

The Senior Scene


MARCH
2015



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



offered by:
Division of Senior Services





CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501
3/2015

Welcome,

The City of Santa Fe's Division of Senior Services offers a variety of programs and services at five senior centers throughout the City of Santa Fe. If you are age sixty or over, we invite you to make use of our services and facilities and participate in our programs. Most activities are free and only a few request a suggested donation. These are your services and we look forward to meeting you.

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

The newsletter is available at all City of Santa Fe Senior Centers, City-run fitness facilities and public libraries, and senior living communities. It is also available online at www.santafenm.gov. Enter "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter". You may also find it on the Retired Senior Volunteer Program's website at www.rsvpsantafe.org.



Front Desk Reception (505) 955-4721

Toll-Free Administration Line (866) 824-8714

Ron Vialpando, DSS Director 955-4710

Administration

Cristy Montoya, Administrative Secretary 955-4721

Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist 955-4722

Transportation Ride Reservations 955-4700

Fran Rodriguez, Project Manager/ Dispatch 955-4702

Robert Chavez, Project/Fleet Manager 955-4703

Linda Quesada-Ortiz, Administrative Assistant 955-4756

Nutrition

Thomas Vigil, Program Administrator 955-4740

Enrique DeLora, Inventory Supervisor 955-4750

FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor 955-4748

Yvette Sweeney, Administrative Assistant 955-4739

Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager 955-4711

Vacant, Program Coordinator 955-4715

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

In Home Support Services: Respite Care.

Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Daniel Mitchell, Special Projects Admin. 955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato, RSVP Administrator 955-4760

Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool Room 955-4737

Other Important Numbers

Santa Fe County Information 992-3069

Santa Fe Civic Housing Authority 988-2859

Newsletter Production

Melanie Montoya, Editor/Distribution 955-4761

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

Veet Deha, Copy Editor





DIRECTOR'S REPORT

3/2015

Dear Patrons,

As many of you are aware, once again we have been conducting our annual participant reassessments as mandated by our funding source, the Area Agency on Aging (AAA). This reassessment allows us to confirm and update your basic record such as your address, phone number, emergency contact information, etc. as well as update our database if your information has changed. Please be advised that we uphold the strictest confidentiality and protection of data collected from each of our participants. Therefore, all registered seniors must update their record with the assistance of administrative staff at the Mary Esther Gonzales (MEG) Senior Center as well as at our satellite meal sites. If you need to schedule a ride to the MEG Center to verify and sign your reassessment form, please call our Transportation office at 505-955-4700.

Additionally, when completing these forms you will also receive a copy of our Senior Center's Code of Conduct. This document outlines criteria that must be adhered to by participants, volunteers, visitors and staff at all centers. Furthermore, when we provide in-home assistance, clients receive a copy of the Clients Rights and Responsibilities. Both of these Codes reinforce that each of us, participants, volunteers, visitors and staff, should be treated with respect and dignity and that certain types of behavior will not be tolerated.

Also, I would like to take this opportunity to thank you in advance for your cooperation and prompt attention to this very important matter that enables us to continue to provide you with quality senior services and we greatly appreciate your support. I would like to extend a sincere thank you to the recipients who have already completed their reassessments for our Transportation, Nutrition and In-Home Support programs. We are extremely grateful for your cooperation toward this effort.

On another note, I would also like to take this opportunity to highlight, acknowledge and thank our friendly and dedicated piano player Thomas K. Pedersen (Tom) who entertains our seniors during the lunch hour at the MEG senior center. Tom's musical talents enlivens the noontime meal here at the MEG center where all enjoy the variety of melodies he plays. Tom is a perfect example as to how our RSVP volunteers make a difference within our community. If you haven't had the opportunity to hear Tom at the piano, I invite you to stop by the MEG meal site for a delicious meal and some great piano tunes which will bring back memories. Once again, thank you Tom, we appreciate you and your music.



Thomas (Tom) K. Pedersen, Volunteer Piano Player

Happy St. Patrick's Day!

Ron J. Vialpando, Director





SENIOR SERVICES PROGRAM INFORMATION

3/2015

SENIOR SERVICES REGISTRATION

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

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

Eligibility for Senior Services Registration

Participants must meet the following criteria, per the Older Americans Act: be at least sixty (60) years of age; or be the legal spouse of a member age 60 or over, residing at the same address; or for meals only, be disabled (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

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

Email bmortiz@santafenm.gov

SENIOR TRANSPORTATION INFORMATION

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

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

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

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

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

3/2015

Free Benefits Counseling at MEG

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

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

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

Michele Chrabot	3/2
Bernard Nuanez	3/8
JoAnn Sena	3/13
Mary Lou Martinez	3/14
Della Spencer	3/14
Jane Sandoval	3/21
Vicky Archuleta	3/23
Lydia Trujillo	3/24
Helen Lucero	3/25

Gardening 101 - Vegetables!

Want to learn how to get the most from your home garden? Join us for two free classes and learn it all; from how to grow in a raised bed, to composting, to drip system, to both cool and warm season bountiful crops! This two part series is sponsored by the Santa Fe Master Gardener Association and will be held in the large annex at the SF County Fairgrounds - (3229 Rodeo Rd). on Sunday, March 15, 12-2pm and Sunday, March 22, 12-2pm. Please sign up for both classes as the second class will build on info presented in the first. Class size is limited to 30 participants. To register online and for full information, please visit: sfmga.org. If you are an individual with a disability and need an auxiliary aid or service please contact Cooperative Extension Service at 505-471-4711 by March 9, 2015.

Santa Fe County Mobile Health Van

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

March 2015 Dates, Times and Locations:

1st	San Isidro Catholic Church 10:00 am-2:00 pm
2nd	Fort Marcy 10:00 am-2:00 pm
3rd	St. John's Methodist Church 9:00 am-1:00 pm
4th	Santa Fe Community College 10:00 am-2:00 pm
5th	Vista Alegre 10:00 am.-2:00 pm
6th	MEG Senior Center 10:00 am-2:00 pm
7th	San Ildefonso Senior Center 10:00 am-2:00 pm
8th	Southside Library 10:00 am-2:00 pm
9th	Pasatiempo Senior Center 10:00 am-2:00 pm
10th	Pojoaque Senior Center 10:00 am-2:00 pm
11th	Santa Cruz Senior Center 10:00 am-2:00 pm
12th	Genoveva Chavez Center 10:00 am – 2:00 pm
13th	NM Dept. of Health, Pacheco 10:00 am-2:00 pm
14th	San Ildefonso Senior Center 10:00 am-2:00 pm
15th	Santa Maria de la Paz 10:00 am-2:00 pm
16th	Rufina Housing 10:00 am-2:00 pm
17th	Chimayo Senior Center 10:00 am - 2:00 pm
18th	Eldorado Senior Center 10:00 am-2:00 pm
19th	Edgewood Senior Center 10:00 am-2:00 pm
20th	Casa Villita 10:00 am -2:00 pm
21st	San Ildefonso Senior Center 10:00 am-2:00 pm
22nd	SF Recovery Center 10:00 am-2:00pm
23rd	Zona del Sol 3:00 pm – 6:15 pm
24th	Luisa Senior Center 10:00 am-2:00 pm
25th	El Rancho Senior Center 10:00 am-2:00pm
26th	Ventana de Vida 10:00 am-2:00 pm
27th	Salvador Perez 10:00 am - 2:00 pm
28th	Lamy Train Station 10:00 am-2:00 pm

All services that the Santa Fe County Mobile Health Van provide are free of charge. Visit the van and take advantage of all the services that they have to offer.





NEWS & VIEWS

3/2015

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

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

Luisa Center – Thursday, March 5th, 11-12
Pasatiempo – Friday, March 6th, 11-12
MEG Center – Thursday, March 19th, 11-12
Ventana – Thursday, March 12th, 10-11
Villa Consuelo - Thursday, March 26th, 11-12

Can You Think Yourself Young?

Well technically, no. However, there is a growing body of evidence that shows how you perceive aging, and your perception of how old you feel, can affect your general overall health and wellbeing and how old you seem to yourself and others.

Many people may scoff at the idea that you can change your physiology by thinking differently about yourself, but a famous unconventional experiment conducted by Harvard researcher, Ellen Langer, in 1981 has gained prominence over the last several years. In this experiment, Langer invited two groups of men in their 70s on a “reminiscing retreat,” without telling them that they were part of a study. All of these men had physical difficulties or memory issues that caused them to rely on others for help.

One group of men spent the week reminiscing about life in 1959 while surrounded by present-day familiarities. The other group of men was actually “dropped” into the year 1959, so to speak. This group was immersed in mementos from that era, from newspaper articles to radios and black-and-white televisions that played shows from the time, and told to pretend they were back in 1959. This latter group of men engaged in debates about world events of 1959 as if they were occurring in the present day. Of additional interest is that the men were not given any assistance at the retreat

at any time. There were no handrails or ramps to help with walking, and they were not given any assistance bringing their luggage to their rooms. They needed to find a way to transport their belongings and get around the retreat grounds on their own.

By the end of the retreat period, both groups of men showed significant, positive changes in every aspect, but the second group that was immersed in 1959 showed the greatest improvement, to the extent that this group of once-frail men were playing touch football at the end of the retreat. Further, these positive cognitive and physiological changes were confirmed by laboratory tests that showed improvement in the men’s memory and other cognitive abilities, flexibility, gait, arthritis, speed of movement, and dexterity. What was more surprising was that the men also had lower blood pressure, better hearing, and better eyesight. It appeared as though by thinking they were younger, these men had physically become “younger.”

As doctors and scientists continue to study the connections between the mind and body, it is becoming more evident that aging is not a fixed process. More evidence is mounting that attitudes affect physical, cognitive, and psychological wellbeing—that humans can “think themselves younger.” By changing attitudes about the aging process and self-perceptions about their own physical and cognitive wellbeing, average people have a greater power than they may realize over how well they age.



Flora's Corner Inspiration from Flora Leyba

“It is not the mountain we conquer, but ourselves.”

- Sir Edmund Hillary





NEWS & VIEWS

3/2015

Welcome New Staff Member

The Division of Senior Services welcomes the new RSVP & Community Relations Administrator Triston Lovato, who joined us in late February. Triston graduated from the University of New Mexico with a Bachelor of Arts in Journalism. She went on to work in the Albuquerque media market for a local news station and was on the promotional staff for some radio stations. She also spent two years as a volunteer with the USDA Natural Resources Conservation Service, working in their public affairs department. Most recently, she worked for the City of Albuquerque Department of Senior Affairs as an assistant for the Foster Grandparent Program.



Triston R. Lovato

RSVP & Community Relations Administrator

Triston is excited to be joining the Santa Fe Senior Services and looks forward to meeting the RSVP volunteers!

Feel free to stop the RSVP office located at the Mary Esther Gonzales Senior Center to say hello, or you may reach her at 955-4760.

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

- Charles Dickens

Coalition for Medicare Choices

Help us prevent further funding cuts to Medicare Advantage.

In late February 2015, the Centers for Medicare and Medicaid Services (CMS) will announce their proposed payment rates for the Medicare Advantage health plan.

The Medicare Advantage plan is in danger of losing funding if Congress doesn't believe that it is a priority.

What you can do to help:

Let us tell your story about why Medicare Advantage is important, and why the federal government should continue funding the plan. Some of the ways you can be involved in preventing cuts to the Medicare Advantage plan are listed below:

- Send a letter-to-the-editor to your local newspaper. We can write the letter for you. All you have to do is sign it.
- Join us at a "Day of Action" luncheon. Date and location to be determined. This will be a time for current and future Medicare Advantage users to share their stories and learn more about the health plan.
- Join us for a roundtable discussion about Medicare Advantage with Congressman Lujan and members of northern New Mexico's media.

For more information contact:

Joey Keefe
Strategies 360 New Mexico
505-259-4471
joeyk@strategies360.com





AT A GLANCE

3/2015

February Day Trips Sponsored by the Division of Senior Services



Photos by: Don Bell

Coronado Historic Site



Photos by: Don Bell

February Valentines Dance at the Eagles



David
Segura
and Eligio
Jacquez
enjoying
the music.

Senior
attendees
dancing
away to
the band
Cuarenta y
Cinco



Jemez Historic Site

Fat
Tuesday
Celebration
at the Mary
Esther
Gonzales
Senior Center



Good times...
Nutrition staff
members
Carlos
Sandoval and
Thomas Vigil
show their
appreciation
for our senior
clientele by
making and
offering
popcorn and
ice cream.





3/2015



Tax-Aide Santa Fe

for the tax year 2014



**We will prepare your Income Taxes
FOR FREE! No Income Limits!
First Come First Served**



Friday, January 30 to Wednesday, April 15

**Anyone in Santa Fe with income less than \$24,000 should
file for NM Low Income and Santa Fe Property tax State rebates.**

FREE Direct Deposit of Refund in 8-12 days

Please bring a blank check to get direct deposit.

Santa Fe Community College, Fitness Center

Mon-Fri 8:30-5pm Sat 9-1pm

Closed for Spring Break at SFCC from March 16 to 21

Hopewell Community Center

1800A Espinacitas Street, Santa Fe

Monday - Friday 9-1pm

Please bring the following information:

Photo ID

Social Security Cards for Parents and Children

Health Insurance proof that you have it or not

W-2 year end wage forms from each job for each person

If you work for yourself, all the income and expenses from your work and any 1099's you receive

Interest, dividends, stock or CD sales. You should bring the 1099 forms from the bank.

Social Security. You must bring the year end statement from Social Security.

Unemployment. You must bring the W2-G form from Work Force Solutions.

Gambling: Bring the 1099 tickets and Win/Loss report from the casinos.

Pensions: Bring the 1099-R form you received from the pension payer.

Bring the list of expenses you paid for Child Care, College or Vocational Training

Medical Expenses and Charity Donations: Bring a list of everything including mileage to doctors.

Mortgage Interest and Property Taxes:

Direct Deposit: Bring a blank check to get direct deposit of your refund in 8-10 days with no fees.

**Peter Doniger, District Coordinator, AARP Tax-Aide in Santa Fe
Cell 670-6835 or SFCC 428-1780 or email taxhelpsantafe@gmail.com**



RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

3/2015

Community Needs



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

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

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

Turn in Your Volunteer Hours

Please remember to turn in your January, February and March RSVP volunteer hours to Marisa by the end of March. We then tally them up and share them with the state and the federal government to show what a terrific program we have in Santa Fe. Every hour counts towards us reaching our goals! As always, you may mail them, fax them, drop them off at MEG or Luisa Centers, enter them on the RSVP website at rsvpsantafe.org or email them to mvromero@santafenm.gov. Please call Marisa at 955-4743 if you have any questions.

Help Archive

St. John's United Methodist Church on 1200 Old Pecos Trail is in need of a volunteer Archivist who can assist a fellow volunteer to archive paperwork.

Kitchen Angels Driver

Help a fellow RSVP Kitchen Angels volunteer drive to deliver meals twice a week for about two and a half hours. The dedicated volunteer has been doing this on her own for years now, but now needs a little help to get the meals delivered to homebound individuals. If you would like more information and/or are interested in assisting, please call Marisa.

RSVP volunteers born in MARCH!



Stella Gonzales	3 / 0 1	Flossie Montoya	3/14
Harriet Levine	3 / 0 1	Carole Van Valkenburgh	3/14
Alfredia Quick	3 / 0 2	Carol E. Keiser	3/15
Pat Roach	3 / 0 2	Patricia A. Chavez	3/17
Lucy O. Trujillo	3 / 0 2	Luggie Romero	3/18
Rita Walker	3 / 0 2	Sandi Costick	3/19
Frances Guinan	3 / 0 4	Cathleen Suspanic	3/19
Mable V. Martinez	3 / 0 4	Helen M. Foster	3/20
Howard Turner	3 / 0 4	Meri Frauworth	3/20
Barbara E. Mason	3 / 0 5	Marcus J. Garcia	3/20
Preston B. Ellsworth	3 / 0 6	Doris E. Brittenham	3/22
Gloria P. Holladay	3 / 0 6	Waldemar Cuevas	3/22
Grace Olivas	3 / 0 7	John Martinez	3/22
Jenny Mier	3 / 0 8	Anke Mihalas	3/22
William A. Morrison	3 / 0 8	Claire Martinez	3/23
Andres V. Romero	3 / 0 8	Lydia S. Trujillo	3/23
Anna V. Trujillo	3 / 1 1	Carol Decosta	3/25
Suzanne A. Shaw	3 / 1 2	Vitalia Garcia	3/26
Diana Baker	3 / 1 3	Carolyn K. Robinson	3/27
William Gilmore	3 / 1 3	Gene R. Geber	3/28
Gerald Heggen	3 / 1 3	Consuelo Medina	3/28
Dave McQuarie	3 / 1 3	Waldo Anton	3/30
Terri C. Gonzales	3 / 1 4		

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





ACTIVITY

3/2015

All activities are open to registered seniors.

Schedule is subject to change.

Luisa Senior Center 955-4725

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

Mary Esther Gonzales (MEG) Senior Center 955-4715

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

Pasatiempo Senior Center 955-4725

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

Ventana de Vida Senior Center 955-4715

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm

Villa Consuelo Senior Center 955-4725

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

ART

Ventana-Class	Tuesday	1:00 pm
MEG-Class	2nd & 4th Tues.	1:30 pm

BINGO

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

BRIDGE GAMES & PUZZLES

Pasatiempo - Bridge	Monday	12:30 pm
---------------------	--------	----------

CERAMICS

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

COMPUTER

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

FITNESS EQUIPMENT

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

EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
Pasatiempo Yoga Practice	Mon. & Wed.	8:30 am
MEG Enhance Fitness	Mon, Wed & Fri.	9:30 am
MEG Nia Technique	1st & 3rd Tues.	3 - 4 pm
MEG Mind/Body Movement	Thursday	9:30 am
MEG Chair Yoga	Thursday	1:00 pm
MEG Zumba	Tuesday	9:30 am
Ventana Class	M/W/F	9:00 am

TAI-CHI

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

GUITAR CLASS (Beginner)

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

JEWELRY MAKING

MEG Center	Tuesday	9:00 am
------------	---------	---------

SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
--------------	--------	---------

SING-ALONG

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

WOOD/STRAW APPLIQUE

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





ACTIVITY

3/2015

Seeking Volunteer Ceramics Teacher

The Pasatiempo Senior Center is looking for a volunteer who can teach ceramics to seniors (one day per week) in the morning. If you are interested, please call Lugi at 955-4711.

Ear Acupuncture for Veterans

Licensed Acupuncturist Carolyn Bleakley will offer free ear acupuncture for veterans and their families from 2:00 - 4:00 p.m. as follows:

- Thursday, March 5th
- Thursday, March 12th
- Thursday, March 19th
- Thursday, March 26th

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:

Luisa – Thursday, March 5th 11- 12 noon
 Pasatiempo - Friday, March 6th 11-12 noon
 Ventana – Thursday, March 12th 11-12 noon
 MEG Center – Thursday, March 19th 11-12 noon
 Villa Consuelo – Thursday, March 26th 10-11 am

Monthly Senior Services Committee Meetings

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

Senior Olympics: 3-11-15 at 9:30 a.m.
 Advisory Board: 3-17-15 at 9:30 a.m.
 Travel Committee: 3-19-15 at 8:45 a.m.
 SAC Board: 3-19-15 at 10:00 a.m.
 Transportation/Nutrition: 4-14-15 at 9:00 a.m.

Next Senior Services Eagles Dance

DSS will not be hosting a dance at the Eagles during the month of March. However on Thursday, April 30th we will have a dance at the MEG center from 1:00 to 4:00 p.m.

Then again on Thursday, May 21, DSS will host the annual Older Americans Dance at the Eagles. The May dance is a free dance to our clients in celebration of Older Americans month.

St. Patty's Party at Luisa

Come celebrate St. Patrick's Day at Luisa Senior Center located at 1500 Luisa St. on Wednesday, March 17th at 11:30 a.m. They will be serving delicious sherbet and sprite. The cost is \$1.00 per person. Don't forget to wear green!



AARP "Smart Driver" Course

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

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

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

- Be prepared: temperatures fluctuate in the dining room, so please dress in layers.
- The number of participants for each class will be limited to 30 individuals.

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

- March 10th, Tricia Penn, 438-0460
- April 14th, Stewart Farley, 603-4543





ACTIVITY

3/2015

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows:

- March 3rd at 3:00 p.m.
- March 17th at 3:00 p.m.

Nia combines martial arts, modern dance arts and yoga in a workout set to music. Everyone is welcome.

Painting Class at MEG

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

Please join artist Judy Ortiz at the Mary Esther Gonzales Senior Center on the following Tuesdays at 1:30 p.m.

- March 10th
- March 24th

The classes are held in the Craft Room at the MEG Center. If possible, please bring your own canvas size 9 x 12 or 12 x 16.

EnhanceFitness Classes

This hour long (three days a week) class is designed to improve your physical condition and to decrease your risk of falling. Your certified instructor is Carol and her classes are as follows:

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

Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first serve basis (20 haircuts per day). The haircut days are on Wednesday's beginning at 10:00 a.m.

- March 4th MEG
- March 11th MEG
- March 18th Pasatiempo
- March 25th Pasatiempo



Haircut sign-in sheet at MEG will be available in the reception area at 9:00 a.m.

Birthday Celebrations at MEG

Cake will be provided on Wednesday, March 4th during the noon hour at the MEG senior center in celebration of March Birthdays.

Stop by for lunch and then stop by the cake table for some delicious cake.

Day Trip to El Santuario de Chimayo

The Division of Senior Services annual trip to El Santuario de Chimayo will take place on Wednesday, March 18th. The Santuario Mass is at 11:00 a.m., so the bus will leave the MEG senior center at 9:30 a.m. There is a suggested donation of \$5.00 per person. This donation will only be taken the morning of the trip, not prior.

Please bring the exact amount since we will not be able to provide change. Additionally, the group will stop at a County Senior Center for lunch (please bring the suggested donation of \$1.50 for lunch).

Space is limited to 45 reservations only. To reserve your seat for the trip or for additional information, please call Marisa at 955-4743.



El Santuario de Chimayó



Movie Day at the MEG Senior Center "Get on Up"

Tuesday, March 24th at 1:00 p.m.

Based on the incredible life story of the Godfather of Soul, the film gives a fearless look inside the music, moves and moods of James Brown, on the journey from his impoverished childhood to his evolution into one of the most influential figures of the 20th century.





ACTIVITY

3/2015

Weekend Bingo at Luisa

The Luisa Senior Center, (1500 Luisa Street) will be hosting bingo on Sunday, March 8th from 1:00 p.m.–4:00 p.m. The cost is \$12.00 per package, four specials at \$1 each and the blackout is \$2.00. Don't miss out on the \$100.00 jackpot! They will also be serving Frito pies and a drink for \$5.00. They request that you also please bring small bills. Everyone is welcome to join in the fun.



March Day Trip

Salinas Mission Pueblo National Monument
Saturday, March 21st
\$25.00 per person

Salt, Societies, and Spirituality: A Tale of Two Cultures.

Tucked away in the middle of New Mexico you'll find Salinas Pueblo Missions National Monument. The three sites offer a glimpse into a unique time in history. A time entrenched with cultural borrowing, conflict, and struggles. The now abandoned sites stand as reminders of the Spanish and Pueblo People's early encounters.

Join the Division of Senior Services staff for a Saturday filled with rich history. The cost of \$25.00 includes transportation, entrance fees and a meal. To reserve your spot or for additional information, please call Barbara Arlen at 428-0124 or Don Bell at 982-2707.



Salinas Mission Pueblo National Monument

Additional Day Trips for 2015

April 25th (Saturday)

Acoma Pueblo

Cost per person is \$45.00 which includes meal, transportation and entrance fees.

May 9th (Saturday)

Chaco Canyon

Cost per person is \$25.00 which includes a meal, transportation and entrance fees.

June 20th (Saturday)

Monastery in the Desert and Ghost Ranch
(Cost to be determined.)

July 11th (Saturday)

Taos POW-WOW

(Cost to be determined.)

August 15th (Saturday)

Rio Grande Nature Center

(Cost to be determined.)

October 8th (Thursday)

Albuquerque International Balloon Fiesta
(Cost to be determined.)

Chama Trip

(Date and cost to be determined.)

November

Bosque del Apache Bird Refuge

(Date in November and cost to be determined.)

December

River of Lights

(Date in December and cost to be determined.)

For additional information please call Barbara Arlen at 428-0124 or Don Bell at 982-2707.





HEALTH & SAFETY

3/2015

EAR ACUPUNCTURE FOR VETERANS AND THEIR FAMILIES

Scoring a Point for Veterans

Acupuncture eases aftereffects of serving in war.
(Excerpts from the Portland Press Herald, August, 2008)



Bryan Noyes, a 24-year-old veteran of Operation Iraqi Freedom, was still a little nervous the first time he tried it.

"I'm not a big fan of needles," he said. Now he can't get enough. Noyes is a Scarborough resident who suffers from post-traumatic stress disorder, or PTSD.

"If I could have this every day, I would," he said, "because it definitely relieves the stress and calms me down a lot."

The Portland Veterans Acupuncture Clinic opened in May and is available to veterans of any war suffering from PTSD, sleep disturbances, anxiety, depression, irritability, nightmares or other health issues. Family members are also welcome to participate at no cost.

The clinic uses community-style ear acupuncture, in which participants remain fully clothed and listen to relaxing music while receiving their treatment in a group setting.

Almost a dozen veterans from the Lewiston area drive to Portland weekly for treatments, then go out for dinner together afterward.

They include Terry Grasse, a 61-year-old Vietnam veteran. He and his friends heard about the clinic at their local vet center, where they go for counseling. Some of them were skeptical at first, but now find themselves returning every week, he said.

Grasse suffers from hyper-vigilance - a heightened alertness for possible threats - and typically has trouble sleeping. He says he's been getting more rest since starting the acupuncture a few weeks ago. "It's helped me with a lot of things," Grasse said. "Most of us have been through hell, and coming back from the war, our families have probably been through hell, too. This really helps us to be calm, and family can come too."

Once the needles are inserted, most people sit quietly for 30 to 40 minutes, but some may complete their treatment in 15 or 20 minutes, said acupuncturist Mary Lello, a volunteer at the clinic. People usually know instinctively when they are "done."

"You may find yourself going into a relaxed state," Lello told a recent group. "If you wake up and notice a lot of people still sitting here, you don't have to stay."

Susan Reed, a Portland acupuncturist who is a trainer for the national program, said the first needle goes into a point called "shen men," which means "spirit gate." "That point is very helpful with calming anxiety and improving sleep," said Reed, who worked in a free clinic in New Orleans after Katrina and recently returned from treating flood victims and Red Cross workers in Iowa.

Another point affects the sympathetic/ parasympathetic nervous system, which is involved in the fight-or-flight response.

"The liver processes anger, the kidney processes fear - the terrors of combat," Reed explained. "The lungs process grief and loss. And so this is not just about physical well-being, but about spiritual, emotional and mental well-being."

Helene Aylward, a nurse and licensed acupuncturist, said the treatments seem to have a cumulative effect. The veterans tend to sit longer and grow calmer as they get more treatments.

One man had a tremor in his hand that stopped after he started receiving treatments. Another had been deeply depressed when he started and one night after treatment, he went out to dinner with his friends.

If you are interested in receiving this free, wonderful service, Licensed Acupuncturist Carolyn Bleakley offers ear acupuncture for veterans and their families from 2:00 - 4:00 p.m. every Thursday at the Mary Esther Gonzales Senior Center. No need to RSVP, just show up





SENIOR OLYMPICS

3/2015

Senior Olympic Spotlight

Let the games begin!

March Olympic events are as follows:

- March 3 & 4 - Air Pistol/Air Rifle at Santa Fe County Animal Barn
- March 5 - Basketball Free throw at GCCC
- March 7 - Swimming at GCCC
- March 7 & 8 - Racquetball at GCCC
- March 9 - Huachas Practice at SF County Animal Barn
- March 10 - Bowling Singles at Cities of Gold
- March 11 - Huachas SF County Animal Barn
- March 12 - Bowling Doubles at Cities of Gold
- March 16 & 17 - Shuffleboard Practice Santa Fe County Animal Barn
- March 18 - Bowling Mixed Doubles at Cities of Gold
- March 19 - Bowling Team at Cities of Gold
- March 20 - Talent Show at Eagles
- March 21 - Handball at Ft. Marcy
- March 23 & 24 - Shuffleboard Santa Fe County Animal Barn
- March 25 - Pickleball at GCCC
- March 26 - Eight Ball Pool at MEG
- March 27 - Pickleball at GCCC
- March 27 - Table Tennis at Ft. Marcy
- March 28 - Archery at Archery Range
- March 28 - Tai Chi at Ft. Marcy

For more information regarding the March schedule such as times, etc., please visit our new website at www.sfsg50.org.

Eligible Senior Olympic participants will be given a 15 punch pass (for 15 free visits) to all three City of Santa Fe Recreational centers (GCCC, Ft. Marcy, and Salvador Perez). The cards will be issued in May.

On another note, I would like to personally thank the Senior Olympic Committee for the time and dedication that they give to making the City of Santa Fe's Senior Olympics such a success. The first mission of the Senior Olympic Committee is to increase registration especially in the 50-60 age groups. Recently, the Senior Olympic Committee declared that the 2nd primary mission of the committee is to make the events both "Fun and Fair" while preparing athletes for State Competition.

If you have any questions regarding scheduled events, etc., please don't hesitate to call me at 955-4725 (You may leave a message and I will return your call). The best time to reach me is 8:00 a.m. - 10:00 a.m. or 3:00 p.m. - 5:00 p.m., or you may also e-mail me at cavilla@santafenm.gov

Good Luck Olympians! Till next month!

-Cristina Villa-

Come support our local athletes!
Spectators are welcome and encouraged to cheer on our Senior Athletes at any of the events!





Senior Supplement

An Educational Service of the Legal Resources for the Elderly Program (LREP) 1-800-876-6657

January 2015

Debt Problems

For more information call the LREP toll-free Legal Helpline at 1-800-876-6657 or 505-797-6005 (Albuquerque area)

If you are having financial problems and cannot make the payments on your credit card bills or other debts, you should be aware of protections that are available to you under New Mexico law before you consider filing for bankruptcy.

New Mexico Exemptions

If your creditor sues you, New Mexico law may protect some of your assets and income by making them exempt from collection to pay your debts. Each person has the following exemptions protecting property from most judgment creditors. A judgment creditor is someone who goes to court and gets a court order or judgment stating that you owe them money.

Homestead Exemption

- Your home equity up to \$60,000 per person (\$120,000 for a married couple owning the home jointly). **THIS EXEMPTION DOES NOT APPLY WHEN SOMEONE IS COLLECTING TAXES, MORTGAGES, HOME EQUITY LOANS, OR LIENS PLACED ON THE TITLE BECAUSE OF WORK DONE ON YOUR HOME.**

In lieu of the Homestead Exemption

- If you don't own a home, you may be able to exempt up to \$5,000 of personal property in addition to the standard personal property exemption listed below.

Other Exemptions

- Personal property worth \$500.
- Tools used for your work worth \$1,500.
- Motor vehicle equity valued at \$4,000 (a married couple could have one vehicle valued at \$8,000).
- Jewelry worth \$2,500.
- Clothing, furniture, books, medical-health equipment, used for the health of the person, not for his/her work, worth unlimited value.

Income and Pension Exemptions

- Pension funds, 401(k), 403(b) and pension annuities have unlimited exemptions. Most IRA funds are exempt; however very high value IRA funds are subject to some exemption limitations.
- Life insurance proceeds, accident and health insurance benefits-unlimited value.
- Social Security benefits-unlimited value exemption. Social Security Benefits are also protected in a segregated bank account.

The above exemption rules do not apply when:

- Personal property is used as security (collateral). So, if you bought a car and it was security for the loan you used to buy it, there would be no exemption protection for the car.
- The attempt to collect is based on your owing taxes, child support, alimony or student loans.



If your only income and assets consist of items listed in the above exemptions, then you are what is commonly called "judgment-proof". This means that, if your creditor or a collection agency sues you, there is nothing they can take away from you. If you are judgment-proof and your creditor is not trying to collect taxes, student loans, child

support or alimony, you may not need to file for bankruptcy since you are already protected under New Mexico law.

If your creditors sue you for the debt, you should file an Answer within the time indicated on the summons. **If you do not file a timely Answer you will lose the lawsuit by default and the creditor will get a judgment against you.** If the creditor gets a judgment against you, you should complete your Claim of Exemption form and file the form with the court. If you need assistance, call LREP at 800-876-6657 or 505-797-6005.



DEBT PROBLEMS (Cont.)

Home Equity Loans

Sometimes people take out home equity loans to pay off creditors. **The Homestead Exemption does not apply to loans against your home.** If you borrow money on your home to pay off your credit cards and can't keep up the payments on that loan, there may be a foreclosure and you may lose your home. On the other hand, if you didn't pay the credit card debt to begin with and were sued by the creditor, you would be able to protect \$60,000 worth of equity in your home (or \$120,000 for a married couple).

Frequently Asked Questions

Q. I owe a lot of money to credit card companies. I haven't made payments for a long time and now collection agencies are contacting me. I feel bad about not making the payments, but I just don't have enough money for food and medicine. What should I do?

A. If you own only property as listed in the New Mexico exemptions and have only Social Security and retirement income, you may be judgment-proof. This means that, if your creditor or a collection agency sues you, there is nothing they can take away from you. If your creditor sues you and gets a judgment against you, you need to file a **claim of exemption** with the court. This claim of exemption lets the judge and your creditor know that your property and income are exempt from collection.

Before they sue you, collection agencies can be aggressive in trying to collect. You have rights under Federal law not to be harassed by debt collectors. Call us for information about how to assert your rights.

Q. I hear ads from debt consolidators or negotiators who say they can help me fix my debt problems. Can they help me?

A. You should be cautious of any business that offers a quick fix for debt problems. You may end up paying money to them for services that won't help your situation. It's better to get information from a lawyer who understands how the law applies to your circumstances and can give you objective advice.

Q. I have very little income and don't own any property. Car insurance is too expensive. Since I seem to be judgment-proof, would I have any problems if I drive without insurance and get into an accident?

A. The State of New Mexico requires that drivers take financial responsibility for any damage they may cause another person. So, if you're in an auto accident, are sued, and a judgment is entered against you, you must pay that judgment. If you don't, your driver's license (and sometimes your car license) may be revoked and you will not be able to drive.

Q. I think I am judgment-proof except for the equity I have in my home. My equity is over the exemption amount. Should I get a home equity loan to pay off my creditors?

A. As explained above, if you do not meet your payments on a home equity loan, you may lose your house. There is another type of loan that might help you. It's called a **reverse mortgage**. With this type of loan, you don't repay the debt with monthly payments. Instead, the loan is paid off either when you move out of the home or when you die and your estate is probated. You must be at least 62 years old to qualify for a reverse mortgage. Because your home is a valuable asset, be sure you read and understand all of the terms and costs of a reverse mortgage before you sign any papers.

This program is funded by: New Mexico Aging & Long Term Services Department, and the State Bar of New Mexico.

New Mexico State Bar Foundation





PUZZLE

3/2015

PUZZLE 32

ACROSS

1. Golf scores
5. Healthy
9. Bring closer together
14. Newspaper notice, for short
15. Arabian Sea gulf
16. Juliet's love
17. Make over
18. Protective smoke producers
20. Lofty
22. Girls
23. Enthusiasm
24. Scratch
25. Abrades
28. Smoke ____
33. Tangelo variety
34. Skid
36. "Othello" villain
37. Bind, nautically
38. Napkin material
39. ____ monster
40. Celebration
41. Extras
42. Ancient
43. Moved up and down
45. Wire nails
46. Sleeping place
47. Wings
49. Seventh planet
53. Best
57. Smokey the Bear's concern
59. Tijuana treat
60. Fat
61. North African dress

62. Isaac's son

63. Chairs

64. Prolonged howls

65. Dispatched

DOWN

1. Leaf opening
2. First victim
3. Carnival attraction
4. Smoke conduits
5. ____ manana
6. Madison Avenue workers
7. Medieval tenant
8. Finish
9. Concoct
10. Expression of surprise

11. Biblical book

12. Sampras of tennis

13. Pitch

19. Flour components

21. Jolson and Hirt

24. One who yields

25. Lace collars

26. Consent

27. Blackboard

28. Had a feast

29. Smokes

30. Northern woodland

31. Stared at

32. Streets

34. Most sluggish

35. Survived

44. Mistreats

45. Ovine sound

47. Attire

48. Sly looks

49. "Close Encounters of the Third Kind" ships

50. Dressing gown

51. Zone

52. Snug retreat

53. Egyptian city

54. Comfort

55. Scrutinize

56. Praise

58. Lie

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18				19					
20				21					22					
			23					24						
25	26	27					28				29	30	31	32
33					34	35					36			
37					38						39			
40					41						42			
43				44						45				
				46				47	48					
49	50	51	52				53					54	55	56
57						58					59			
60						61					62			
63						64					65			





PUZZLE

32015

Sleek Impala

No other auto did more to jump-start the muscle car wars in the '60s than the 1962 Chevy Impala! Its Super Sport package combined attributes such as a powerful V-8 engine (with optional four-barrel carburetor), bucket seats, chrome accents, and sporty console shift with the sleek lines characteristic to the model.

Solution on page 141

- | | | |
|--|--|--|
| <input type="checkbox"/> BRAKES | <input type="checkbox"/> POWER steering | <input type="checkbox"/> TRUNK |
| <input type="checkbox"/> BUCKET seats | <input type="checkbox"/> SLEEK lines | <input type="checkbox"/> TWO-DOOR coupe |
| <input type="checkbox"/> CHEVROLET | <input type="checkbox"/> STATION wagon | <input type="checkbox"/> TYPES |
| <input type="checkbox"/> CHROME PANEL | <input type="checkbox"/> STYLISH | <input type="checkbox"/> VEHICLE |
| <input type="checkbox"/> CHROME TRIM | <input type="checkbox"/> SUPER SPORT package | <input type="checkbox"/> WHEELBASE |
| <input type="checkbox"/> CLEAN lines | <input type="checkbox"/> TIRES | <input type="checkbox"/> WRAPAROUND windshield |
| <input type="checkbox"/> CONSOLE | | |
| <input type="checkbox"/> CONVERTIBLE | | |
| <input type="checkbox"/> ENGINE | | |
| <input type="checkbox"/> EXTERIOR | | |
| <input type="checkbox"/> FEATURES | | |
| <input type="checkbox"/> FOUR-DOOR sedan | | |
| <input type="checkbox"/> HARDTOP | | |
| <input type="checkbox"/> HOOD | | |
| <input type="checkbox"/> INTERIOR | | |
| <input type="checkbox"/> MODELS | | |
| <input type="checkbox"/> MUSCLE car | | |
| <input type="checkbox"/> PERFORMANCE | | |

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

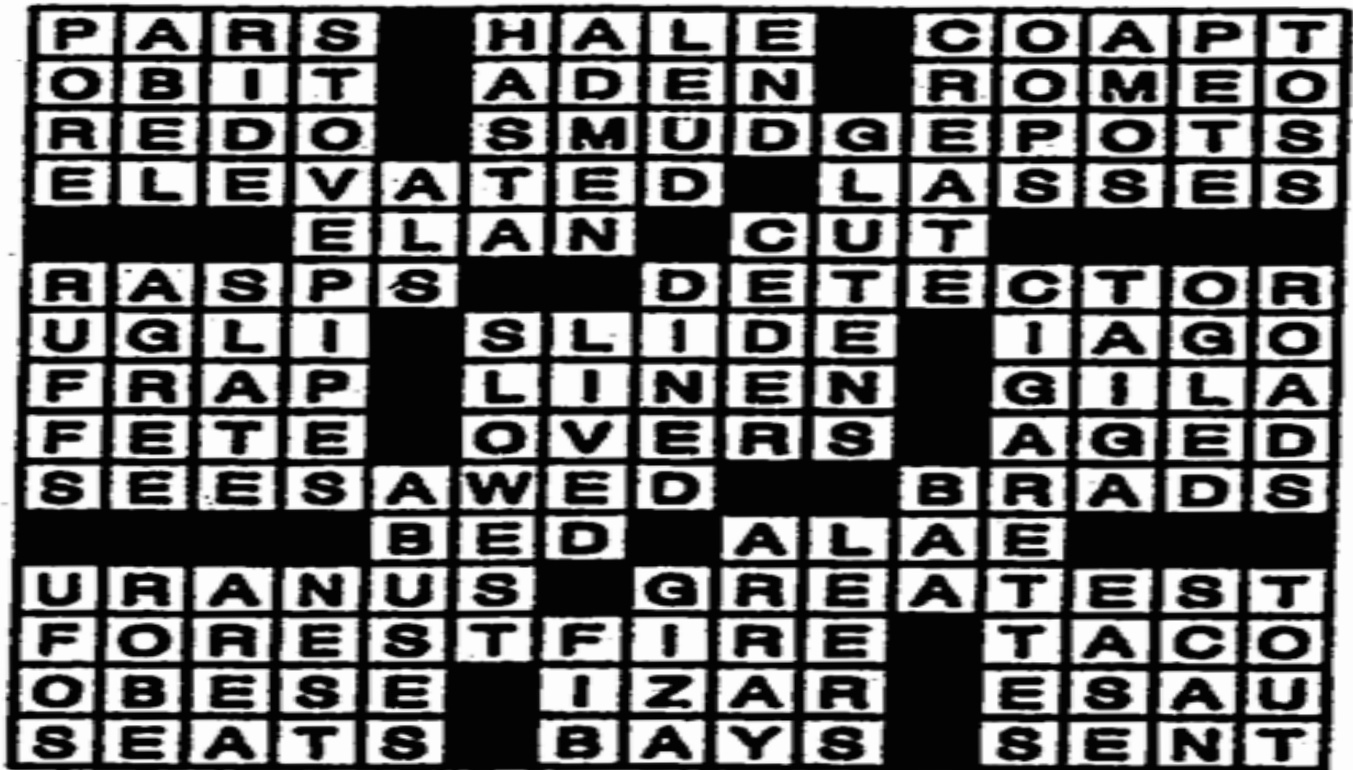




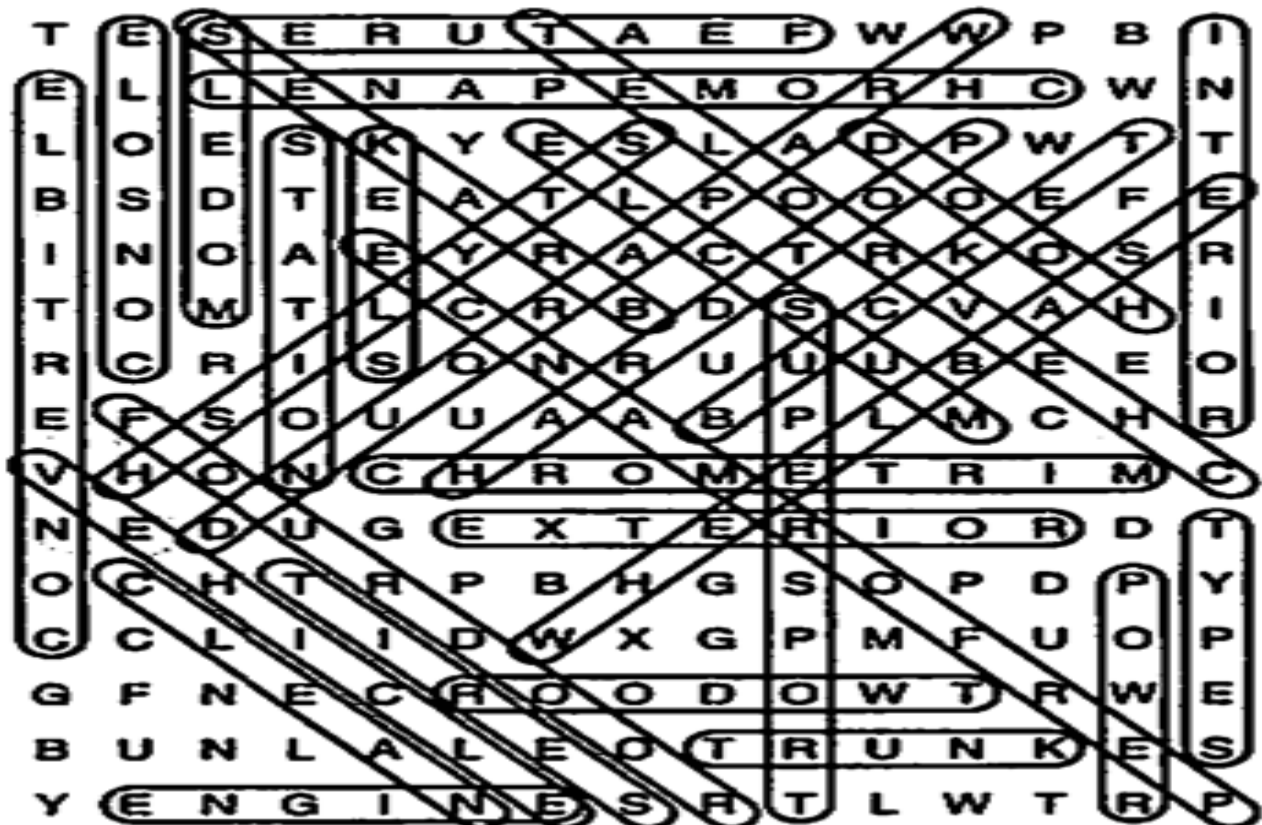
PUZZLE ANSWERS

3/2015

PUZZLE 32



57





BREAKFAST MENU

3/2015

Senior Center Breakfast Menu for March, 2015

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

2nd	Sausage, cheese, red chile, small roll, potatoes, jelly, milk
3rd	Breakfast burrito - scrambled egg, cheese, green chile, hash brown, bacon, milk
4th	Ham and cheese biscuit, salsa, margarine, milk
5th	Scrambled egg, tomato juice, pancakes, maple syrup, margarine, milk
6th	Grilled ham, cheese, salsa, small roll, hash brown, margarine, milk
9th	Peanut butter, tomato juice, cold cereal, small roll, jelly, milk
10th	Scrambled egg, sausage, tomato juice, French toast, maple syrup, milk
11th	Grilled ham, salsa, peppers, small roll, margarine, milk
12th	Scrambled egg, cheese, red chile, potatoes, margarine, milk
13th	Sausage, salsa, hash browns, small roll, margarine, milk
16th	Grilled ham, cheese, red chile, small roll, margarine, milk
17th	Breakfast burrito with scrambled egg, cheese, hash brown salsa, bacon, milk
18th	Sausage, tomato juice, waffles, maple syrup, milk
19th	Scrambled egg, salsa, hash browns, small roll, jelly, milk
20th	Ham & cheese biscuit, salsa, jelly, milk
23rd	Scrambled egg, cheese, salsa, hash brown, bacon, milk
24th	Sausage, cheese, green chile, potatoes, margarine, milk
25th	Boiled eggs, tomato juice, hot oatmeal, margarine, milk
26th	Diced ham, cheese, peppers, small roll, margarine, milk
27th	Scrambled eggs, tomato juice, pancakes, maple syrup, margarine, milk
30th	Boiled eggs, salsa, small roll, margarine, milk
31st	Grilled ham, cheese, tomato juice, English muffin, margarine, milk

Nutrition Education – Tips: Best Buys for Cost and Nutrition

Breads and Grains

- Look for bargains on day old bread. It costs less but is still nutritious.
- Buy regular rice, oatmeal, and grits instead of instant to save on money, sugar, and calories.

Meat and Beans

- Dried beans and peas are a good source of protein and fiber. They last a long time without spoiling.
- Chuck or bottom round roast has less fat and is cheaper than sirloin.

- Look for specials at the meat counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money. Freeze portions you might not use right away to prevent spoiling.

Vegetables and Salad

- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.

Fruits

- Buy fresh fruits in season when they generally cost less.
- Frozen and canned fruits are a smart choice all year round.

Low-Fat Milk Products

- Buy fresh, low-fat milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less than smaller sizes.
- Ultra-pasteurized milk has a longer expiration date and won't spoil as fast.





MARCH SENIOR LUNCH MENU



3/2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Strip Basket w/ Mashed Potatoes & White Gravy Steamed Asparagus WW Roll w/ Margarine Chilled Pineapple Bits Milk	3 Italian Spaghetti w/ Meat Sauce Steamed Broccoli w/ Cheese Topping Garlic Bread Chilled Peaches Milk	4 Grilled Pork Chop Mash Potatoes w/ Gravy Steamed Green Peas Baked Biscuit Cherry Cobbler Milk	5 Green Chile Cheese Hamburger Ranch Beans Onion Rings Chilled Applesauce Milk	6 Baked Macaroni and Cheese Brussels Sprouts WW Roll w/ Margarine Vanilla Pudding Milk
9 Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Margarine Mandarin Oranges Milk	10 Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/ Dressing Cherry Cobbler Milk	11 Roasted Glazed Ham Baked Yams Steamed Broccoli WW Roll w/ Margarine Baked Apples Milk	12 Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll w/ Margarine White Cake Milk	13 Tuna w/ Pasta Shells Tossed Green Salad w/ Dressing Saltine Crackers Chilled Peaches Milk
16 Chicken Fajitas w/ Tortilla & Salsa Chile Beans Jell-O w/ Fruit Milk	St. Patrick's Day 17 Corned Beef w/ Cabbage Glazed Carrots Whole Wheat Roll Strawberries and Banana Salad Milk	18 Pork Loin Steamed Peas Tomato Salad Cornbread w/ Mar- garine Peach Cobbler Milk	19 Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/ Dressing WW Roll w/ Margarine Chilled Pears / Milk	20 Fish Sandwich w/ Tartar Sauce Lima Beans Carrot Sticks Chilled Plums Milk
23 Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato WW Roll w/ Margarine Banana Pudding Milk	24 Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus WW Roll w/ Margarine Chilled Applesauce Milk	25 Classic Lasagna w/ Meat Sauce Steamed Mixed Veggies French Bread Fruit Cobbler Milk	26 Turkey Dinner Baked Yams Steamed Green Beans Cornbread w/ Margarine Sugar Cookie Milk	27 Seasoned Fish Fillet Wild Rice Cauliflower and Carrots Biscuit w/ Margarine Chilled Fruit Yogurt Milk
30 Stuffed Chicken Breast w/ White Sauce Topping California Vegetables Baked Biscuit Peach Crisp Milk	31 Classic Meatloaf w/ Gravy Topping Scalloped Potatoes Steamed Green Beans WW Roll w/ Margarine Strawberry Shortcake Milk	Menu is Subject to Change		

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

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

Lunch is Served at:
 MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers
 11:00am till 12:30pm Monday thru Friday





Senior Center Locations



City Senior Center Location
Down Town
City Limits

City Senior
Center Local
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**

**Luisa
(505) 955-4717
1500 Luisa Street
(entrance on Columbia St)**

**Villa Consuelo
(505) 474-5431
1200 Camino Consuelo**

