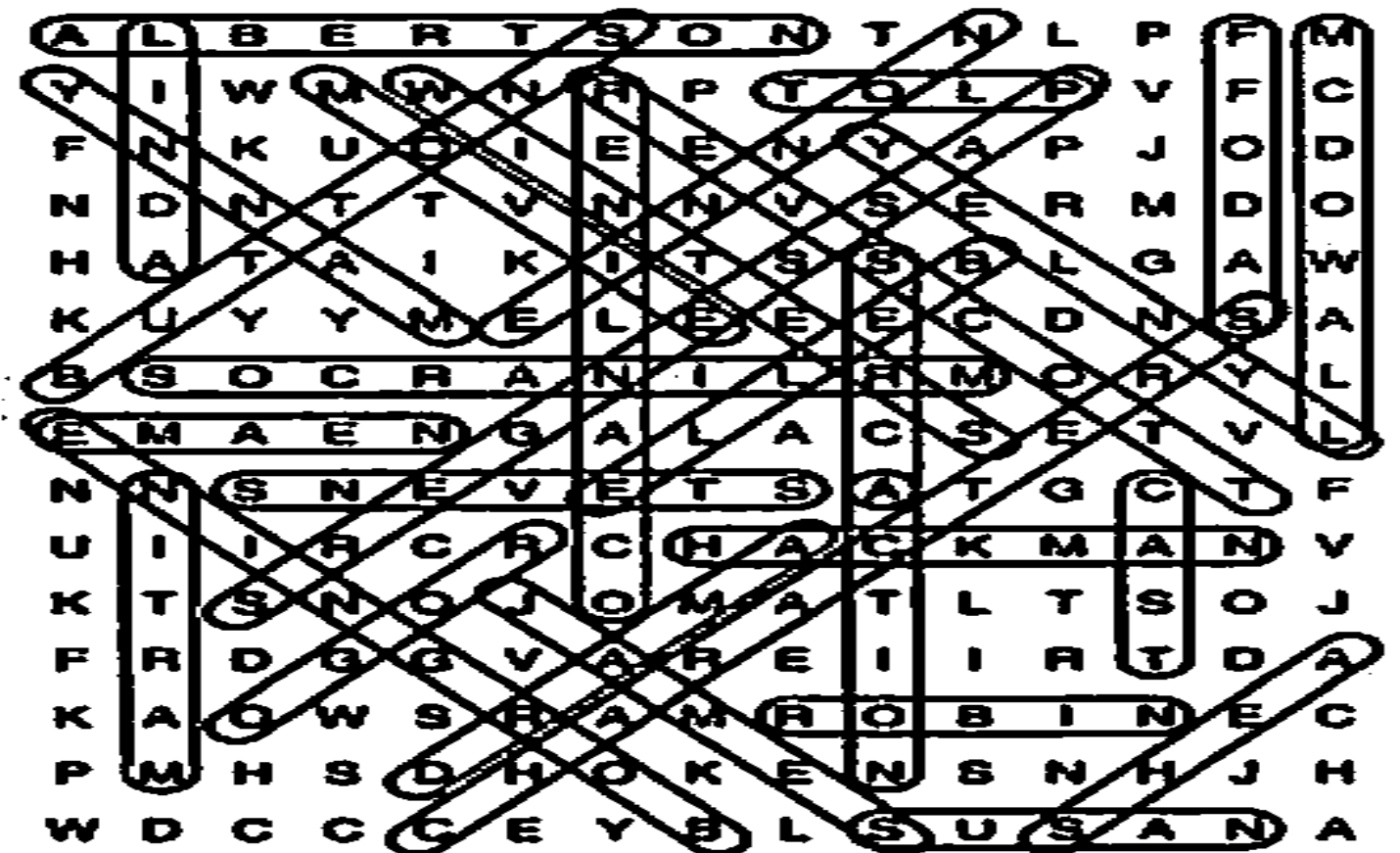
# PUZZLE ANSWERS

JUNE - 2016

## PUZZLE 52



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## **BREAKFAST MENU**

**JUNE - 2016**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Menu is subject to change.</b>	<b>1</b> Pancakes w/maple syrup Sausage Tomato juice	<b>2</b> Breakfast burrito w/scrambled egg, cheese, red chile, hash browns, bacon	<b>3</b> Grilled ham Potatoes w/salsa Whole wheat toast w/jelly
<b>6</b> Boiled eggs Salsa Small roll w/margarine	<b>7</b> Sausage Cheese, red chile Small roll w/margarine	<b>8</b> Cold cereal Whole wheat toast w/peanut butter & jelly, tomato juice	<b>9</b> Breakfast burrito w/scrambled egg, sausage, green chile, hash browns Margarine	<b>10</b> Hot cereal Cottage cheese Tomato juice Margarine
<b>13</b> Ham & cheese biscuit Jelly Tomato juice	<b>14</b> Scrambled egg cheese, bacon Green chile Hash browns	<b>15</b> Grilled ham Salsa & peppers Small roll w/jelly	<b>16</b> Scrambled egg w/red chile & cheese Potatoes Margarine	<b>17</b> Sausage w/salsa Hash browns Small roll w/margarine
<b>20</b> Grilled ham Red chile Hash browns Margarine	<b>21</b> Breakfast burrito w/scrambled egg, cheese, salsa, bacon, & hash browns	<b>22</b> Hot cereal Cottage cheese Tomato juice Margarine	<b>23</b> Scrambled egg w/salsa, cheese, hash browns & bacon Whole wheat toast	<b>24</b> Cold cereal Small roll w/jelly & peanut butter Tomato juice
<b>27</b> Sausage Cheese, green chile Potatoes Margarine	<b>28</b> Scrambled egg w/red chile, cheese, bacon & hash browns	<b>29</b> Breakfast burrito w/scrambled egg, cheese, salsa, hash browns, bacon	<b>30</b> Waffles w/syrup, margarine Boiled eggs Tomato juice	<b>July 1</b> Breakfast burrito w/scrambled egg, cheese, red chile, bacon

## **NUTRITION EDUCATION**

### **National Institute on Aging – What's on your plate?**

(Via U.S. Department of Health and Human Services)

#### **Physical problems making it hard to eat?**



Sometimes illnesses like Parkinson's disease, stroke, or arthritis can make it harder for you to cook or feed yourself. Your doctor might recommend an occupational therapist. He or she might suggest rearranging things in your kitchen, make a custom splint for your hand, or give you special exercises to strengthen your muscles.

Devices like special utensils and plates might make meal time easier or help with food preparation. You can search the U.S. Department of Education's AbleData assistive technology website for information on products designed to make it easier for people to

do things on their own. Or call 1-800-227-0216 (toll-free) to learn more.

#### **Can foods and medicines interact?**

Medicines can change how food tastes, make your mouth dry, or take away your appetite. In turn, some foods can change how certain medicines work. You might have heard that grapefruit juice is a common culprit when used with any of several drugs. Chocolate, licorice, and alcohol are some of the others. Whenever your doctor prescribes a new drug for you, be sure to ask about any food/drug interactions.





# JUNE

## SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Menu is subject to change.</b>  <b>Please note:</b> <b>Milk is served with each meal.</b>	<b>1</b> <b>Glazed Ham</b> Mashed Potatoes Steamed Green Beans Whole Wheat Roll w/Margarine Sugar Cookie	<b>2</b> <b>Italian Spaghetti</b> w/Meat Sauce Steamed Broccoli w/Cheese topping Garlic Bread Chilled Peaches	<b>3</b> <b>Baked Chicken</b> w/Mushroom Alfredo Sauce Sweet Potato Wedges Tossed Salad Baked Biscuit Chilled Pears
<b>6</b> <b>Baked Chicken</b> w/Pasta & White Sauce Steamed Carrots Whole Wheat Roll w/Margarine Fresh Orange	<b>7</b> <b>Smothered Open Face Turkey Sandwich</b> Mashed Potatoes w/Brown Gravy Peas & Carrots Tapioca Pudding	<b>8</b> <b>Sloppy Joe Sandwich</b> Steamed Green Beans Fresh Tossed Salad Vanilla Ice Cream	<b>9</b> <b>Pork Roast</b> Mashed Potatoes w/Brown Gravy Steamed Asparagus Whole Wheat Roll w/Margarine Chilled Applesauce	<b>10</b> <b>Fish Sandwich</b> w/Tartar Sauce Steamed Lima Beans Fresh Carrot Sticks Chilled Plums
<b>13</b> <b>Green Chile Pork Stew</b> Corn & Peppers Tossed Salad Baked Cinnamon Apples Slices	<b>14</b> <b>Salisbury Steak</b> Mashed Potatoes w/Brown Gravy Steamed Spinach Whole Wheat Roll Chilled Tropical Fruit	<b>15</b> <b>Chicken Cutlet</b> w/Gravy Green Beans Sweet Potatoes Whole Wheat Roll w/Margarine Chilled Mixed Fruit	<b>16</b> <b>Pork Tamale</b> topped w /Red Chile Pinto Beans Tossed Salad Tortilla (1) Mandarin Oranges	<b>17</b> <b>Chicken Fried Steak</b> Mashed Potatoes w/Brown Gravy Steamed Green Beans Whole Wheat Roll w/Margarine Apple Cobbler
<b>20</b> <b>Italian Baked Chicken</b> w/Veggie Sauce Steamed Rice Steamed Spinach Chilled Mixed Fruit	<b>21</b> <b>Red Chile Pork Carne Adovada</b> Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/ Mixed Fruit	<b>22</b> <b>Beef Stroganoff</b> w/Egg Noodles & Sauce Steamed Broccoli Carrot Raisin Salad Fresh Banana (1/2)	<b>23</b> <b>Chicken Fettuccini</b> w/Alfredo Sauce Carrots & Peppers Garlic Bread Chilled Pears	<b>24</b> <b>Roasted Pork Loin</b> Black Eye Peas Steamed Cabbage Cornbread w/Margarine Peach Cobbler
<b>27</b> <b>BBQ Chicken Thighs</b> Creamy Coleslaw Steamed Green Beans Whole Wheat Roll w/Margarine Chocolate Pudding	<b>28</b> <b>Roast Beef</b> Mashed Potatoes w/Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake	<b>29</b> <b>Baked Fish</b> w/Tartar Sauce Tater Tots Creamy Coleslaw Whole Wheat Roll w/Margarine Chilled Apricots	<b>30</b> <b>Chicken Fajitas</b> Chile Beans w/Cheese topping Tortilla (1) Jell-O w/Orange Slices	<b>01-Jul</b> <b>Chicken Fried Steak</b> Mashed Potatoes w/Gravy Steamed Green Beans Whole Wheat Roll w/Margarine Apple Cobbler

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

Lunch is served at: MEG, Pasatiempo, & Ventana de Vida Centers  
(Luisa & Villa Consuelo currently closed for renovations)  
11 am - 12:30 pm Monday through Friday

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



City of Santa Fe

# Senior Center Locations

## Legend

- City Senior Center Location
- Down Town
- City Limits

**Mary Esther Gonzales (MEG)**  
(505) 955-4721  
1121 Alto Street

**Pasatiempo**  
(505) 955-6433  
664 Alta Vista Street

**Ventana de Vida**  
(505) 955-6731  
1500 Pacheco Street

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

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

Genove Chavez Community Center

