

THE SENIOR SCENE



Photo By: Andy Richards 2008



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

**OCTOBER
2020**

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

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

OCTOBER 2020

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

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies.

It is also available online at www.santafenm.gov. Simply type “Senior Scene” into the search box on the home page and click on the magnifying glass. Then click on the listing for Senior Scene newsletter and scroll down to the issue you would like to read.

PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

Front Desk Reception	(505) 955-4721	In Home Support Services:	
Toll-Free Administration Line	(866) 824-8714	Homemaker and Respite Care,	
Gino Rinaldi, DSS Director	955-4710	Theresa Trujillo, Program Supervisor	955-4745
Administration		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Katie Ortiz, Clerk Typist	955-4746
Cara Alunno, Receptionist	955-4741	Foster Grandparent/Senior Companion Program	
FAX Machine - Administration	955-4797	Melanie Montoya, Volunteer Prog. Manager	955-4761
Senior Services Registration		Anya Alarid, Project Administrator	955-4744
Vacant, Database Specialist	955-4722	Retired Senior Volunteer Program (RSVP)	
Transportation Ride Reservations	955-4700	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	Marisa Romero, Program Coordinator	955-4743
Erika Cuellar, Administrative Assistant	955-4702	50+ Senior Olympics	
Nutrition		Cristina Villa, Program Coordinator	795-3817
Yvette Sweeney, Program Manager	955-4739	Miscellaneous	
Enrique DeLora, Inventory Supervisor	955-4750	Craft Room	Not in service
Tebrina Roibal, Administrative Assistant	955-4749	Pool (Billiard) Room	955-4730
FAX Machine - Nutrition	955-4794	Other Important Numbers	
Meals On Wheels (for homebound individuals)		Santa Fe Civic Housing Authority	988-2859
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe County Information	992-3069
Robert Duran, MOW Assessments	955-4747	Newsletter Production	
Senior Center Programming (Activities)		Kristin Slater-Huff, Editor/Distribution	955-4760
Lugi Gonzales, Center Program Manager	955-4711	kwslater-huff@santafenm.gov	
Albert Chavez, Program Coordinator	955-4715	Gil Martinez, Graphic Artist	
Mary Esther Gonzales (MEG), Ventana de Vida		Linda Miller & Barbara Anderson-Acosta, Proofreaders	
Cristina Villa, Program Coordinator	955-4725	Christella Vigil & Mela Sanchez, Mailing Distribution	
Luisa, Pasatiempo, Villa Consuelo			

By Gino

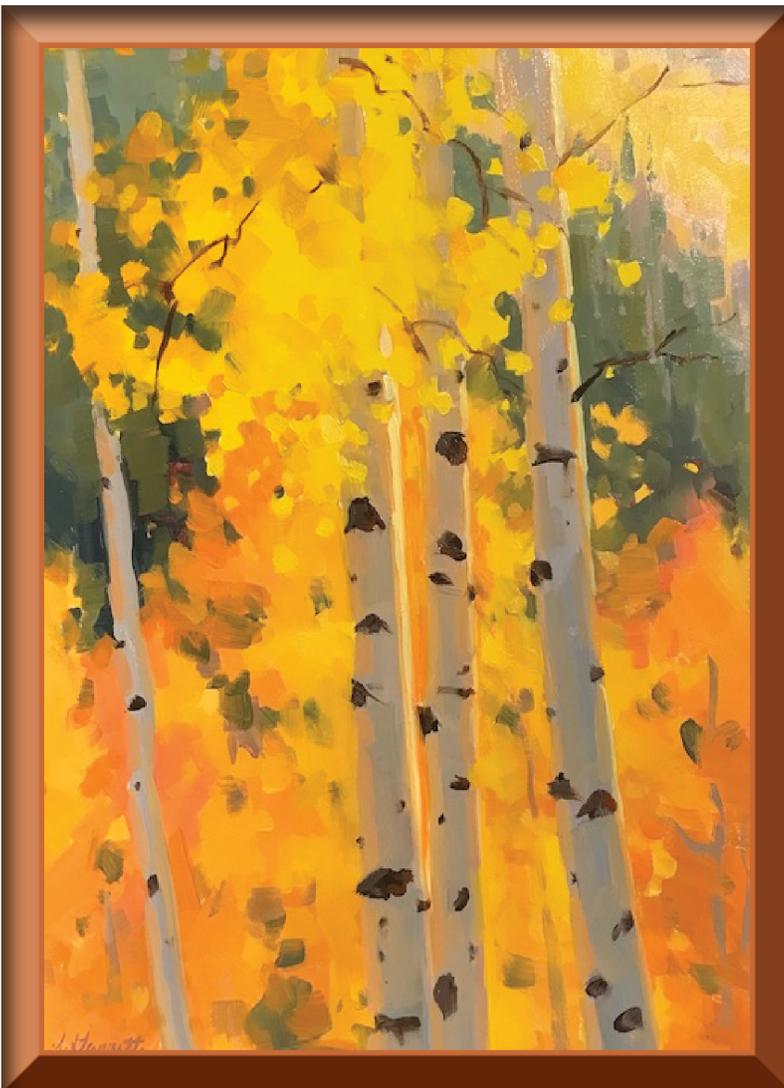
A message from the Division Director



“Life starts all over again when it gets crisp in the fall” F. Scott Fitzgerald

“Fall has always been my favorite season. The time when everything bursts with beauty, as if nature had been saving up all year for the grand finale” Laren DeStefano

Well we made it through that hot summer. I love fall, not only because it's my birthday but because the trout start to become more active.



We are still keeping busy here at Seniors. I sure miss seeing folks and wish we were opening soon, but we are not yet. We have been keeping safe and it's not wise to open yet. The main thing I want to say to everyone is, Please, Please get your flu vaccination. It has always been important to get your flu shot, but this year is especially important. Make sure you go to your doctor, healthcare provider, pharmacy, or whoever you normally go to. We are not providing the vaccination in the senior centers this year.

Next month we will provide an update on all the meals, transportation, wellness checks, food boxes, and everything else. Remember to have your furnaces checked and get ready for cool nights.

Rudolfo Anaya has always been one of my favorite New Mexico authors. The beauty of writing is it is enduring. “There is a time in the last few days of summer when the ripeness of autumn fills the air, and time is quiet and mellow” Rudolfo Anaya.

NEWS & VIEWS

OCTOBER 2020

Disclaimer: *The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.*

City Building Closures Continue

In accordance with the current public health order and to prioritize the health and safety of employees and residents, the City of Santa Fe will continue to provide services via virtual offices and limited openings of in-person facilities through at least the end of the year. We will continue to monitor emerging health recommendations and best practices as we make decisions moving forward about how and when we will reopen parts of City government. City of Santa Fe Senior Centers will remain closed to the public through at least December 31, 2020.

Senior Services staff continues to prepare home-delivered and curbside meals on weekdays, according to the menu in this newsletter. Please call (505) 955-4721 to request meals.

Winter Curbside Meal Changes

As the weather gets colder, we are considering ways to alter our curbside lunch service, for the safety and comfort of everyone. If you pick up your meals, please look for a survey asking your thoughts about reducing the window of time staff members need to stand outside to serve, and also whether you would prefer to have meals delivered to you at home this winter.

Note: Curbside meal service may be suspended when the weather is particularly cold or snowy. Please call (505) 955-4721 to confirm service.

No Services October 12th

The City of Santa Fe is closed on Monday, October 12th for Columbus Day/Indigenous Peoples' Day.

Do You Have a Locker at MEG Center?

If, when we closed, you left items in a locker in the pool or craft rooms at MEG Center, please call Albert at 955-4715 to arrange to collect your belongings.

Thank you

Drive-Through Flu Shot Clinics

CHRISTUS St. Vincent Regional Medical Center is sponsoring the following drive-through flu shot clinics in October.

Saturday, Oct 3rd 9:00 a.m. - 1:00 p.m. at Entrada Contenta Health Center
5501 Herrera Drive

Saturday, Oct 10th 8:00 a.m. - 1:00 p.m. at the Main St. Vincent Hospital
455 St Michael's Drive

Staff will administer two vaccines: Fluzone Quadrivalent Influenza Vaccine, for patients 6 months and older; and Fluzone High-Dose Influenza Vaccine, for patients 65 and older. For information, call (505) 913-3880



Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket costs such as medical-related expenses, food, clothing, etc., for their grandchildren.

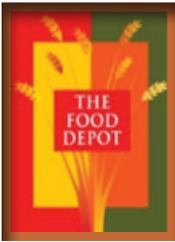
Eligible senior citizens (55 year of age or older) who live in the city or county of Santa Fe, and who show proof of actively raising and/or providing financial assistance for their grandchild/ grandchildren, may receive modest financial assistance for reimbursable expenses.

For more information, please contact Melanie Montoya at (505) 955-4761.

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October Food Depot Distributions



The Food Depot is an equal opportunity provider.

- Thursdays, October 1, 15, 29; November 12, 19 (Note new time: 7:00 to 9:00 a.m.) The Food Depot parking lot, 1222 A Siler Rd.

No documentation is required for this distribution.

- On Saturdays, October 10, 24; November 7, 21 from 9:00 to 11:00 a.m. at Santa Fe Place Mall (enter from Zafarano). These are USDA commodity food distributions. Recipients should be prepared to provide their name, address and household information, including income.



DSS Schedule Change for November 3

Tuesday, November 3rd is Election Day, and the City of Santa Fe will close at noon.

Curbside meals will only be served 10:00 – 11:30 a.m. on that day. Please plan ahead and pick up your meal before 11:30. Thank you.

Meals will be delivered to homes that day, as usual.



Self-Care Strategies

From Eileen Joyce, Certified Coach/
Grief Recovery Specialist

Some things to do in these challenging times:

Purge write. Write down what you're thinking and feeling...the good, the bad, and the ugly. Get it out of your head. Let it go. Then rip it up!

Breathe. Take in a nice soothing breath and let it out with a strong exhale. Do this in your own rhythm for a couple of minutes and then go back to regular breathing.

Get physical in some way, even if it's to move to another sitting place. Now do it some more.

Ask for help and accept the help once you get it.

Know your limits. Say no when it is appropriate.

Make time to reflect. It can help your brain and heart process the changes you are going through.

Look for the joy in your life. Writing down what you are grateful for helps to balance the list of complaints.

Take a mental break. Watch a funny movie or TV show on "impossible days." See a favorite love story again and have a good cry.

Listen to music. Sit, relax, feel it heal you.

Think of little ways to give to others.

Be creative. Draw, cook, garden, doodle, quilt, make a model, blog, do basket weaving. Just do something that helps you feel creative.

Be mindful as you go through your day. Take a moment to monitor your body. Let go of tension by focusing on it and breathing and/or stretching.

Get support. Talk to a support buddy on a regular basis. Get professional help if you need it.

NEWS & VIEWS

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They Will be Missed...



Orlando Watson, Sr. On August 7th, 2020 Orlando Watson Sr., loving friend, and father of four went to be with the Lord at the age of 81. Orlando was born on February 12th, 1939. He was a lifelong resident of Santa Fe.

He started his career early in life as a delivery boy, served in the US Army, a surveyor, a correctional officer, and then retired at a young age from the State of New Mexico as an auditor. Mr. Watson was an avid music lover and would sing and play his guitar with friends and church members. He was known for his smile, having a meal with friends and family, and always having a glass of wine. He loved vacations and saw a lot of the world with his friends and traveled states with his children and grandchildren. He will be missed by all that knew him especially his family. Great thanks to all his relatives for never leaving his side while he was ill, and to all the friends and family that he got the chance to visit before his untimely passing. It brought a lot of joy to him in his last days. His friends at the MEG Center miss him.



Margaret S. Trujillo While wrapped in the loving arms of her daughter and surrounded by her family, Margaret S. Trujillo joined her parents in eternal rest on Sunday, August 2, 2020 at age 61.

Margaret was born and raised in Santa Fe and worked for various state government agencies, retiring from the New Mexico Environment Department in 2011. She was a member of San Isidro Catholic Church in Agua Fria Village. Her passion and greatest legacy was her beautiful daughter, Jennifer.

Another of Margaret's passions was teaching and doing Zumba – she was a volunteer teacher of a weekly Zumba class at the Pasatiempo Senior Center until COVID-19 hit in the spring.

Throughout her 15-year battle with breast cancer, she was a pillar of strength. Her zest for life and desire to keep going through some of the toughest times was admirable.



Theresa (Gallegos) Trujillo age 66 peacefully joined her ancestors on August 18, 2020. Theresa was born on May 26, 1954 in Gallup, New Mexico.

Theresa enjoyed working at TG&Y and the Gallup Senior Citizens Center. After leaving the workforce she enjoyed time with her family and friends. Theresa loved baking, especially during the holidays, traveling when possible, and a never-ending cup of coffee.

Theresa and her husband John Trujillo spent many happy days at the MEG Senior Center.

How Important is One Vote?

Submitted Anonymously to Ann Landers
Published in the Boston Globe April 7, 1987

- In 1645, one vote gave Oliver Cromwell control of England.
- In 1649, one vote caused Charles I of England to be executed.
- In 1776, one vote gave America the English language instead of German.
- In 1845, one vote brought Texas into the Union.
- In 1868, one vote saved President Andrew Johnson from impeachment.
- In 1875, one vote changed France from a monarchy to a republic.
- In 1876, one vote gave Rutherford B. Hayes the presidency of the US.
- In 1923, one vote gave Adolf Hitler leadership of the Nazi Party.
- In 1941, one vote saved Selective Services-just weeks before Pearl Harbor was attacked.

Your vote might be the one that makes the difference. Don't forget to vote in this election.

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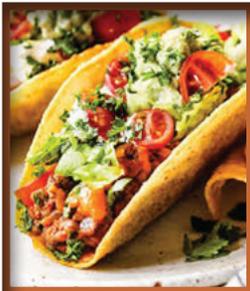
NUTRITION EDUCATION

Absorb More Iron

(Nutrition Matters from N.M. Dept. of Health)

Help your body absorb more of the iron from beans, grains and vegetables by serving meals with a Vitamin C food or a small amount of meat.

Eat a Vitamin C food with an iron food:



- Breakfast cereal with cut up fruit or a glass of 100% fruit juice
- Taco with salsa or tomatoes
- Add spinach to a pasta dish and serve it with broccoli
- Add sliced fruit to a peanut butter sandwich
- Serve a dish of fruit with a meal

Foods with high amounts of Vitamin C:



- Broccoli, cauliflower, cabbage
- Tomatoes, bell peppers
- Oranges, grapefruit, kiwi
- Juice with 100% USRDA of Vitamin C
- Strawberries, melons, mango, papaya

Add a small amount of meat to meals:

- Add cooked hamburger or chicken to bean burritos
- Serve hamburger or turkey patty on whole grain bread or bun
- Make pasta dishes with beef, chicken, pork or turkey
- Add salmon, chicken or beef to a salad with spinach or broccoli

“I had a feeling I should vote once in my life. If I had known it was this easy, I would have voted a long time ago.”

–Eleanor Smith, age 83

Do you Know Kitchenality?



Founded in 1992, Kitchen Angels serves residents of Santa Fe and other Northern New Mexico communities who are homebound, in a health crisis, lack the resources for regular meals, and are not eligible for other local meal services. Since they first started cooking, they have provided over 1.5 million meals to homebound individuals.

One way they raise funds for their program is through their store Kitchenality. The shop sells gently used gourmet cooking and entertaining ware. If you are downsizing, it is a great place to donate. Or, stop in and find terrific items at very good prices.

The shop is currently mandating strict COVID-safe practices and is only open Monday- Saturday 10:00 a.m. to 2:00 p.m. They are at 1222 Siler Road (look for the red door with the big rolling pin sign). Shop locally!

Call the Alzheimer's Association for Help



**alzheimer's
association®**

Currently, all Alzheimer's Association support groups meet online or by telephone, but you can access their free 24/7 Helpline at 1 (800) 272-3900.

Receive reliable information, advice and support from trained, knowledgeable staff. Get referrals to services, education, crisis assistance and emotional support. Care consultations are available by master-level clinicians. Translation services are provided.

NEWS & VIEWS

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Volunteer with Horses



New Mexico
Center for
Therapeutic Riding

The mission of the New Mexico Center for Therapeutic Riding is to enrich and expand the lives of children, youth, and adults with special needs through equine-assisted activities and therapies.

Therapeutic riding is proven to contribute positively to the cognitive, physical, emotional, and social well-being of individuals with special needs. Just experiencing the rhythmic movement of the horse can be therapeutic and riders with physical disabilities often show improvement in flexibility, balance, and muscle strength. The fact that an individual is living with a disability does not preclude him or her from enjoying all that riding and a relationship with a horse has to offer.

You can volunteer directly with the riding program or help them maintain a happy, healthy herd of horses, who are the true heroes of the program!

Volunteer orientations will be held in October. Call the RSVP office at 955-4760 to sign up.

Virtual Senior Social Hours

Sponsored by the New Mexico Aging and Long Term Services Department, Senior Social Hours are a way to connect with other seniors online and learn about different topics each session. Log on through Facebook at <https://www.facebook.com/NewMexicoAging>. Upcoming sessions are:

October 1st 10:00 a.m. Alzheimer's Does Not Stop and Neither Should You

October 8th 10:00a.m. Kinship Guardianship: A Shadow Foster Care System

Thursday, October 22nd 10:00 am. Building Community with Dona Ana

Education on Stem Cells

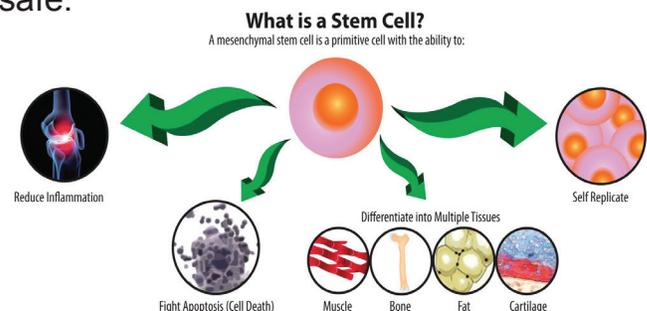
(By RSVP volunteer Can Sirin)

In the continuing effort to inform you about stem cell therapy/treatment, I will tell you what we do know: the Federal Drug Administration (FDA) is allowing certain non-invasive administration of stem cells into the body for relief of inflammation and to simultaneously act as regenerative tissue to needed parts of the body, such as knees, hips and shoulders. As I've said in prior articles, the remedy seems and sounds too good to be true.

Until we can figure out why the potential of stem cell therapy is so beneficial to us as "seniors", we must continue to be informed and seek educational tools to learn. I have been lucky and interested enough to listen to a lot of experts, read voluminous articles and have had personal experiences with stem cell therapy.

If you are able to get on the Internet, I would recommend checking out the New Mexico Stem Cell website. They are continuously hosting free webinars (seminars on the web) on the topic of stem cells. I have listened to these webinars and the presentation by Dr. Kyle Gray, DC, is one of the best I have heard on stem cells. The beauty of the webinar, for me, is the Q&A portion, where all your questions will be credibly answered. So if you choose to attend one of these presentations, be ready and be educated.

As we continue to hope for the pandemic tragedy to resolve, I wish all of you readers to do your best to stay in shape while staying safe.



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Autumn Joke

(Submitted by Tom Pedersen)

Question: What do you get when you divide the circumference of a pumpkin by the diameter of the pumpkin?

Answer: Pumpkin π



RENESAN

Institute for Lifelong Learning

RENESAN Institute for Lifelong Learning

RENESAN was established in 1996, when a group of Santa Fe residents decided to arrange academic courses for retired people.

Mostly volunteer-run, this non-profit is located in St. John's United Methodist Church

1200 Old Pecos Trail, but all courses are currently being presented online, due to COVID. Their courses are taught at a high academic level by experts in their fields.

Ongoing courses are offered in art, cultural studies, current events, history, literature, music, performing arts and science. Single lectures are also offered. Some of the topics for October are listed below.

Lectures are presentation based which means participants can see and hear the instructor and any presentation materials, but participants are not on camera and are muted. Participants can ask the instructor questions via a moderated chat text box. All lectures are held on Thursdays, 1:00 – 3:00 p.m. Lecture fees are \$15. You must register in advance.

To register, go to renesan.org

Oct 8 Grave Robbers, Hidden Treasure, and the Discovery of a Long-Lost Holy City in Turkey
Lecturer: Professor William Tabbernee

In this lecture, Professor Tabbernee explains how he solved a historical mystery and shares his research, archaeological fieldwork, and adventures in Turkey, including contact with

grave robbers and black-market racketeers, having machine guns pointed at him, and narrowly escaping being thrown into a Turkish prison.

Oct 15: Suffrage Wagons: The Winding Road to Voting Rights

Lecturer: Santa Fean Marguerite Kearns

The women's voting rights victory was one of the largest civil rights campaigns of this nation, spanning from before 1848 to 1920 and beyond.

Learn how suffrage wagons were used in rural areas and cities in parades, demonstrations, and special exhibits, and how New Mexico is celebrating the observance of US women voting during the national 2020 centennial of women's voting rights.

Oct 22: The Law of Voting Rights and Wrongs

Lecturer: Professor Mark Davis

This lecture focuses on how courts have considered procedures to make the vote more accessible and, conversely, more restrictive. To increase voter participation, states have implemented no-excuse absentee voting, voting by mail, early voting and same day registration and voting. To suppress the vote, states have eliminated or limited these measures and have also purged voting rolls, restricted the right of felons to vote, gerrymandered districts, and imposed voter ID requirements. The lecture will survey how courts have decided these issues and what we can expect in the upcoming election.

Oct 29: Oppenheimer, Los Alamos, and the Emergence of One of Our Greatest and most Tragic Public Intellectuals

Lecturer: Professor Emeritus James Hopkins

J. Robert Oppenheimer became the most outstanding and influential scientific administrator of his generation. However in his early career he was so disengaged from the world that months passed before he learned of the outbreak of the Depression. One colleague said dismissively he did not have the administrative ability to run a hamburger stand.



RENESAN

Institute for Lifelong Learning



SHIP Provides Information and Assistance to New Mexicans to Maximize Medicare Benefits During Fall Open Enrollment

Medicare Open Enrollment is around the corner—October 15th through December 7th. For most people, it's the one time of year that you can change your Medicare coverage. If you are in a Medicare health or prescription drug plan, you should always review the materials your plans send you, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). Medicare health and drug plans can make changes each year — things like cost, coverage, and which providers and pharmacies are in their networks. Also, your health needs may have changed. Now is the time to compare all your Medicare health and drug plan choices.

What is SHIP?

State Health Insurance Assistance Program (SHIP) is part of the New Mexico Aging and Long Term Services Department, and offers free, unbiased, expert information and assistance to New Mexico residents. You can reach a SHIP counselor at (800) 432-2080 to get help making the best decision about Medicare for your situation.

If you're satisfied with your current Medicare coverage there is no need to do anything. However, if you want to make changes and would like assistance, call the Aging and Disability Resource Center (ADRC) at 1-800-432-2080. Even if you're happy with your current coverage, it pays to compare plans while you can with a SHIP counselor. By reviewing options before making a decision this fall open enrollment, you may be able to lower your healthcare and prescription drug costs. If you decide to make a change to better meet your needs, new coverage becomes effective January 1.

How can people get help comparing Medicare plans?

Call the Aging and Disability Resource Center (ADRC) at 1-800-432-2080 to speak with a SHIP counselor or request an appointment. Appointments will begin being accepted on October 1. Another option is to take advantage of the live web chat at www.nmaging.state.nm.us.

Other Ways SHIP May Be Able To Help You Save Money on Medicare

If you have Medicare and have trouble paying for your health care and prescriptions, there are programs that may be able to help.

Extra Help

Extra Help helps you pay for your Medicare Part D (prescription drug) costs. If you get Extra Help (also known as LIS), you will have either no or a reduced premium for your drug plan and will pay between \$1.30 and \$8.95 for your medicine at the pharmacy.

Medicare Savings Programs

Medicare Savings Programs help you to pay for some of your Medicare costs related to health care (but not prescriptions).

- The Qualified Medicare Beneficiary program - QMB helps pay for your Parts A and B annual deductible, Part B premium, and other copayments you may have at the doctor/hospital.
- The Specified Low-Income Medicare Beneficiary program - SLMB pays for your monthly Part B premium.
- The Qualified Individual program - QI pays for your monthly Part B premium.
- The Qualified Disabled and Working Individual program – QDWI is for people with Medicare who are under age 65, disabled, and do not qualify for free Medicare Part A because they returned to work. QDWI pays for Medicare Part A premiums.

Even if you do not get other types of Medicaid, you may be able to get help from a Medicare Savings Program.

Where to Get Help

Call the Aging and Disability Resource Center (ADRC) at 1-800-432-2080 and ask about Extra Help and Medicare Savings Programs. This office provides free information and assistance to people with Medicare and their families.

You can also access live web chat at www.nmaging.state.nm.us



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

OCTOBER 2020

The Value of Volunteer Time According to Independent Sector

From independentsector.org



Volunteers in the United States are 63 million strong and hold up the foundation of civil society. No matter what kind of volunteer work you do, you are contributing in invaluable ways

For decades, Independent Sector has been the primary source for state and national data on the value of volunteer time in the United States.

The 2019 state and national estimates of the value of volunteer time are based on the annual average hourly earnings (non-seasonally adjusted) for all production and non-supervisory workers on private non-farm payrolls. These annual earnings estimates come from the Current Employment Statistics (CES) database, which is available from the Bureau of Labor Statistics (BLS). Those earnings are the base, then they are increased by 15.7% for the value of fringe benefits.

The assumption is that these earnings represent the cost to the organization of hiring paid workers to provide these services and on the cost (or value) of the services they provide.

The state estimates are equal to the national value of volunteer time multiplied by a state-specific "hourly earnings index," which is based on the average estimate of hourly earnings for private sector employees in nonagricultural occupations. The index value for each state is equal to the state hourly earnings estimate divided by the national hourly earnings estimate.

Of course putting numbers to volunteer hours will never do them justice, but it is just one way to show the contributions individuals and organizations have made in our communities. The estimate helps acknowledge the millions of individuals who dedicate their time, talents, and energy to making a difference.

The value of volunteer time in 2019 for the United States is \$27.20 per hour, and in New Mexico, it is \$22.31 an hour.

In 2019, RSVP volunteers contributed 68,062 hours to Santa Fe City and County.

According to the Independent Sector's value of Volunteer Time, that equals \$1,518,463.00!

You are truly amazing, and RSVP staff thanks you for your contributions!

The Volunteer Programs
wish a very
Happy Birthday
to all volunteers born in **OCTOBER**

RSVP *Voluntarios*

Mela Sanchez	10/01
W. Peyton George	10/02
Helen Maestas	10/02
Craig Stamm	10/02
Roberta Armstrong	10/03
Patricia Walker	10/03
Don Blossom	10/06
Daniel Koenig	10/06
Mercedes Moreno	10/09
Annabelle Brazeal	10/11
Jerry Delgado	10/12
Thomas W. Blum	10/13
Richard Lueck	10/15
Carol Lachman	10/16
Alex Vargas	10/16
Susan Hill	10/18
Reynaldo Chavez	10/19
Judy Montano	10/19
Elvira Urban	10/19
Louie Ortiz	10/20
Chia Yih	10/20
Nancy Brace	10/22
Larry Edigar	10/22
Mario Reynolds	10/22
Amy Lafferty	10/26
Mary Lee Ortiz	10/27
Tony Rivera	10/27
Carmen Rodriguez	10/27
Christella M. Vigil	10/27
Janet Reffert	10/28
Jessie Visarraga	10/28
Elizabeth Slota	10/30
Charles Niggemann	10/31

FGP/SCP *Voluntarios*

Frances Gallegos	10/12
Anna Chacon	10/24

Please note that the above names are people who are enrolled in the Senior Volunteer Programs and who turn in their reports of hours served.

CONSUMER & LEGAL

OCTOBER 2020

Those To-Do Lists

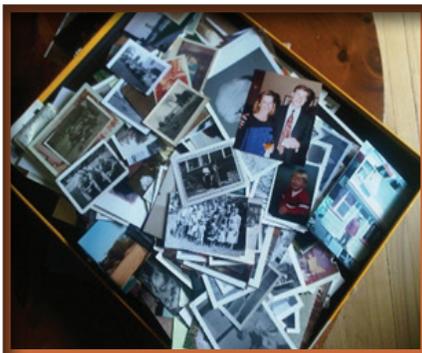
We have Time to Look at Now...

By Michael Weigand

There are many projects we keep in the back of minds. We tell ourselves we will work on them if only we had time! Now with our daily routines changed, maybe this could be the time to complete these projects. I will provide ideas of possible projects:

Photos:

In my work helping people organize for a move I notice many people keep photos in boxes not in albums. Of course there are the wedding albums and baby albums, yet many photo packets remain in boxes. The boxes are tucked away in closets, not accessible. So maybe this is a time to:



- Organize photos instead of having them loose in boxes by event or activity. In times past we would take numerous photos to get "that one shot" where everyone looked good. Is this the time to share these extra photos or even throw out photos?
- Label family photos so people will know persons in the photos.
- Write a family remembrance of a parent, sibling or an event and include photos.

Remember that in reviewing photos you will have a variety of memories. There could be some laughter in addition to sadness, tears and grief.

Closets/Garage and Kitchen Cabinets:

It is amazing what one can collect over a lifetime! This is particularly true if you have lived in the same place for a long period. No matter where we live there are spaces where we place things – "just in case I need" or simply because we don't want to deal with the items.

So this can be the time to review what we own, organize things and make decisions on what to donate, or give to family. Practical things such as extra glasses, pots, pans and kitchen gadgets no longer in use can be donated. Sometimes people in our families need these things.



All of us have clothes we never wear, because of change in styles or sizes. Is this the time to let go of

And then there are things we do not use and could release. As you do this project it could be a good idea to share with your family, in case they have interest in items or know someone that may have a need.

Paperwork:

- Review paperwork. Cull files. Organize files and create new one as needed. Get a box and place papers that will need to be shredded. (These papers can be taken to places like Office Depot and UPS to shred.)
- Update your emergency lists, medical contacts and financial contacts.
- If you have not done this:
- Consider writing things as they relate to planning your funeral. Contact funeral homes to get pre-planning packets to review.



Yes, all of the things listed above take time and also require energy. So you may wish to set the timer and work for an hour. Then take a break and work for another hour. After all, you wanted to do these things and you do have the time!



In Your Home
move management services

Michael Weigand (505) 690-7032

CONSUMER & LEGAL

OCTOBER 2020

Free Safety Apps on your Smartphone

(By Jeff Csatari, from AARP Magazine, August/September 2020)

If you have a smartphone, we suggest you read through the different apps below and see whether any of them might make your life easier. They are all free, except for one that costs a one-time fee of \$4.00.

You may need help installing or learning to use them, but once you have them, they could be real life savers.



BSafe for Android and iPhone, free – This voice-activated SOS system sends your location to your selected contacts and automatically streams and records emergency video. Features a built-in siren.



Cairn for Android and iPhone free – A safety app for hikes that shares your planned route with loved ones; it also calculates your estimated time of arrival based on your speed and elevation change for thousands of trails. Cairn allows you to download maps that point out where cell service is available, even when you're off the grid.



First Aid by American Red Cross for Android and iPhone, free – Contains valuable information on what to do in any common first aid emergency. Also, download the free Red Cross apps for emergency weather alerts and expert advice for tornadoes, hurricanes, earthquakes and floods.



Medisafe Medication Reminder for Android and iPhone, free – Get reminders on your phone for when to take your medication or supplement and when your supplies are running low. Caregivers

get real-time missed medication alerts. The app also warns of potentially dangerous drug interactions.



ICE Medical Standard for Android and iPhone, free – It's like a medical alert bracelet on your smartphone's lock screen display, informing first responders of your conditions, allergies, medications, and emergency medical contact information.



Noonlight for Android and iPhone, free – Silently calls for help to your exact location with the tap of a button. A trained operator at Noonlight's monitoring center will text and call you to verify the alarm. If you can't talk or don't respond, Noon sends 911 an

alert including GPS location, profile information, and even a picture of you.



Snug Safely for Android and iPhone, free – Made for people who live alone, this app checks on you at a time of day you select. You press a green check mark on the app and receive a quote of the day. If you fail to check in, your emergency contacts are notified.



Dark Sky Weather for iPhone only, \$3.99/lifetime – provides hyperbolic weather info for the next hour. Don't get caught in a storm!

PUZZLE

OCTOBER 2020

PUZZLE 166

ACROSS

1. Move quickly
5. Male swan
8. Pick up the _____
11. _____ of thumb
12. Fear
13. Grand _____ Opry
14. Verbal
15. Thought
18. _____ leather
20. Failure
21. Illuminated sign

23. Wanderer
27. Cook in oil
30. Court
31. Storm
32. Tell a tall tale
33. Night noise
36. Misters
37. Cry of sorrow
39. Instant lawn
40. Jenny
41. French cap
43. Discharge
45. Fashionable
47. Did penance
51. Desire
55. Trunk spare

56. Scheduled to arrive
57. Circle part
58. Actor Ladd
59. Keats product
60. Grant's foe
61. For fear that

8. Coal weight
9. Malt liquor
10. Trundle, e.g.
16. Land of the Midnight _____

DOWN

1. Plunge
2. Feeling
3. Piece of wood
4. Singer Reddy
5. Funny drawing
6. Have bills
7. Bracelet part

17. Garlic's feature
19. TV staple
22. Outlaw's neckwear
24. Cry from the cradle
25. Long period of time
26. Hiding places
27. Loose flesh
28. Provoke
29. 1994, e.g.
34. Love affair
35. Prepare to publish
38. Half; pref.
42. Preschooler
44. Demolish
46. Watch face
48. African river
49. Important bits of history
50. Push in
51. Bustle
52. Kiddie's pie
53. Stinging insect
54. Neighbor of Nev.

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51	52	53				54			55			
56					57				58			
59					60				61			

PUZZLE

OCTOBER 2020

Mouse Club

115

"The Mickey Mouse Club" premiered on TV in 1955. Different from other children's shows of the time, it moved kids from the audience to the center of the action by featuring a group of child performers, called Mouseketeers.

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| <input type="checkbox"/> ANNETTE | <input type="checkbox"/> CUBBY | <input type="checkbox"/> FILMED serials |
| <input type="checkbox"/> BOBBY | <input type="checkbox"/> DARLENE | <input type="checkbox"/> GAMES |
| <input type="checkbox"/> CARTOONS | <input type="checkbox"/> DENNIS | <input type="checkbox"/> KAREN |
| <input type="checkbox"/> CELEBRITY appearances | <input type="checkbox"/> DODD, Jimmie (host) | <input type="checkbox"/> KIDS |
| <input type="checkbox"/> CHERYL | <input type="checkbox"/> DOREEN | <input type="checkbox"/> LARRY |
| <input type="checkbox"/> CHILDREN'S show | <input type="checkbox"/> FEATURES | <input type="checkbox"/> LONNIE |
| <input type="checkbox"/> COSTUMES | <input type="checkbox"/> FIFTIES | <input type="checkbox"/> MOUSEKETEERS |
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HEALTH & SAFETY

OCTOBER 2020



End-of-Life Options: Sometimes We Have Choices

By Barak Wolff

So here we are in October and our pandemic experience continues. And while the specifics are different for each of us, we now know that there are choices we can make to stay safer. Although some progress is being made with treatments and a vaccine, it can't come soon enough.

For the last seven months I've been "blogging" in this column about what it takes to try and have the kind of death we want...how to have some say in how things go down at the end. I wrote that we are mortal beings; that "no one gets out alive". So, if we care to and if fate allows, it is our legal right to make choices. And if we lose capacity, our choices can be honored through advance care planning and by appointing a representative or proxy who can make decisions on our behalf. Also, there are no "right" answers, it is up to each of us to figure out what we think we will want when our time comes. We also reviewed negotiating the health care system and the key roles that palliative care can play for any serious illness, and how hospice services can surround and support us as our lives wind down.

So, what are these end-of-life options? Are there always choices to make? For some, the end of life comes in the natural course of things. They may be elderly, with increasingly challenging medical conditions and they move towards the inevitable without a lot of choices to make. With no extraordinary measures and without drama, but perhaps with support from hospice, they die "peacefully, surrounded by family" as it often says in the obituary. This sounds like a pretty good death and thankfully, it is often the case... but not always.

Others may be presented with a life-threatening diagnosis and various treatment options that may extend and improve the prognosis. But treatments often have side effects and risks, and don't always work. So, there is a choice to either initiate treatment or instead, decide that

comfort care would be preferable. If curative care is started and successive treatments are not helping, it is always an option to stop treatment at any time and opt for comfort care, generally through hospice. These kinds of choices can be specified in an advance directive so decisions can be made even if the patient is unconscious or has lost decision-making capacity. To proactively move from cure to comfort may make a lot of sense for those who are ready and wish to be well taken care in order to optimize their remaining time... the last season of their life.

Another end-of-life option is Voluntary Stopping of Eating and Drinking (VSED) to hasten death. It is a choice most often made by those with a terminal diagnosis who are suffering beyond what they wish to bear and have been unable to get satisfactory relief. VSED is legal and fully recognized as a legitimate end-of-life choice. It generally takes place at home with support from family and/or friends and is often managed with assistance from hospice. Depending upon the patient's condition it usually takes between 7 and 20 days until death. This option should always be discussed with loved ones and health care providers ahead of time as it requires full support to go smoothly.

Another end-of-life option is Medical Aid in Dying (MAID) in which a qualified adult with a terminal diagnosis (expected to live six months or less) may request a prescription for medication in order to end their suffering, if they choose to. Medical Aid in Dying is currently legal in ten jurisdictions that cover more than 20% of the U.S. population. Since legislation to authorize MAID will be considered in the upcoming NM legislative session, the November column will describe more about how it works, the protections that are built into the law, and why supporters feel that MAID is a good compassionate public policy while others oppose it.

Until then...it's all about masks, distancing, and voting for the candidates of your choice. Be safe out there...

If you have questions or wish more information, send me a note: barakwolff@msn.com

PUZZLE ANSWERS

OCTOBER 2020

PUZZLE 166

D	A	S	H		C	O	B		T	A	B
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A	K	L	S	L	W	G	Y	C	C	L	I	H	B	S

SENIOR CENTER LUNCH MENU

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is subject to changes due to ingredient availability.			1 Chicken & Rice Casserole with Peas & Carrots Vegetable Medley Cucumber & Tomato Salad Brownie	2 Spaghetti with Meat Sauce Green Beans Tossed Salad Garlic Bread Applesauce
5 Breaded Fish Scalloped Potatoes Malibu Blend Roll with Margarine Cinnamon Spiced Apples	6 Swedish Meatballs over Noodles Buttered Peas Italian Veggies Garlic Bread Bananas in Banana Pudding	7 Chicken Cordon Bleu Broccoli & Cauliflower w/ Cheese Sauce Rice Pilaf Strawberry Ice Cream	8 Soft Beef Taco Garnish & Salsa Chile Beans Calabacitas Pineapple	9 BBQ Chicken Baked Beans Steamed Corn Coleslaw Cornbread with Margarine Fresh Pears
12 ALL KITCHENS CLOSED FOR COLUMBUS DAY / INDEIGENOUS PEOPLES' DAY	13 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Roll with Margarine Fresh Apple	14 Chicken Provencal w/ Veggie Topping White Rice Spinach & Onions Roll w/ Margarine Sherbet	15 Pork Tamale with Red Chile Sauce Refried Beans Mixed Veggies Tapioca Pudding	16 Teriyaki Chicken Fried Rice Asian Veggies Roll with Margarine Fortune Cookie Fresh Orange
19 Pork Chop Pork Gravy Wild Rice California Veggies Roll with Margarine Strawberries in Yogurt	20 Pepper Steak Mashed Potatoes Mushroom Gravy Italian Veggies Roll with Margarine Oatmeal Cookie	21 Green Chile Chicken Enchiladas Chucwagon Blend Pinto Beans Tossed Salad Tortilla Pineapple in Jello	22 Baked Tilapia Seasoned Rice Brussels Sprouts Carrots Roll with Margarine Lemon Bar	23 Meatloaf with Tomato Topping Potatoes Au Gratin French Style Green Beans Roll with Margarine Tropical Fruit Salad
26 Pork Stir Fry over Lo Mein Noodles Stir Fry Veggies Spinach Salad Plums	27 Baked Chicken Chicken Gravy Wild Rice Asparagus & Onions Biscuit with Margarine Apricots	28 Green Chile Chicken Posole Five Way Veggies Spanish Rice Tortilla Vanilla Pudding with Cinnamon	29 Ham & Cheese Sandwich Garnish Potato Chips Three Bean Salad Strawberries on Shortcake	30 Chicken Fried Chicken Mashed Potatoes Pepper Gravy Vegetable Medley Roll with Margarine Chilled Peaches

Senior Meal Suggested Donation: Lunch \$1.50

Curbside Meals Served at MEG Center 10:30 am – 12:30 pm Monday through Friday

Milk is served with each meal. Menu is subject to change.



City of Santa Fe

Senior Center Locations

Legend

- City Senior Center Location
- Down Town
- City Limits

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

ALL SENIOR CENTERS

TEMPORARILY CLOSED

LUISA
 1500 LUISA STREET
 (entrance on Columbia St.)

VILLA CONSUELO
 1200 CAMINO CONSUELO
 (closed for renovation)

