

THE SENIOR SCENE

GET INTO THE **ACT**
OLDER AMERICANS MONTH
MAY 2015



**CELEBRATING THE 50TH ANNIVERSARY OF THE
OLDER AMERICANS ACT OF 1965**



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

offered by:
Division of Senior Services



**MAY
2015**

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

5/2015

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.

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Vacant, Program Coordinator 955-4715

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

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Homemaker, Non-Medical Personal Care

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Katie Ortiz, Clerk Typist 955-4746

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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 Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

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DIRECTOR'S REPORT

5/2015

Dear Patrons,

Last month on April 7th the City of Santa Fe, Division of Senior Services hosted the third-annual Mayors Day of Recognition for National Service at the MEG Senior Center. During the ceremonies Mayor Javier Gonzales read a proclamation recognizing and personally thanking Santa Fe's senior volunteers for their dedicated service to our community. "Your service improves the quality of life for those who receive your assistance," Mayor Gonzales said.

Michael Garcia, State Director from the Corporation for National and Community Service (our volunteer programs' federal funding source), also addressed the audience thanking volunteers for their contributions. Several senior volunteers shared their personal experience on how volunteering has allowed them to share their lifelong experiences and apply those skills to assist those who are in need. You are never too young or old to give back to your community; volunteering leaves a lasting impact – making our cities and counties better places to live.

A perfect example of a committed group of volunteers working hard to address food security issues in the community is our ECHO Commodity Project Volunteers. Currently, there are seventeen volunteers who have served a combined total of 135 hours since the beginning of 2015, assisting with the Commodity Supplemental Food Program (CSFP) offered through the Economic Council for Helping Others (ECHO), based out of Albuquerque. Commodity distribution occurs on the third Tuesday of each month. To qualify for the ECHO commodity program, an individual must be 60 years of age and older, meet the income guidelines, and upon enrollment must provide photo identification (proof of age) and a utility bill (proof of residency).

Volunteers serve on site assisting ECHO staff members with set-up, sign-in and processing paperwork so clients can receive their food. Additionally, five volunteers deliver boxes of food to 62 homebound or frail seniors each month. There has been a monthly average of 200 individuals picking up commodities from the ECHO distribution site, around 30 that are picked up from the MEG center and those that are delivered, which totals nearly 300 seniors being served monthly! This is just one example of how the Retired Senior Volunteer Program (RSVP) volunteers are contributing to the community and addressing hunger. Thank you to all volunteers for what you do and for your devoted service!

Volunteerism is a great way to celebrate this year's theme for Older Americans Month – "Get into the Act" focuses on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. If you are interested in joining the Santa Fe Senior Volunteer Programs and making an impact in our community, please contact Melanie Montoya, Foster Grandparent/Senior Companion Program Administrator at 955-4761 or Triston Lovato, RSVP Administrator at 955-4760. Become part of a team that makes a difference!

On another note, Sunday, May 10th we celebrate Mother's Day, so I wish one and all an enjoyable and beautiful day.

Then on Monday, May 25th all our senior centers will be closed in observance of Memorial Day. Be safe and enjoy the holiday!



Ron J. Vialpando
DSS Director

SENIOR SERVICES PROGRAM INFORMATION

5/2015

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/her name on our various sign-in sheets e.g. meals, fitness activities, 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.

11th Annual Spring Garden Fair

Don't forget to attend the Santa Fe Master Gardener Association's Spring Garden Fair on Saturday May 2, 2015 from 9 am – 3 pm at the SF County Fairgrounds (3229 Rodeo Road). Admission is free for this fun day of exciting speakers, food vendors, demos and exhibits! A browse through the Garden Shed might uncover a treasure or two; you can learn some tips from the famous "Ask a Master Gardener" station, and don't forget your tools as there will be tool sharpening offered. Youngsters will have fun at the Junior Gardener Corner and of course the "Best Plant Sale in Santa Fe" returns! For more information, please visit: www.sfmga.org.

'Let's Grow!' 2015 Cactus Propagation Series

We love cactus! Learn how to divide it and then how to grow more. On Saturday, May 16th, from 9-11am at the SF County Fairgrounds Cactus Demo Garden, participants will receive tips on soil prep, planting and maintaining cacti. There will be drop-in demos every half hour, so come join us for this free class. For full 'Let's Grow!' series information, please visit: www.sfmga.org.

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 of experience in providing benefit counseling to seniors, is available to offer advice every Wednesday morning at the MEG Senior Center.

You must make an appointment ahead of time. To reserve 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 Resource Center at (505) 476-4846 or toll free at 1(800) 432-2080.

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 (505) 231-2382.

May 2015 Dates, Times and Locations:

| | | |
|-------------|---|----------------|
| 1st | MEG Center | 10 am – 2 pm |
| 2nd | Fiesta Para Bebe Sweeney Elementary | 9 am – 3 pm |
| 3rd | Southside Library | 10 am – 2 pm |
| 4th | Fort Marcy | 10 am – 2 pm |
| 5th | St. John's Methodist Church | 9 am – 1 pm |
| 6th | Casa Solana Shopping Center | 10 am – 2 pm |
| 7th | Genoveva Chavez Center | 10 am – 2 pm |
| 8th | Santa Fe Community College | 10 am – 2 pm |
| 9th | CommUnity Day on the Plaza | 8:30 am – 3 pm |
| 10th | Santa Maria de La Paz Catholic | 10 am – 2 pm |
| 11th | Pasatiempo | 10 am – 2 pm |
| 12th | Pojoaque Senior Center | 10 am – 2 pm |
| 13th | NO VAN – VAN MAINTENANCE | |
| 14th | Edgewood Senior Center | 10 am – 2 pm |
| 15th | Casa Villita | 10 am – 2 pm |
| 16th | San Ildefonso Senior Center | 10 am – 2 pm |
| 17th | Santa Fe Recovery Center | 10 am – 2 pm |
| 18th | Casa Rufina Housing | 10 am – 2 pm |
| 19th | Chimayo Senior Center | 10 am – 2 pm |
| 20th | NO VAN – MANDATORY HR TRAINING | |
| 21st | Eldorado Senior Center | 10 am – 2 pm |
| 22nd | Camino Consuelo | 10 am – 2 pm |
| 23rd | San Ildefonso Pueblo | 10 am – 2 pm |
| 24th | San Isidro Catholic Church | 10 am – 2 pm |
| 25th | NO VAN – CLOSED FOR MEMORIAL DAY | |
| 26th | Luisa Senior Center | 10 am – 2 pm |
| 27th | El Rancho Senior Center | 10 am – 2 pm |
| 28th | Santa Cruz Senior Center | 10 am – 2 pm |
| 29th | Ventana de Vida Senior Center | 10 am – 2 pm |
| 30th | Smiths (Cerrillos) | 10 am – 2 pm |
| 31st | Albertson's (Zafarano) | 10 am – 2 pm |

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

NEWS & VIEWS

5/2015

37th Annual New Mexico Conference on Aging

Nominations Sought for Awards

The New Mexico Aging and Long-Term Services Department (NMALTS) is accepting nominations for the New Mexico Conference on Aging Awards. The awards recognize older adults and organizations whose work benefits New Mexico's aging population. As baby boomers age, New Mexico's older adult population is set to double by 2030.

"All around New Mexico, older adults are changing our communities for the better. I strongly encourage people to nominate such deserving elders for a Conference on Aging Award," said Aging and Long-Term Services Department Cabinet Secretary Gino Rinaldi. "The awards are a great way to showcase and recognize the work and dedication of older New Mexicans. With the rapid growth of our 65-and-older population, their contributions will do a lot to determine the success of our state overall," Rinaldi said.

The winners will be recognized at the 37th Annual New Mexico Conference on Aging, August 18th and 19th at Isleta Resort & Casino Conference Center. More than 1,400 individuals are expected to attend the Conference, which features workshops, interactive exhibits and a two-day Health & Enrichment Fair.

Nominations are being accepted for four separate awards. A description of the awards and the eligibility requirements, along with the nomination forms, are posted at the NMALTS website www.nmaging.state.nm.us.

NM Conference on Aging Scholarships

The New Mexico Conference on Aging is awarding 10 full scholarships and 20 partial scholarships to assist adults age 55 or older who otherwise would not be able to attend the conference. Full scholarships include conference registration fees, lodging & meal costs. An individual must live 80 miles or more from the Conference site (Isleta Resort & Casino Conference Center) to apply for a full scholarship. Partial scholarships include registration fees & a lunch gift card. Applications can be downloaded from the NMALTS website www.nmaging.state.nm.us.

The deadline for both award nominations and scholarships is June 5, 2015 by 5:00 pm. All forms can be mailed, faxed, or emailed to Evone Gallegos, Awards Subcommittee Chair; any questions can also be directed to Ms. Gallegos.



Evone D. Gallegos
505-222-4523 (Phone)
505-222-4526 (Fax)
evone.gallegos@state.nm.us

NM Conference on Aging
1015 Tijeras NW, Suite 200
Albuquerque, NM 87102

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



| | |
|------------------|------|
| Mary Baca | 5/7 |
| Lucille Vigil | 5/15 |
| Benerita Morales | 5/18 |
| Aurora Rodriguez | 5/21 |
| Bella Campos | 5/24 |

Flora's Corner
Inspiration from Flora Leyba

"It is not the mountain we conquer but ourselves."

-Sir Edmund Hillary

NEWS & VIEWS

5/2015

Alzheimer's disease and Dementia Workshop

Christus St. Vincent Hospital and Ambercare Hospice present a special program titled "The Longest Loss: Alzheimer's disease and Dementia." Through a combination of candid, compelling interviews and live, in-studio discussion, experts will identify how to best cope with loss and grief associated with these illnesses, and how to help patients and families through it as well. The presentation will take place Wednesday, May 6, 2015 from noon to 5:00 p.m. in the south west conference room at Christus St. Vincent Hospital. It is a free event and open to anyone who is interested in attending, but space is limited; to reserve a spot or for more information, please contact Vickie Schulz, Ambercare Marketing Coordinator, at 505-270-2555 or vschulz@ambercare.com.

Five Generations!!

Mercy Moreno holds a fifth generation in her arms! Pictured with her family (from left to right): Dorothy, daughter; Luanna, granddaughter; Jenea, great-granddaughter; Ezraleah, great-great-granddaughter



M-O-T-H-E-R

"M" is for the million things she gave me,

"O" means only that she's growing old,

"T" is for the tears she shed to save me,

"H" is for her heart of purest gold,

"E" is for her eyes, with love-light shining,

"R" means right, and right she'll always be,

Put them all together, they spell

"MOTHER,"

A word that means the world to me.

- Howard Johnson

Happy Mother's Day to all mom's out there!

End Hunger in NM Public Service Campaign

We would like to thank Theresa and Johnny Trujillo, and Claire and John Martinez for participating in the public service campaign for the End New Mexico Hunger Summit that will be held in Albuquerque in September. The spots will feature children and seniors in an effort to raise awareness for hunger issues in New Mexico. The spots will air on KRQE 13 later this spring and summer. Additional information will be posted as the air dates get closer. For more information about End NM Hunger, please visit www.endnmhunger.com.



Graceful Aging Workshop

This workshop is a free, first step toward equipping you – or a loved one – with the skills and knowledge needed to age gracefully. Topics include knowing what's normal (and not normal) as you age, understanding and accessing care at home and long-term care resources – and navigating the system. The workshop is offered by the Pastoral Counseling Center and partners: the Aging and Disability Resource Center, Christus St. Vincent Regional Medical Center, with support from the Christus Fund. Presented Tuesday, May 19, 10 a.m. – 2 p.m. (lunch included) at St. John's United Methodist Church, 1200 Old Pecos Trail. To reserve a seat please leave a message with your name and phone number at (505) 988-4131, ext. 114.

AT A GLANCE

5/2015

Mayor Javier Gonzales Visited Volunteers at the MEG Senior Center and Proclaimed Tuesday, April 07, 2015 “National Service Recognition Day”



- (Above left) Group of volunteers look on as Mayor Gonzales honors them for their service.
- (Middle) Mayor Gonzales proclaims April 7th “National Service Recognition Day.”
- (Above right) DSS Director Ron Vialpando speaks on the importance of volunteers in the community.



Virginia Soto
Senior Companion



Jane Sandoval
Foster Grandparent



Juan Romero
RSVP Volunteer



Dana Metzger
Senior Companion



Joyce Martinez
RSVP Advisory Council



Corrine Sanchez
RSVP Volunteer



Bernard Nuanez
Foster Grandparent

Volunteers gave testimonies about their service and what volunteering has meant to them.

Photos by Ted Yamada,
top 3 and last photo
by Maria Clokey

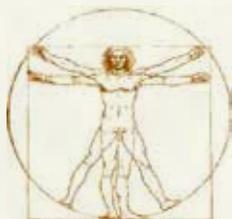


Bingo fun at MEG
Lena Ortiz, 99 (left)
and Virginia Naso, 100 (right)

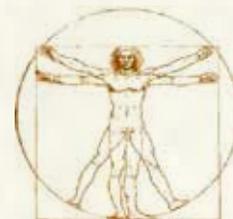
—
No stopping these ladies from
playing bingo at a young age!



Put Life Back in Your Life!



Manage Your Chronic Disease (MyCD) **Diabetes Self-Management Program** **A Free Six-Week Workshop** **For Adults with Type 2 Diabetes**



Dates: **Wednesdays, May 6th through June 10th**

Time: **1:30 - 4:00 pm**

Location: **Santa Fe Business Incubator**

Address: **3900 Paseo del Sol, Santa Fe, NM 87507**

Call **(505) 880-2800** to sign up today!

Sponsored by the:



Week 1 – Session Activities:

- Introduction – identifying common problems
- Workshop overview
- What is diabetes?
- Introduction to healthy eating
- Introduction to action plans

Week 2 – Session Activities:

- Feedback and problem-solving
- Formula for a healthy eating plan
- Preventing low blood sugar
- Making an action plan

Week 3 – Session Activities:

- Feedback and problem solving
- Preventing or delaying complications
- Planning low fat meals
- Introduction to physical activity
- Muscle relaxation
- Making an action plan

Week 4 – Session Activities:

- Feedback and problem solving
- Dealing with difficult emotions
- Reading nutrition labels
- Endurance activities
- Guided imagery
- Making an action plan

Week 5 – Session Activities:

- Feedback and problem solving
- Depression management
- Positive thinking
- Communication
- Medication usage
- Making an action plan

Week 6 – Session Activities:

- Feedback and problem solving
- Strategies for sick days
- Foot care
- Working with your health care team

For adults with type 2 diabetes. Learn new skills to coordinate all the things needed to manage your health, as well as to help keep you active in your life and relationships. Family members and caregivers are welcome to attend. Call **(505) 880-2800** to sign up today!



**City of Santa Fe
Division of Senior Services**



Please join us for a
Caregiver Support Group

“Caring for the Caregiver”

Presented by:

Star Sanchez, Gentiva Hospice
Chaplain Bereavement Coordinator

WHEN: Friday, May 29, 2015, 1:30 p.m. – 4:30 p.m.

WHERE: Mary Esther Gonzales Senior Center
(1121 Alto Street)

This session will provide education and emotional support to adults who deal with stress associated while providing specialized care for homebound individuals. Navigating through the web of Alzheimer’s while extending a supportive atmosphere, so caregivers can comfort each other in meaningful ways, while getting some relaxation.

Refreshments will be provided, new faces welcome,
we look forward to seeing you!

For reservations, please call Theresa Trujillo at 955-4745



RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

5/2015

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!

Volunteers enjoy many benefits, including: volunteer insurance while on duty, access to workshops and trainings, thank you gifts and recognition throughout the year, and of course staying active while making a difference. Listed below are current volunteer opportunities. All volunteers receive training from the volunteer station and support from RSVP. If you are interested and want to enroll or learn more, please contact Triston Lovato at 955-4760 or trlovato@santafenm.gov.

Randall Davey Audubon Center

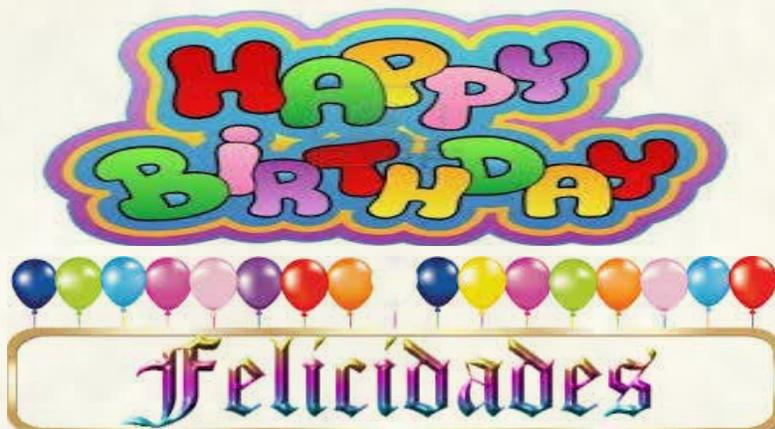
This peaceful wildlife sanctuary located in the foothills of the Sangre de Cristo Mountains is looking for volunteers to serve in various areas:



- The Nature Store: serving as an official ambassador for the Center (includes greeting visitors, and answering phones and any questions about the Center);
- Education Programs: assist educators with programs in the local schools, at the center, and during on-site summer camp activities;
- Randall Davey House: serve as a tour guide once a month when the Randall Davey home/art studio is open for public tours (training provided);
- Gardens, Facilities, Trails: gardening, landscaping, building maintenance; work outside in the garden, orchard, acequia and trails;
- Bird Walk Leaders: lead bird walks; potential new leaders will first shadow established Bird Walk Leaders.

Thank you to everyone who submitted hours for this last quarter! Remember that every hour counts and we are proud to report on what a wonderful job our volunteers do. New RSVP calendars are out, so you can track your hours for April, May, and June. Happy spring!

RSVP volunteers born in MAY!



| | | | |
|-------------------------|------|---------------------|------|
| Phillip I. Lujan | 5/01 | Mathew Frauwirth | 5/11 |
| Madonna Luther | 5/01 | Helen P. Martinez | 5/11 |
| James Francis Bianca | 5/02 | Grace L. Archuleta | 5/12 |
| Fabiola Guillen | 5/03 | Maurice Lierz | 5/12 |
| Arcy Pena | 5/03 | Rose Marie Trujillo | 5/12 |
| George E. Smith | 5/03 | Ernest L. Vigil | 5/12 |
| Janet Spring | 5/03 | Connie Howley | 5/13 |
| Judy C. Valdez | 5/03 | Gilbert Griego | 5/14 |
| Ray Blair | 5/04 | Maria G. Gonzales | 5/15 |
| Carolyn Grant | 5/05 | Luella Schaaf | 5/15 |
| Terry C. Lopez | 5/05 | Patricia Marciano | 5/19 |
| Linda Payne | 5/05 | Fran Gonzales | 5/21 |
| Phyllis L. Dickens | 5/07 | Fabrizia Marcus | 5/22 |
| Pablo F. Griego | 5/07 | Virginia Martinez | 5/22 |
| Correen M. Najjar | 5/09 | Joe Meyers | 5/22 |
| Teofila Valdez | 5/09 | Bernadette Montoya | 5/22 |
| Ted Yamada | 5/09 | Tilly K. Flood | 5/26 |
| James M. Benefiel | 5/10 | Leonel Garza | 5/26 |
| Dolores Griego | 5/10 | Anita Jaramillo | 5/27 |
| Bertha "Bersabe" Medina | 5/10 | Flora S. Leyba | 5/28 |
| Virginia Montoya | 5/10 | Lucy M. Gonzales | 5/30 |
| Anne Resenberg | 5/10 | Wanda Morrison | 5/30 |
| | | Olivia Roybal | 5/31 |

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

ACTIVITY

5/2015

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 955-4711

| | | |
|--------------------------|-----------------|---------------|
| Pool - Cards - Billiards | Mon.-Fri. | 7 am-4:30pm |
| Fitness Room | Mon.-Fri. | 7 am-4:30pm |
| Computer-Open Use | Mon.-Fri. | 8:00am-4:30pm |
| 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 | 1st & 3rd 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) | Tues. & Thurs. | 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 955-4711

| | | |
|----------------|---------|---------|
| 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 - OPEN USE

| | | |
|-----|-------------|----------------|
| MEG | Mon. - Fri. | 8 am - 4:30 pm |
|-----|-------------|----------------|

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 APPLIQUÉ

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

ACTIVITY

5/2015

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.

Please be prepared as temperatures fluctuate in the dining room, so 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:

- May 12th Don Blossom, 984-9995
- June 9th Don Blossom, 984-9995

MEG Seeking a Volunteer Sewing Instructor

The MEG Senior Center is looking for a volunteer sewing instructor to teach/oversee the sewing class, which would take place Thursday afternoons at 1:00 p.m. in the craft room. Anyone interested, please call Lugi at 955-4711.

Nia Technique on 1st & 3rd Tuesdays

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

- May 5th 3:00 p.m.
- May 19th 3:00 p.m.

Center Closures

All City of Santa Fe Senior Centers will be closed on Monday, May 25th in honor of Memorial Day. The centers will re-open as normal on Tuesday, May 26th.

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, May 7th
- Thursday, May 14th
- Thursday, May 21st
- Thursday, May 28th

Movie Day at the MEG Senior Center Tuesday, May 26th at 1:00 p.m. "Interstellar"

With time on Earth coming to an end, a team of explorers undertakes the most important mission in human history; traveling through a wormhole beyond this galaxy to discover whether mankind has a future among the stars – a new home.



Oil 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 MEG Senior Center on the following Tuesdays at 1:30 p.m.

- May 5th
- May 19th

The classes are held in the Craft Room at the MEG Center. Please bring your own brushes and a canvas size 9 x 12 or 12 x 16.

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 for May are on the following Wednesday's beginning at 10:00 a.m.:

- May 6th MEG
- May 13th MEG
- May 20th Pasatiempo
- May 27th Pasatiempo

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

ACTIVITY

5/2015

Indian Flute & Flamenco Music

Stop by the MEG center on Wednesday, May 6th for Indian Flute and Flamenco Music. Seniors will be entertained in the dining room during the noon hour with this lovely music. Mark your calendar and join us!

Monthly Senior Services Committee Meetings

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

| | |
|---------------------------|-----------------------|
| Senior Olympics: | 5/13/15 at 9:30 a.m. |
| Advisory Board: | No meeting in May |
| Transportation/Nutrition: | No meeting in May |
| Travel Committee: | 5/21/15 at 8:45 a.m. |
| SAC Board: | 5/21/15 at 10:00 a.m. |

MEG Dance

On Friday, May 15th the MEG senior center will host a dance in the dining area with DJ Arthur Baca. There will be a variety of music including Country and Spanish! The dance will take place immediately after lunch at 1:00 p.m.

- Place: MEG Senior Center
- Date: Friday, May 15th
- Time: 1:00 to 3:00 p.m.
- Price: \$2.00 per senior



Older Americans' Month Celebration Dance

Let's celebrate Older American's Month with a dance at the Fraternal Order of Eagles (833 Early Street) on Thursday, May 21st, from 1:00 to 4:00 p.m. We will celebrate with the live music of Bandalegre. In honor of our clients, this May dance is free.



- Place: Fraternal Order of Eagles
- Date: Thursday, May 21st
- Time: 1:00 to 4:00 p.m.
- Charge: Free

May 5th Zumba Class Cancelled

Sorry, but the Zumba class on Tuesday, May 5th has been cancelled due to the Estate and Planning Free Legal Workshop being held at the MEG Center at 9:30 a.m. on that day.

Estate Planning / Legal Workshop

A free Estate Planning and Probate workshop will be held on Tuesday, May 5th at the MEG Senior Center (1121 Alto Street). The workshop will cover Powers of Attorney, Advanced Health Care Directives, Estate Planning and Long-Term Care Medicaid Planning. The workshop will include a presentation by an LREP staff attorney. There will be time for a question and answer session and also one-on-one consultations. You must call 1-800-876-6657 to schedule and reserve your individual, free and private consultation/appointment in advance. No appointment necessary to attend the workshop.

- Place: MEG Senior Center
- Date: Tuesday, May 5th
- Time: 9:30 a.m. to 10:45 a.m.

This event is sponsored by the Legal Resources for the Elderly Program (LREP). This program seeks to educate the public about wills, trusts, estate planning, end of life decisions and probate to meet legal needs.

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, May 7th | 11-12 noon |
| Pasatiempo – Friday, May 8th | 11-12 noon |
| Ventana – Thursday, May 14th | 11-12 noon |
| MEG Center – Wednesday, May 20th | 11-12 noon |
| Villa Consuelo – Thursday, May 28th | 10-11 a.m. |

Aspen School Entertains Seniors at MEG

The Aspen school students will visit and perform for seniors at the Mary Esther Gonzales Senior Center. The group is scheduled to perform on Monday, May 4th @ 11:45 a.m. in the dining room. Mark your calendars!

Beginner Line Dancing Class at Pasatiempo Cancelled until further notice

ACTIVITY

5/2015

2015 Day Trips

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

May 9th (Saturday)

Chaco Canyon

Cost per person is \$25; this includes a meal, entrance fees, and cost of transportation.

June 20th (Saturday)

Monastery in the Desert & Ghost Ranch

Cost per person is \$25 to include picnic lunch
Mass will be at 1:00 p.m. at Monastery
Leaving the MEG center at 8:00 am

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

(October date & cost to be determined.)

Bosque del Apache Bird Refuge

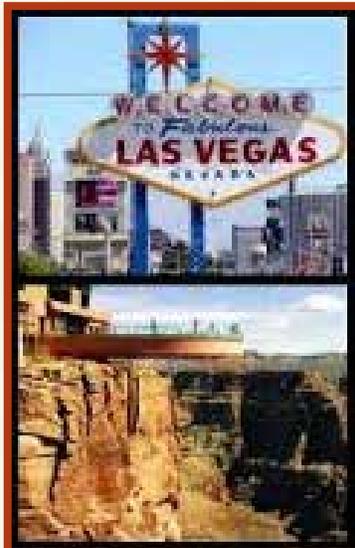
(November date & cost to be determined.)

River of Lights

(December date & cost to be determined.)

Santa Fe Senior Center Canyonlands Trip

The Santa Fe senior center travel board presents a trip to Canyonlands, where you will travel across Utah, visiting its national parks before heading to Las Vegas, NV and ending with a stay in the Grand Canyon. The dates for this are Thursday, September 24 – Thursday, October 1, 2015. The price is \$1299 for a double occupancy room and \$1699 for single occupancy. Trip insurance is optional and available for \$149. For more information or to register for the trip, please contact Cecilia Lopez at 505-204-9527 or Lilly Salazar at 505-690-8873.



Summer Planting Event

On Saturday, May 16th La Familia medical center (intergenerational group) will be hosting a planting celebration; they will be planting their summer garden and will provide storytelling and snacks.

They have extended an invitation to any interested senior who would like to join them as they plant this garden. If you are interested in participating in this farming/planting outdoor event please come to an informational meeting to be held at the Mary Esther Gonzales Senior Center (1121 Alto Street) on Tuesday, May 12th at 10:30 a.m. at that time, Ben from La Familia will be providing additional information for the Saturday, May 16th event such as the place, time, etc.

Caregiver Support Group

Starting in May, a new Caregiver Support Group will meet once a month at the Ventana de Vida Senior Center (1500 Pacheco Street). The focus will be on Alzheimer's and other forms of dementia. If you are interested in participating in this support group, they will be meeting on the first Monday of each month from 1:30 to 3:00 p.m. in the dining area at the Ventana de Vida senior center. This month's meeting will be Monday, May 4th. Tina De la Luz with the Alzheimer's Association will conduct these monthly meetings. If you have any questions, you can reach her at 505-475-1297.

Luisa Bingo

Join us for bingo at the Luisa Senior Center (1500 Luisa Street). There will be a bingo on Friday, May 8th with a \$100 jackpot guarantee! The more the merrier! Then join us again for a special weekend bingo on Sunday, May 17th from 1:00 to 4:00 p.m. Cost is \$12.00 for a package, \$100 jackpot guarantee. Everyone is welcome!



Mother's Day Celebration at Luisa

All mothers are invited to come to the Luisa Senior Center on Friday, May 8th to receive a rose. They will be given out during the lunch hour 11:00 a.m. – 12:30 p.m. so don't miss out!



HEALTH & SAFETY

5/2015

Let's talk about your role in Medical Decision Making

*Article by: Jan Jahner,
Palliative Care Coordinator at
Christus St. Vincent Regional Medical Center*



*Jan Jahner, palliative care
Program Coordinator*

When Gary Lange learned his head and neck cancer was not responding as hoped to chemotherapy, his sister Jan asked if they could sit down and sort through future medical treatments he may or may not want. Both were worried the conversation would be uncomfortable. Gary didn't really want to think about his mortality, and Jan didn't want to injure his hope of having many months to live. Jan suggested Gary check out a website called "The Conversation Project" that stresses the importance of planning ahead when an individual has a serious illness.

They used the Five Wishes document as a guide and found the conversation brought them closer; they spoke of the death of their parents, what went right and what they'd learned from those experiences. Gary actually found it very meaningful to describe what he wanted in his last days. He shared that he didn't want to die in a hospital, wouldn't want to be taken off life support and wouldn't want to go through a resuscitation effort, given the terminal nature of his stage four disease and the likelihood of rib injury.

After their conversation, Gary spoke with his physician about a "Do Not Resuscitate/ Do Not Intubate (DNR/DNI)" order, which was obtained and placed on the refrigerator. A DNR order refers to situations where breathing or the heart stops, and means that no CPR will be performed. A DNI order means that chest compressions and cardiac drugs may be

used, but no breathing tube will be placed. As Gary still was able to be out and about, he carried a copy in his wallet while he continued treatment. What Gary and Jan learned from their vital conversation is not unusual; Gary experienced less isolation through their sharing about his values and fears, and understood the key role a document could end up playing if his health situation changed suddenly.

The palliative and spiritual care teams of CHRISTUS St. Vincent Regional Medical Center (CSVPMC) join together every April 16, to promote National Advance Directives Day. We plan educational offerings that help folks understand that advance care planning:

- Is an ongoing process, not a simple event designed to produce a product;
- Encourages the focus of end-of-life decision-making be both the completion of the document and discussion about values and preferences.

I'm Jan, Gary's sister, the Palliative Care Coordinator at Christus St. Vincent Regional Medical Center. Our team has joined numerous communities in New Mexico to promote a new form called MOST (Medical Orders for Scope of Treatment), which combines the essentials of an advance directive with the opportunity for the doctor to sign a DNR/DNI order. Sometimes treatment burdens outweigh the benefits and our team works with health care providers to help folks sort out options for care that best reflect patient/family hopes and values.

Gary's roommate was prepared the morning he didn't wake up. His death was without chaos, very dignified and gentle, consistent with the way he'd lived his life and faced his cancer.

For more information about obtaining a MOST form, starting discussions about advance care planning or completing an advance directive form you can contact Jan Jahner, by email jan.jahner@stvin.org or calling 505-913-5265. Soon you'll see MOST forms in all Christus St. Vincent Regional Medical Center physicians' offices and they are available in the emergency room by asking to speak to the case manager.

SENIOR OLYMPICS

5/2015

Senior Olympic Spotlight

With Cristina Villa



Reading, piano, violin, guitar, mandolin, belly dancing, line dancing, singing, candle dancing and comedy were all featured in the talent show

that took place on Friday, March 20th at the Fraternal Order of Eagles to a full house. There were performers who did a sword dance, while Azadeh Troupe danced with lit candles in both hands – amazingly choreographed

by Elaine Alegre. If I tried I would spill the wax or burn my hands!



During their first year competing, the Smitty's Girls had a great time line

dancing to Fireball. Those ladies and Karl are so energetic and were dancing for a good cause on behalf of fellow colleague Cheri. The baton dance by Delia Ziman was also incredible as she was twirling the two batons around. For the first time we had a stand-up comedian, Veet Deha, who had the crowd laughing. The instrumental and vocal performers did a phenomenal job! It's not as easy as it looks to be up in front of a huge crowd; they have so much talent, are in great shape, and their costumes were amazing so it was a great show to watch. Thanks to the judges: Melissa Baca, Valorie Leinberger, Elaine Gallegos, and



Victoria Carrillo, who took time out of their busy work schedules to be judges. Thanks for all your help!



Shuffleboard took place at the Santa Fe County Extension Building on March 23rd and 24th. Black and yellow discs were spread out all over, some discs on high numbers and others in the

negatives. Every participant was trying to score a perfect 10 and there was not too much competition, but the good thing is that everyone had fun, because that is what counts. A big thank you to Rosella for keeping score during the event – you gals did an amazing job and we appreciate your help! Also, first time as event manager, Karl Cardenas did an outstanding job in coordinating this event. Keep up the great work Karl!

Pickleball took place on Wednesday, March 25th and Friday, March 27th at the Genoveva Chavez Community Center. On the first day, athletes played mixed doubles and a few played several matches. They didn't



want to stop and risk getting tired before the next match, so they pushed through! The event ran smoothly, thanks to Liz Armijo, who did a remarkable job during her first time as event manager. The athletes played in remembrance and in honor of event manager Bruce Tobin.

Solid and striped balls rolled around the five pool tables on Thursday, March 26th as the Senior Olympic 8-Ball Tournament unfolded at the Mary Esther Gonzales Center pool room. They played best of three with double elimination. There were a total of 24 athletes and this year we had two ladies play. Rodney Jeffries went undefeated in the age category 60-64, and Craig Stramm was undefeated in the age group 65-69.



That's what you call "Shark." Event Manager, Eloy Ulibarri did a great job in coordinating this event and there is no stopping Hutch Hutchison age 85 from shooting!



SENIOR OLYMPICS

52015

Twenty-eight athletes participated in the table tennis event Friday, March 27th at Ft. Marcy Complex. All nine tables were used by the athletes. There were several new faces which is nice to see. Bob Funkhouser, Event Manager, did an outstanding job in coordinating this



event as well as making it look very professional with the set up.

The race-walk event took place at Santa Fe High School (SFHS) on Wednesday, April

1st with about six participants racing around the field, knees locked, fists softly clenched, and hips swerving from side to side. Event Manager Richard McLean did a fantastic job coordinating this event; it's too bad not too many athletes participated. The oldest competitor was Alice Ladas, age 94. There is no stopping Alice – she is young at heart. Great job Alice!

Also, at SFHS on April 1st was the field event, which consists of discus, javelin, long jump running, long jump standing, and shot-put. A shout out to Wayne Lloyd who threw the Javelin 107.5 feet and broke his record! Also, Hutch Hutchison, age 86, is still competing in the field event. Keep it up Hutch! Arlene Mayer, Event Manager, did an outstanding job in running this event and thanks to Liz Armijo for helping.



On Thursday, April 2nd runners of all ages from their 50's to 80's took to the field and ran many different distances from a 50 yard dash to a 10K race, which is 25

times around the field! Talk about endurance – even on a cold day for the runners. A round of applause goes out to one competitor Vinnie Kelley who ran all the races – that is what you call someone who is in great shape; I wish I could do that. We had four ladies compete and all athletes did an amazing job. Thanks to Karl Cardenas, Karen Cardenas, Liz Armijo and Cindy Lovato for helping. Thanks Bruce for shooting the gun for the runners.

Birdies were flying from one side of the court to the other at the Genoveva Chavez Community Center on Tuesday, April 7th as Badminton took place. About six Olympians participated – two women and four men. The men all played against each other and had a great time.

About six Olympians participated – two women and four men. The men played against each other and had a great time. Thank you to Tina Lanman for helping me with the event.

The golf event took place on Wednesday, April 8th at the Marty Sanchez Golf Links. Eloy Ulibarri, Event Manager, did a great job. It was a super windy day and golf balls were not going to the right place. They stuck it out though all 18 holes. We had 24 participants. The top scorer was Luis Alba with a score of 80. Our most senior competitor, Roy "Scooter" Franks, age 82 scored an 86. Job well done! The staff at Marty Sanchez was a great help as always. Thanks to Karl Cardenas and Liz for assisting with the event.



Horseshoes took place on Thursday, April 9th, for singles and Friday, April 10th, for doubles. We had a total of 26 participants compete. Weather was horrible on the first day for singles – cold and windy. Poor ladies stuck it out and played their matches. In the afternoon the men had super nice weather – not fair. On Friday there were seven doubles partners. Everyone played against each other but they were awarded by age group at the end. Barbara Cohen, Event Manager, did a terrific job with help from Johnny Roybal, our former Event Manager, as well as Larry Ulibarri. We all pitched in, taking score for each match. Congratulations to Hutch Hutchison, age 86, for competing in horseshoes.



For more information about Senior Olympics, please contact Cristina Villa at 955-4725 or email cavilla@santafenm.gov. Also, visit the Santa Fe Senior Olympics website: www.sfsg50.org.



PUZZLE

5/2015

PUZZLE 17

ACROSS

1. Sheep sound
4. Lorenzo _____ of "Falcon Crest"
9. Foot part
13. Nocturnal birds
15. "A Bell for _____"
16. Dr. Zhivago's love
17. Talon
18. Nonmetallic element
19. Movie star
20. China's continent
21. Former Miami stadium
23. Harplike instrument

25. Peels
26. Fence stairs
29. Liberates
32. Comedienne Burnett
33. Waters: Fr.
34. Attended a banquet
37. Life, to Erma Bombeck
41. Large cask
42. Arouse
43. Assistants
44. Choreographer Bob _____
46. Mysterious
47. Mata Hari et al.
50. Arduous journey

51. Orlando stadium
55. Woman
59. Copycat
60. Eagle's nest
61. Periods in history
62. Pierre's dad
63. Astronaut John _____
64. Trigonometric ratio
65. Formerly, formerly
66. Discount events
67. Swiss river

5. Worship
6. Name assumed by Naomi
7. Any moment
8. Melody
9. Defenses
10. Inert gas
11. Throng
12. Corridors
14. Capistrano bird
22. Before, to Keats
24. Scream
26. Begone!
27. Forbidden
28. Heavy metal
29. Prima _____ evidence

DOWN

1. _____ Raton, Fla.
2. Shoemakers' tools
3. Jai _____
4. Toils

30. German industrial region
31. English river
33. Newts
34. Verdi opera
35. Adolescent
36. Being: Lat.
38. CIA predecessor
39. Infrequent
40. Comedian Don _____
44. Polecat
45. Columbus college: abbr.
46. Harold and Richard
47. Feather shaft
48. Pay the _____
49. Roman roads
50. Strong string
52. Droops
53. Composer Bartok
54. Pitcher Hershiser
56. Diva's solo
57. Delany of "China Beach"
58. Belgian river

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| 13 | | | 14 | | 15 | | | | | 18 | | | |
| 17 | | | | | 18 | | | | | 19 | | | |
| 20 | | | | | 21 | | | | | 22 | | | |
| | | | 23 | 24 | | | | | | 25 | | | |
| 26 | 27 | 28 | | | | | 29 | 30 | 31 | | | | |
| 32 | | | | | | 33 | | | | | 34 | 35 | 38 |
| 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 | | | | | 66 | | | | | | 67 | | |

PUZZLE

5/2015

Starting Gate

9

The Gateway Arch symbolizes St. Louis, Missouri, as a gateway to the West. Towering at 630 feet, the stainless steel structure designed by Eero Saarinen and completed in 1965 is the tallest manmade monument in the U.S.

Solution on page 137

- ARCHITECTURE
- BASE
- CONCRETE foundation
- CURVED shape
- ENGINEERING marvel
- LANDINGS
- LIGHTNING rods
- MISSISSIPPI River
- NATIONAL monument
- NORTH leg
- OBSERVATION area
- PARK rangers
- SAARINEN, Eero (architect)
- SIDES
- SOUTH leg
- SPAN
- STAINLESS steel
- ST. LOUIS, Mo.

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

- STRUCTURE
- STUNNING
- SYMBOLIC
- TALL
- TOP
- TRACK
- TRAMS
- VIEWS
- VISITORS
- WIDE
- WINDOWS

PUZZLE ANSWERS

5/2015

PUZZLE 17

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

9

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

BREAKFAST MENU

5/2015

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

| | |
|-------------|---|
| 1st | Breakfast burrito – scrambled egg, cheese, red chile, potatoes, bacon, milk |
| 4th | Boiled eggs, hot oatmeal, margarine, tomato juice, milk |
| 5th | Breakfast burrito – sausage, cheese, green chile, potatoes, milk |
| 6th | Grilled ham, cheese, peppers, onion, small roll, margarine, milk |
| 7th | Waffles, scrambled egg, maple syrup, margarine, tomato juice, milk |
| 8th | Grilled ham, cheese, peppers, onion, small roll, margarine, milk |
| 11th | Pancakes, sausage, maple syrup, margarine, tomato juice, milk |
| 12th | Scrambled egg, cheese, grilled peppers, hash browns, bacon, milk |
| 13th | Breakfast burrito – scrambled egg, cheese, salsa, potatoes, bacon, milk |
| 14th | Cold cereal, cottage cheese, jelly, tomato juice, milk |
| 15th | Boiled eggs, hot oatmeal, margarine, tomato juice, milk |
| 18th | Diced ham, cheese, salsa, potatoes, margarine, milk |
| 19th | Breakfast burrito – scrambled egg, cheese, red chile, hash browns, bacon, milk |
| 20th | Sausage, cheese, green chile, hash brown, small roll, margarine, milk |
| 21st | French toast, scrambled egg, maple syrup, margarine, tomato juice, milk |
| 22nd | Breakfast burrito – scrambled egg, sausage, salsa, hash browns, margarine, milk |
| 25th | ALL CENTERS CLOSED IN OBSERVANCE OF MEMORIAL DAY – NO BREAKFAST |
| 26th | Breakfast biscuit, sausage, cheese, salsa, margarine, milk |
| 27th | Waffles, scrambled egg, maple syrup, margarine, tomato juice, milk |
| 28th | Grilled ham, cheese, salsa, peppers, margarine, milk |
| 29th | Boiled eggs, hot oatmeal, margarine, tomato juice, milk |

Senior Center Barbecues

Barbeques will be from 11 am to 12:30 pm. Menu includes: Hamburgers with cheese, lettuce, tomato, pickle, onion and green chile. Sides include: pork & beans, chips, watermelon and milk. **The barbecue replaces the usual meal served that day; suggested donation is \$1.50.**

- Villa Consuelo: May 15th
- MEG: June 2nd
- (Mariachi Azteca will perform)
- Luisa: July 18th
- Pasatiempo: July 16th
- Ventana de Vida: July 24th

Ice Cream & Popcorn Socials

MEG Center:

- 5/05/15 Popcorn Social
- 5/14/15 Ice Cream Social
- 5/19/15 Popcorn Social
- 5/28/15 Ice Cream Social

Luisa Center:

- 5/01/15 Ice Cream Social
- 5/15/15 Ice Cream Social

Pasatiempo Center:

- 5/06/15 Popcorn Social
- 5/15/15 Ice Cream Social
- 5/20/15 Popcorn Social
- 5/29/15 Ice Cream Social



Nutrition Tip – Eat More Seafood (From ChooseMyPlate.gov)

Twice a week, make seafood—fish and shellfish—the main protein food on your plate. Seafood contains a range of nutrients, including healthy omega-3 fats. According to the 2010 Dietary Guidelines for Americans, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease. Keep it lean and flavorful – try grilling, broiling, roasting, or baking—they don't add extra fat. Avoid breading or frying seafood and creamy sauces, which add calories and fat. Use spices or herbs which add flavor without adding salt.

MAY SENIOR LUNCH MENU

5/2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <p>Stop by the salad bar at MEG for a healthy bite. A suggested donation of \$1.50 will get you a hot meal and a salad!</p> <p>Available Monday - Friday.</p> | <p>MENU IS SUBJECT TO CHANGE</p> <p>Note: Milk is served with every lunch meal</p> | | | <p>¹ Open Face Hot Roast Beef Sandwich Mashed Potatoes w/ Brown Gravy Carrots & Peppers Chilled Pears</p> |
| <p>⁴ Baked Chicken Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad Wheat Roll w/ Butter Jell-O w/ Peaches</p> | <p>⁵ Beef Pot Roast Mashed Potatoes w/ Brown Gravy Steamed Green Beans Wheat Roll w/ Butter Cake</p> | <p>⁶ Baked Chicken Breast w/ Noodles & Sauce Carrots and Green Peas Cornbread w/ Butter Fruit Salad</p> | <p>⁷ Glazed Ham Baked Yams w/ Marshmallow Topping Green Beans Cornbread w/ Butter Fruit Salad</p> | <p>⁸ BBQ Bonanza Chicken, Sausage and Brisket Creamy Coleslaw Pinto Beans Wheat Roll / Cookie</p> |
| <p>¹¹ Bean Burrito Spanish Rice Salsa Corn Tossed Salad w/ Dressing Chilled Applesauce</p> | <p>¹² Baked Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato Wheat Roll w/ Butter Banana Pudding</p> | <p>¹³ Baked Chicken w/ Veggie Sauce Steamed Mustard Greens Baked Biscuit Chilled Mixed Fruit</p> | <p>¹⁴ Pork Posole w/ Red Chile Tossed Salad Mustard Greens Tortilla Baked Cookie</p> | <p>¹⁵ Pork Ribs Baked Potato Green Salad Potluck Roll Strawberries & Bananas</p> |
| <p>¹⁸ Baked Fish Fillet Tartar Sauce Topping German Coleslaw Mixed Vegetables Hushpuppies Banana Pudding</p> | <p>¹⁹ Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce</p> | <p>²⁰ Roasted Turkey w/ Turkey Gravy Baked Sweet Potatoes Steamed Green Beans Cornbread w/ Butter</p> | <p>²¹ Baked Pork Chop Topped w/Veggie Sauce Seasoned Pasta Buttered Carrots French Bread w/ Butter Mandarin Oranges</p> | <p>²² Beef Brisket Pinto Beans Coleslaw Garlic Toast Apple Crisp</p> |
| <p>²⁵ ALL SENIOR CENTERS CLOSED IN OBSERVANCE OF MEMORIAL</p> | <p>²⁶ Beef Taco (1) w/ Garnish & Salsa Spanish Rice Salsa Corn Jell-O w/ Apricots</p> | <p>²⁷ Sweet & Sour Pork Steamed Rice Steamed Carrots Wheat Roll w/ Butter Fresh Orange</p> | <p>²⁸ Italian Meat Lasagna Garden Salad Mixed Vegetables French Bread Fruit Cobbler</p> | <p>²⁹ Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/ Fruit</p> |

Senior Lunch Meal Suggested Donation: \$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 -- 12:30pm Monday thru Friday

