

# The Senior Scene

SEPTEMBER 2014



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



offered by:  
Division of Senior Services





# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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



Welcome,

09/2014

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](http://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 find it on the Retired Senior Volunteer Program's website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

## **Front Desk Reception (505) 955-4721**

Toll-Free Administration Line (866) 824-8714

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Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

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Brenda Ortiz, Database Specialist 955-4722

## **Transportation Ride Reservations 955-4700**

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Robert Chavez, Project/Fleet Manager 955-4703

Linda Quesada-Ortiz, Transportation Admin. Assistant 955-4756

## **Nutrition**

Thomas Vigil, Program Administrator 955-4740

Enrique DeLora, Inventory Supervisor 955-4750

FAX Machine - Nutrition 955-4794

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

Carlos Sandoval, Program Supervisor 955-4748

Yvette Sweeney, Administrative Assistant 955-4739

Robert Duran, MOW Assessments 955-4747

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

Lugi Gonzales, Center Program Manager 955-4711

Cindy Sena, Program Coordinator 955-4715

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

## **In Home Support Services: Respite Care,**

## **Homemaker, Non-Medical Personal Care**

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

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

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Daniel Mitchell, Special Projects Administrator

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

Vacant, RSVP Coordinator 955-4760

Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

## **50+ Senior Olympics**

Cristina Villa, Program Coordinator 955-4725

## **Miscellaneous**

Lobby Area 955-4735

Craft Room 955-4736

Pool Room 955-4737

## **Other Important Numbers**

Santa Fe County Information 992-3094

Santa Fe Civic Housing Authority 988-2859

## **Newsletter Production**

Melanie Montoya, Editor/Distribution 955-4761

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor



# DIRECTOR'S REPORT

09/2014



Dear Patrons,

It was an honor to hear that Mayor Javier Gonzales accepted our invitation and agreed to celebrate his birthday in August with the elders of our community by having a Birthday Bash during one of our monthly scheduled dances. Our patrons were very excited to have this opportunity and showed up to partake in song and dance during this enjoyable occasion.

Many seniors used this opportunity to meet, greet and dance with the Mayor, as well as to discuss their ideas and suggestions. Approximately 150 patrons were in attendance. Some seniors in the audience asked the Mayor to sing them a song. The Mayor generously agreed to serenade the audience and sang "Volver Volver", accompanied by the live band Camino Oscuro. Who knew our Mayor was so talented! What a cheerful afternoon. Thank you Mayor Gonzales!



On another note, during the month of September, we also celebrate Labor Day on Monday, September 1st and all Senior Centers and City offices will be closed, with all program services resuming on Tuesday, September 2nd. Then again on Friday, September 5th, the City will close all offices and Senior Centers at noon in honor of our annual Santa Fe Fiesta. Therefore on Friday, September 5th, we will not be serving congregate meals; however, home delivered meals will run on their normal delivery schedule. In addition, Transportation and In-Home Support services will only be providing services from 8:00 a.m. to noon, with the last ride pick-up at 11:30 a.m. Due to the limited transportation services on September 5th, please coordinate any necessary rides to adjust with our morning schedule.

Sincerely,

Ron J. Vialpando, Director







# SENIOR SERVICES PROGRAM INFORMATION

09/2014



## **SENIOR SERVICES REGISTRATION**

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

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

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

Participants must meet the following criteria, per the Older Americans Act:  
Be 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](mailto:bmortiz@santafenm.gov)

## **SENIOR TRANSPORTATION INFORMATION**

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**  
Ride reservations can be made up to five business days in advance.  
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 3:15 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.**  
**No more than four one-way trips per person, per day.**
- Closures: **Senior Centers will be closed on September 1st.**  
**Last call for pick-up on September 5th is 11:15 a.m.**
- 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.



## **Welcome New Staff Member Dan Mitchell**



The Division of Senior Services welcomes new staff member Daniel (Dan) Mitchell, Special Projects Administrator. He has recently joined our group and we look forward to working with him - we feel that his background and talent will be a huge asset to our Division. He spent his early years growing up about 15 miles outside of Gallup, New Mexico. He worked

for many years as a technician, trainer and Service Manager in the Business Equipment field, and he also worked at Intel for several years. He has an AAS degree in Electronics Technology and a BS degree in Technology and Training. Earlier this year he completed a Master's degree in Organization, Information and Learning Sciences at UNM. Stop by the front Administrative Offices to say hello to Dan!

## **Senior Center Closures**

All Santa Fe senior centers will be closed on Monday, September 1st for Labor Day. Centers will re-open on Tuesday, September 2nd.

Centers will again be closed at noon on Friday, September 5th in honor of Santa Fe Fiestas. There will be no congregate meals on Friday, but Meals on Wheels will be delivered.

## **6th Annual Matanza**

Vietnam Veterans of America Northern New Mexico Chapter 996 will host their Matanza on Thursday, September 18th from 5:00 p.m. to 7:00 p.m. at the Elk's Lodge, 1615 Old Pecos Trail. For more information and tickets, call Henry at 603-8639. Help support those who have served!

## **Free Benefits Counseling at MEG**

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

You must make an appointment ahead of time. To reserve an appointment for a free individual session, call the MEG Center at 955-4721. In September, he will be at the M.E.G. Center on September 3rd, 10th, 17th and 24th.

Reminder: from October 15 through December 7, 2014, is the annual Medicare Part D (prescription drugs) Enrollment period. During this time, you should review your drug coverage and decide whether to stay with your current plan for 2015 or switch to a different plan. If you are in doubt about how to proceed, you may wish to meet with Mr. Meinershagen.

If you cannot wait for an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Center at 476-4846 or 1(800) 432-2080.

## **Seeking Volunteer to Shovel Snow**

A senior living on Maclovía Lane is looking for a healthy, strong volunteer to shovel her walkway this coming winter. If you are interested, please call the volunteer program at 955-4743. Thanks!



## **Flora's Corner**

Inspiration from Flora Leyba

*Ever wonder...*

*Why women can't put on mascara with their mouths closed?*

*Why is the man who invests all your money called a "broker"?*

*Why is the time of day with the slowest traffic called "rush" hour?*

*Why isn't there mouse-flavored cat food?*

*Why didn't Noah swat those two mosquitoes?*

*Why don't sheep shrink when it rains?*

*Why are they called "apartments" when they are all stuck together?*



## **Wish of a Lifetime**

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(From the Wish of a Lifetime website)

Our mission is to inspire an entire generation and to create a cultural shift on how we view aging. Our belief is that growing older doesn't mean you have to stop dreaming and living a life of purpose. By granting lifelong wishes to seniors who have overcome tremendous challenges in their own lives, our foundation is able to spread its inspirational stories of hope.

WOL's core program, the "Wish of a Lifetime Program" is to make wishes come true for senior citizens. Most elderly men and women have something in their life that they have always wanted to do or see, but for many different reasons they are often not able to live out these dreams. The WOL foundation wish fulfillment program aims to change that, creating opportunities to ensure each of these very special wishes can come true.

Ernest "Tap" Tapley has lived a life most outdoor enthusiasts could only dream of, and has been dedicated to passing on his wisdom and wilderness skills for the benefit of nature-starved generations. For all of his accomplishments and contributions, Tap remains a somewhat unknown figure.

At 90 years old, Tap's Wish of a Lifetime is to share the journey of his life. Wish of a Lifetime has commissioned author James Churches to document Tap's life in writing, with the biography to be released later this year. Here's an excerpt:

A veteran of WWII's famed 10th Mountain Division and of Passamaquoddy Tribal Heritage, Tap helped found the National Outdoor Leadership School (NOLS), created the first outdoor leadership program in Baja, California, and assisted in bringing Outward Bound to the U.S. All accomplished through a leadership style based on showing, not telling and while instilling a love of wilderness in the hearts of youth from around the world. Tap's book will help preserve the places of beauty and wonder Tap used as the greatest classroom the world will

ever know. Join us in supporting Tap's Wish and preserving his legacy and wisdom for generations to come.

General information: [info@seniorwish.org](mailto:info@seniorwish.org)

Wish Fulfillment Program: [wish@seniorwish.org](mailto:wish@seniorwish.org)



## **La Sociedad Folklorica 2014 Merienda**

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A Merienda, "128 Years of Fashions in Santa Fe", will be held at the James Little Theatre at the NM School for the Deaf, at 3 p.m. on Saturday, September 6th. The Merienda, an old fashioned style show, is sponsored by La Sociedad Folklorica as part of their contribution to Las Fiestas de Santa Fe. The Merienda has been a popular part of the fiesta activities since then.

This years' Merienda will feature treasured garments including shawls, mantillas, combs, fans and jewels dating back to the 1800's. Special guests will be the 2014 Fiesta Queen and court.

Admission is \$10.00 per person and biscochitos and creamy hot chocolate made by members will be served after the performance for all to enjoy as they are entertained by a live Mariachi group. For more information or tickets, call Pat Gonzales at 982-9315.

## **ECHO Commodities Food Distribution**

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Commodities (including cheese, cereal and canned foods) are available to income-eligible seniors age 60+ on the third Tuesday of each month, 9:30 a.m. – 1:00 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road. Please call (505) 242-6777 for details.





# NEWS & VIEWS

09/2014



## **"Harvesting and Propagating Herbs!"**

"Let's Grow!", a monthly education series for the home gardener is offered by the Santa Fe Master Gardener Association and is a free and public event, requiring no registration.

Join us for this final session of the five part series on Saturday, September 20th- 9am-11am at the Santa Fe County Fairgrounds Herb Garden. Following a brief presentation on herb propagation, participants may plant herb seeds, divisions and/or cuttings in take-home pots. See you there - SFMGA thanks you for your support of this event! For further info, please visit: [sfmga.org](http://sfmga.org).



## **Are you a grandparent raising/ providing financial assistance to a grandchild or grandchildren?**

Financial assistance is available through our Grandparent Raising Grandchildren Program!

Eligibility requirements:

- You must be 60 years of age or older;
- A resident of the City or County of Santa Fe;
- Actively raising and/or providing assistance to your grandchild or grandchildren; and
- Assisting with out-of-pocket expenses such as food, clothing, medical expenses, etc., for the child or children.

This program currently assists with an annual allowance of \$200.00 (based on reimbursable expenses) per child for expenses related to raising a grandchild(ren).

For more information contact Melanie Montoya at 955-4761.

## **Alzheimer's Association Walk to end Alzheimer's®**

*Helps reclaim the future for millions...*

The Alzheimer's Association is inviting Santa Fe area residents to unite in a movement to reclaim the future for millions by participating in the Alzheimer's Association Walk to End Alzheimer's®. Walk to End Alzheimer's will take place on September 13th at The Rail Yard in Santa Fe.

Walk to End Alzheimer's is more than a walk. It is an experience for almost 200 participants in Santa Fe who will learn about Alzheimer's disease and how to get involved with this critical cause, from advocacy opportunities and clinical trial enrollment to support programs and services. Walk participants will also join in a meaningful ceremony to honor those affected by Alzheimer's disease.

In addition to the Walk, participants will enjoy a special tribute to those who have experienced or are experiencing Alzheimer's.

Alzheimer's disease is a growing epidemic and the nation's sixth-leading cause of death. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's more than 5 million Americans to as many as 16 million by 2050.

To sign up with a team or on your own, call (505) 266-4473 or visit the Alzheimer's Association [alz.org/walk](http://alz.org/walk). To learn more about disease and available resources, call the Alzheimer's Association 24/7, toll-free Helpline at 800-272-3900.

*Participants raise critically needed funds for Alzheimer's care, support and research.*

## **Walgreens Way to Well Health Tour**

The Walgreens Way to Well Health Tour with AARP will be providing free health tests, education and consultations at the MEG Center on September 17th from 9 a.m. – 3 p.m. to help people get, live and stay well. Free health tests are administered to adults age 18 years and older by certified wellness staff. Look out for the van parked in front of the Center and take advantage of the free tests!



# NEWS & VIEWS

09/2014



## 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](http://www.santafecounty.org) or call 231-2382.

### September 2014 Dates, Times and Locations:

- 6th: Southside Library 11:00 a.m. – 3:00 p.m.
- 7th: Smith's Grocery Pacheco 10:00 a.m.-2:00 p.m.
- 8th: Fort Marcy 10:00 a.m. – 2:00 p.m.
- 9th: St. John's Methodist 9:00 a.m. -12:30 p.m.  
and Southside Farmers Market 3:00 p.m.-6:00 p.m.
- 10th: MEG Senior Center 10:00 a.m.-2:00 p.m.
- 11th: Santa Cruz Senior Center 10:00 a.m.-2:00 p.m.
- 13th: Wise Fool Agua Fria 10:00 a.m.-2:00 p.m.
- 14th: Santa Maria de la Paz Church 8:30am-2:00pm
- 15th: Salvador Perez 10:00 a.m.-11:30 p.m. and  
Bienvenidos 12:00 p.m.– 2:00 p.m.
- 16th: Luisa Senior Center 10:00 a.m.-2:00 p.m.
- 17th: County Fair Grounds 9:00 a.m.-3:00 a.m.
- 18th: Eldorado Senior Center 10:00 a.m.-2:00 p.m.
- 19th: Edgewood Senior Center 10:00 a.m. -1:30 pm  
and Woods End Pantry 2:00 p.m.– 4:00 p.m.
- 20th: Madrid Java Junction 10:00 a.m.– 2:00 p.m.
- 21st: Shrine at Guadalupe Church 9:00am-2:00 pm
- 22nd: Rufina Housing 10:00 a.m.– 2:00 p.m.
- 23rd: Ventana de Vida 10:00 a.m. – 2:00 p.m. and  
Southside Farmers Market 3:00pm – 6:00pm
- 24th: El Rancho Senior Center 10:00am – 2:00pm
- 25th: Chimayo Senior Center 10:00 a.m. – 2:00 pm
- 26th: Genoveva Chavez Center 10:00am.– 2:00pm
- 27th: Solana Center 10:00 a.m. - 2:00pm
- 28th: San Isidro Church 9:00 a.m. – 2:00 p.m.
- 29th: Zona Del Sol Jaguar 3:00 p.m. – 6:15 p.m.
- 30th: Pasatiempo Senior Center 10:00 a.m. – 2:00 pm

## Wellness Health Fair“Just for the Health of It!”

Wednesday, September 17, 10 a.m. – 3:00 p.m.  
Santa Fe County Fair Grounds

Join Ambercare in meeting our communities leading experts in health. Vendors include but are not limited to; acupuncturists, chiropractors, fitness centers, Assured Imaging, Catapult Health, Caravan screenings and nutritionists. There will also be giveaways and door prizes.

### Mammograms Made Easy

Assured Imaging Women's Wellness is bringing the latest in digital mammography to the Wellness Health Fair on Wednesday, September 17th from 10:00am - 3:00pm at the Santa Fe County Fair Grounds. No referral necessary and all major insurance plans accepted, including Blue Cross and Blue Shield of New Mexico.

### Rising Stars in the Southwest

Rising Stars in the Southwest extends a warm invitation in celebrating its 3rd Annual Fundraising Event on Saturday, September 20th from 5:30 p.m. – 8:30 p.m., at the Governor's Mansion. The funds from this event support their youth leadership programs in our local Northern New Mexico community. Please join them for a flamenco evening featuring New Mexico's finest artists, tapas, and a silent auction with many original art works from renowned artists and the finest Santa Fe retail shops as we celebrate The Governor's proclamation for “Hispanic Youth Leadership Day”. For tickets or more information, please visit Alphagraphics Santa Fe, The Spanish Table or visit [www.RisingStarsSouthwest.org](http://www.RisingStarsSouthwest.org).



The Foster Grandparent and Senior Companion Program would like to wish a very happy birthday to our volunteers born in the month of September.

Tommie Ortega	9/1
Rita Gallegos	9/2
Pita Vasquez	9/5
Amelia Garcia	9/6
Gloria Kennedy	9/14
Gail Askew	9/15
Socorro Arroyo	9/19







# **SANTA FE POLICE**



**The FGP/SCP and RSVP volunteer programs invite you to plan to participate in the SFPD's free "Silver Alert" program  
M.E.G. Senior Center on September 11th 8:00 a.m. – 2:00 p.m.**

## **What is a Silver Alert?**

Silver Alert is a public notification system to broadcast information about missing persons (usually over the age of 65) – especially seniors with Alzheimer's disease, dementia or other mental disabilities – in order to aid in their return.

## **How does SFPD's Silver Alert System Help?**

Public information released in a Silver Alert usually consists of the name and description of the missing person and a description of their vehicle and license plate number, but SFPD's system ensures further necessary information is stored in one easily accessible place so it can be released efficiently.

The system documents FBI quality fingerprints, high definition photos of the missing individual, and a video of them interacting and answering a few questions asked by the officer. It will also document the individual's pertinent information including height/weight/eye color/hair color/birthmarks/age and possible medications.

**INFORMATION IS PRINTED ONTO A DISK AND  
GIVEN TO A CAREGIVER OR GUARDIAN  
NO INFORMATION IS KEPT ON RECORD BY THE POLICE DEPARTMENT**

If an individual goes missing, the caregiver simply provides the disk to an officer, and the missing person's vital facts can be quickly disseminated to the proper authorities.

The system works in the same manner for missing children hence "EZ Child ID" and "Silver Alert". The first moments are the most crucial in finding a missing loved one. Utilizing our new system ensures those vital moments are not wasted in gathering information which, with a little planning and help from Santa Fe Police, can be conveniently and safely stored in an electronic format.

To learn more please call Melanie Montoya at 955-4761.



# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

09/2014



## Community Needs



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

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

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

### Kitchen Angels

Kitchen Angels makes delicious, healthy meals for Santa Feans facing life-challenging illness or disabilities. They have only five paid staffers. The remainder of their workforce is entirely volunteer. Duties include:

Kitchen- prepping, cooking and packaging meals 10a.m. to noon or noon to 4p.m.

Delivery- in your car, pick up meals 4:30-5:15p.m. and deliver them 4:30-6:30p.m.

Special Events- mailings, gift basket assembly, info table staffing, special event hosting and much more.

To sign up, call Marisa at 955-4743

### Time to Report your Hours

Please report your volunteer hours to Marisa by the end of September. You may mail them, drop them off, scan and email the calendars, or enter on the website: [www.rsvpsantafe.org](http://www.rsvpsantafe.org)

### ReCAP at Aspen School

Aspen Community Magnet School needs volunteers to read one-on-one with students in the ReCAP Program (Reading and Comprehension Advancement Program). ReCAP takes places every Wednesday morning from 9:30-11:10 a.m. Volunteers are paired with three fourth grade students, mentoring them one-on-one for 30 minutes. If you are interested, please contact Marisa Romero at 955-4743.



## RSVP volunteers born in SEPTEMBER!

Tommie Ortega	9/01	Sophia Gallegos	9/16
Franziska M. Chandler	9/04	Barbara Anderson-Acosta	9/17
Claudia Robbins	9/04	Anthony Anicito Jr.	9/17
Pita Vasquez	9/05	Barbara Aran	9/18
Celedonio F. Lucero	9/06	Celina "Sally" Roybal	9/18
Theresa M. Ortiz	9/06	Claire Rodill	9/20
Corrine Vargas	9/07	Carlos Aguirre	9/22
Sandra Kendall	9/08	Mary Dunham Day	9/24
Emily O. Lujan	9/10	Frances Gomez	9/24
Roy Trujillo	9/10	Lucy R. Brown	9/25
Alexis Nash	9/11	Angie Quintana	9/26
Elizabeth Hinds	9/13	Joyce Tate	9/26
Mathilde Goodwin Bird	9/14	Carol A. Turner	9/26
Martha Fager	9/14	Delia Flores	9/27
Jane Gabaldon	9/14	James J. Fusco	9/28
Bruce H. Kidman	9/14	Irene R. Maestas	9/28
Kathy Powell	9/14	Kim Martinez	9/28
Carol Wulff	9/14	H. Carl Strutz	9/28
Stan Cooper	9/14	Pat Stevens	9/30
Lydia Anicito	9/16		

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



# ACTIVITY

09/2014

**All activities are open to registered seniors.**

*Schedule is subject to change.*

## **Luisa Senior Center 955-4725**

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

## **Mary Esther Gonzales (MEG) Senior Center 955-4715**

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Computer Classes	Call for info.	955-4711
Guitar Class	Monday	9:00 am
Tai Chi class (advanced)	Monday	9:15 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.	1:30 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Mind/Body Movement	Thursday	9:30 am
Sewing	Thursday	12:30 pm

## **Chair Yoga Resumes Oct. 2nd.**

Zumba Gold	Friday	9:30 am
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 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
Zumba Dance	Tuesday	8:30 am
Computer	Tuesday	9:00 am
Line Dance (Advanced)	Tuesday	1:00 pm
Wood/Straw Applique	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Line Dance	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

## **Ventana de Vida Senior Center 955-4715**

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Game & Puzzle Day	Wednesday	2 pm-4 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
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## **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
Ventana Games - Puzzles	Wednesdays	2 pm - 4 pm

## **CERAMICS**

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

## **COMPUTER**

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

## **FITNESS EQUIPMENT**

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

## **EXERCISE & MOVEMENT CLASSES**

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba Gold	Friday	9:30 am
Pasatiempo Yoga Practice	Mon. & Wed.	8:30 am
MEG Nia Technique	1st & 3rd Tues.	1:30 pm
MEG Mind/Body Movement	Thursday	9:30 am

## **MEG Chair Yoga Resumes Oct. 2nd.**

Ventana Class	M/W/F	9:00 am
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## **TAI-CHI**

MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 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
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## **SEWING/KNITTING**

MEG-Knitting	Friday	2:00 pm
MEG-Sewing	Thursday	12:30 pm

## **SING-ALONG**

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

## **WOOD/STRAW APPLIQUE**

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





# ACTIVITY

09/2014



## Salman Raspberry Ranch



Please join us on Tuesday, September 30th for a trip to the Salman Raspberry Ranch, located near Mora, New Mexico. The cost to pick raspberries is \$6.00 a pound (please bring

cash or a check only). Also, bring a water bottle, sun screen and a hat.

The suggested donation for the bus is \$5.00 and a suggested donation of \$1.50 for a sack lunch. Bus leaves at 9:00am. Please call Cindy Sena at 955-4715 to reserve your spot. This is the last outing for the summer so join us for a fun-filled day!

## Computer Classes

Computer classes will begin once again at MEG Center, beginning September 17th, for approximately a six to eight week session. To reserve your spot for the classes, please call Cindy Sena at 955-4715.



## Luisa Movie Day "Noah"

Wednesday, September 17th at 1:00 p.m.

In a world ravaged by human sin, Noah is given a divine mission. After having two dreams in which he sees the coming of a terrible flood that would destroy all life on earth, he is guided to build an ark in order to save creation. But his plan to take his family and two of each of God's creatures to safety is hindered by the sinister Tubal-cain and his debauched army who are determined to join them.



## Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first served basis, on the following days, starting at 10:00 a.m.



Note: She will give only 20 haircuts each day. At the MEG Center, haircut sign-in begins at 9:00 a.m. in the Program Coordinator's office.

Wednesday, Sept. 10 MEG Center

Wednesday, Sept. 17 MEG Center

Wednesday, Sept. 24 Pasatiempo Center

## Monthly Senior Services Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: Sept. 9th 9:00 am
- Senior Olympics: September 10th 9:30 a.m.
- Advisory Board : September 17th 9:30 am
- Travel Committee: September 18th 8:45 am
- Senior Activity Corp: Sept. 18th 10:00 am
- RSVP: September 23rd 10:30 a.m.

## Ear Acupuncture for Veterans

Licensed acupuncturist Carolyn Bleakley will continue to offer free ear acupuncture for veterans and their families at the MEG Center from 2:00 p.m. to 4:00 p.m. on the following Thursdays: September 4, 11, 18 and 25.



## Root Beer Floats at Pasatiempo



Join us on Thursday, September 18th at 11:30 a.m. for a cold, delicious root beer float at the Pasatiempo Senior Center. The cost for a float is \$1.50, with proceeds to benefit the center.



# ACTIVITY

09/2014



## Let's Celebrate Your Birthday

Humana will be serving cake and ice cream at senior centers in honor of monthly birthdays. They will be at the Mary Esther Gonzales Senior Center on Wednesday, September 3rd and the Ventana de Vida Center on September 17th. So come out and celebrate with us!



## MEG Movie Day "Heaven is for Real" Tuesday, September 23rd 1:00 p.m.



Todd Burpo is a small-town businessman, volunteer firefighter and pastor struggling to make ends meet in a tough year for his family. After his bright young son Colton is rushed to the hospital for emergency surgery, Todd and his wife Sonja are overjoyed by his miraculous survival. But they are wholly unprepared for what happens next. Colton recounts the details of his amazing journey with childlike innocence and speaks matter-of-factly about things that happened before his birth...things he couldn't possibly know. Todd and his family are then challenged to examine the meaning from this remarkable event. Based on a true story

## Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St. (enter on Columbia) will host a Bingo on Sunday, September 14th from 1:00 p.m.-4:00 p.m.

The cost is \$12.00 for the package and four specials at \$1 each. The blackout game is \$2.00. The jackpot winner goes home with \$100.00! Please bring small bills. Also, enjoy a delicious Frito pie and a refreshing drink for \$5.00.



**Everyone is welcome- join us!**

## 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.

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

Be prepared: temperatures fluctuate in the dining room, so please dress in layers.

The number of participants for each class will be limited to 30.

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

**September 9th      Stewart Farley 603-4543**  
**October 14th      Stewart Farley 603-4543**

## Ventana de Vida Games

Come out to Ventana de Vida and play some games on Wednesday afternoons from 2:00 p.m. – 4:00 p.m. Cribbage, Chess and many other games. We are also looking for a game set called Mahjong if anyone has that game and would like to donate it, we will take it.





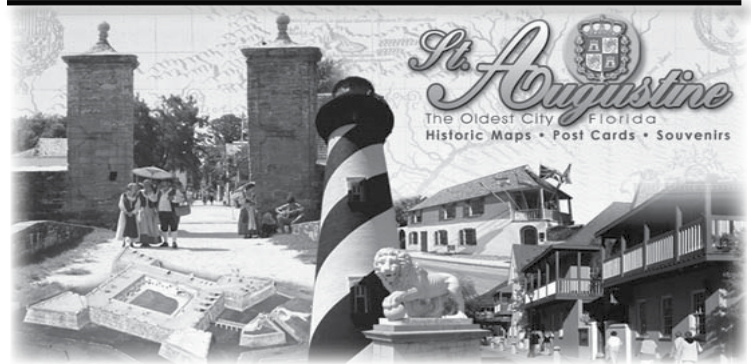
# ACTIVITY

09/2014



## Pasatiempo Bake Sale

Mouth-watering, homemade baked goods will be available for purchase at the Pasatiempo Center on Tuesday, September 23rd, beginning at 9:00 a.m. until they are sold out. Proceeds benefit the center. Come out and help our fellow seniors and enjoy some goodies!



## Senior Activity Corporation Trip To Florida, including: Amelia Island, St. Augustine & Jacksonville September 26- October 6, 2014

Join other seniors on this exciting adventure for ten nights and eleven days! The trip fee includes:

- Motor coach transportation
- Ten nights' lodging, including four consecutive nights in Florida
- Eight dinners and ten breakfasts
- A visit to the Fountain of Youth
- A visit to the historic Kingsley Plantation
- A narrated cruise on the St. John's River
- Guided tours of Amelia Island, St. Augustine and Jacksonville
- An exclusive Diamond Tours dinner party with entertainment
- Driver gratuity and travel insurance
- And much more

Single Rooms: \$1350.00 per person

Double Rooms: \$1025.00 per person

**Note: There is a 10% cancellation fee.**

Call Cecilia at 204-9527 or  
Alice at 473-1716

## Fiesta Dance

**Que viva la Fiesta!** Join us at the annual Fiesta Dance on Thursday, September 4th at the Fraternal Order of Eagles, 833 Early Street. The dance will be from 1:00 p.m. to 4:00 p.m. Fiesta de Santa Fe Royalty and Mariachi will join us at 1:05 p.m.

The admission is \$2.00 and there will be live music by Camino Oscuro. This dance is sponsored by the Luisa Senior Center

## Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Come give us your input about activities at your favorite senior center. Senior center addresses are on the back cover.

- Luisa Center: Tuesday, Sept. 2 at 9:00 a.m.
- Ventana de Vida: Monday, Sept. 8, at 9:40 a.m.
- Villa Consuelo: Monday, Sept. 8 at 10:00 a.m.
- Pasatiempo: Monday, Sept. 8 at 11:00 a.m.







## Getting to the Heart of the Matter of Grief and Loss (part 1)

**Listen  
from within,  
your heart  
knows the way.**



What if a part of slowing down as we age has to do with holding onto the grief we feel from losing people we love? What if lack of physical energy is as much about emotional pain as body aches?

Slowing down may be a natural response to our body aging, but it may also be exaggerated by the emotional wounds we carry from a devastating loss.

Loss is a part of life, and grief is the natural response to losing something or someone we love. Grief is not one emotion; it's everything from sadness and anguish, to anger, relief, love, and fear. It includes all the regrets and resentments about what could have been, about what we wished and hoped for. Yet we don't like talking about grief, or we're sick of talking about our losses without really being heard, so we bury our pain-filled thoughts and feelings deep down within our heart.

We live by the myths we've come to believe in order to keep going, to get on with life. If you think about how you've lived after a devastating loss or combination of losses, you might remember statements or beliefs like: Don't feel bad; others have it worse. Keep busy. Replace the loss. Grieve alone. Be strong for others. Just give it time.

These myths don't heal our wound; they drive the pain to places where we can pretend we don't feel them. We keep going but have less energy and wonder why we don't feel like we used to. We blame getting older, but perhaps start thinking, "I'm just not as happy as I used to be." Instead of enjoying getting together with friends, we notice a lack of desire to visit even those we like the most.

Whether the most devastating losses were recent or long ago, incomplete recovery has a lifelong negative effect on your capacity for happiness.

Grief is the natural and normal response to loss. It is emotional, not intellectual. Grief is about a broken heart, not a broken mind. We need to be able to safely say what we feel. We need to be listened to, not given advice, made wrong, or judged.

Recovering from the pain and anguish of losing someone you love through death, divorce, or chronic illnesses like dementia starts with acknowledging what you're going through, that your heart feels broken, and that you're willing to take steps to heal this deeply held pain.

With the help of grief support services, grief recovery programs, and people trained to help, the first step is to delve into the painful memories. We need a safe place to talk honestly about our feelings. We need actions and information to give us support as we go through the healing process.



Hudson Institute Certified Coach \* Certified Grief Recovery Specialist

505.428.0670      ej@eileenjoyce.com  
eileenjoyce.com





## Try Tai Chi

(From [www.Prevention.com](http://www.Prevention.com))

Keep your brain younger longer by adding tai chi to your workout routine, suggests a recent study published in *Cell Transplantation*.

Scientists at the Center for Neuropsychiatry at China Medical University Hospital in Taiwan conducted a yearlong study involving three different groups of volunteers under the age of 25. One group practiced tai chi (the ancient martial art that emphasizes breathing and slow, focused movements) for at least two hours a week, another group walked briskly for a minimum of two hours a week, and a third didn't follow any specific exercise plan.

The results? Those who practiced tai chi experienced the highest increase in the number of specialized cells called CD 34+, which are markers for blood stem cells involved in cell self-renewal. Cell renewal is essential for maintenance and repair of organ systems and becomes less efficient as we age, so increasing the process is associated with anti-aging benefits. Tai chi may increase blood flow and widen blood vessel walls, says Shinn-Zong Lin, MD, PhD, a researcher involved with the study.

For those with limited space, tai chi may be an easier and more convenient than brisk walking as an anti-aging choice, adds Lin. Previous studies have shown tai chi also improves balance and may help boost brain functioning.

If you think tai chi is something best left to Mr. Miyagi and *The Karate Kid*, it's time for an update. Adding a little tai chi to your life could help lower your risk for developing dementia or Alzheimer's disease, according to a new study in the *Journal of Alzheimer's Disease*.

Researchers from the University of South Florida collaborated with Chinese researchers to compare the effects of tai chi—an ancient Chinese practice of slow, deliberate movements intended to help with relaxation and balance—on the brain. They split 120 elderly Shanghai residents into four groups: one group practiced tai chi, one walked, another upped their social interaction, and the last group just went about their normal routines.

The results? After 40 weeks, those who practiced tai chi three times a week had the biggest improvements in brain volume, an important part of cognition since gray matter typically shrinks with age. The social group also saw an improvement, but not as significant as the tai chi group. Researchers suggest that the high level of attention needed for the different tai chi movements could be what sets it apart.

This latest research adds to other science-backed tai chi benefits. A Tufts Medical Center study found that adults with knee osteoarthritis—the most common joint disease in midlife—saw up to three times greater improvement in both pain and joint function from biweekly tai chi sessions. And a study from Ireland found that a combo of exercise, meditation, and breathing helped relieve anxiety and depression among study participants.

Ready to give tai chi a whirl? Here are three ways to get started:

1. Take a class. "Tai chi classes are increasingly available and can be found at many community centers, hospitals, in corporate wellness programs, and even in temples and churches," shares Bill Douglas, author of *The Complete Idiot's Guide to T'ai Chi and QiGong*. Classes are available at several Santa Fe Senior Centers (see Activity listings on page 11).
2. Watch a DVD. Live classes are best, but DVD instruction can work, too, says Douglas. Douglas' *Anthology of Tai Chi & Qigong* DVD breaks down some basic tai chi principles and moves without getting too technical. Another option: *Discover Tai Chi for Balance and Mobility*, a DVD by Scott Cole, a tai chi expert based in Palm Springs who's been training in the art for 17 years.
3. Download an app. Yep, there's an app for tai chi, too—actually, a number of them. Some good options: *Tai Chi Lite* offers options for beginners and advanced alike (free, available for iPhone and Android); and *Tai Chi Yang* lets you choose between a more traditional approach or a Western one (\$4-\$5.99, available for iPhone and Android).







# SENIOR OLYMPICS

09/2014



## ATHLETES AT STATE GAMES!

### WELCOME SENIOR OLYMPIC ATH



## CONGRATULATIONS







# LEGAL & CONSUMER

09/2014

## Energy Employees Occupational Illness Compensation Program Act

The Energy Employees Occupational Illness Compensation Program Act (EEOICPA) began on July 31, 2001 with the U.S. Department of Labor's (DOL) implementation of Part B. Part E implementation began on October 28, 2004. Part B of the EEOICPA provides lump-sum compensation and medical benefits to current and former workers who have been diagnosed with cancers, beryllium disease or chronic silicosis, and whose illness was caused by exposure to radiation, beryllium, or silica while working directly for the U.S. Department of Energy (DOE), its contractors or subcontractors, a designated Atomic Weapons Employer, or beryllium vendor. Part E of the EEOICPA provides federal compensation and medical benefits to DOE contractors and subcontractors who worked at covered facilities and sustained an illness as a result of exposure to toxic substances. Survivors of qualified workers also may be entitled to benefits.



DOL established 11 Resource Centers nationwide to assist workers and their families apply for benefits under the EEOICPA. The Resource Center staff provides valuable information about the claims process to claimants and assist claimants in completing the necessary forms to file an EEOICPA claims free of charge. The Resource Center staff can also provide assistance either in-person or over the telephone, and thus are able to assist individuals who are outside the immediate geographical area.

To request information or apply for benefits please feel free to contact the Española Resource Center toll-free at (866) 272-3622 or by Email at [Espanola.Center@rrhio.com](mailto:Espanola.Center@rrhio.com)

## Sign Up for Nixle

The Santa Fe Police Department and the Santa Fe Office of Emergency Management invite you to sign up for Nixle alerts.

This free national service allows you to receive notification of the latest public safety announcements. You will be instantly informed of trustworthy neighborhood-level public safety and community information. You choose the kind of information you want to receive, for the zip codes you want (anywhere in the United States), and it will be delivered to you for free by text message to your cell phone, your email address, and via the web.

Just go online to [www.nixle.com](http://www.nixle.com)

## Be a Better Health Consumer

(From AARP Bulletin July/August 2014)



Ever had the feeling that your doctor hasn't really gotten to the bottom of what's ailing you? You might turn to one of the nation's big-name hospitals and medical centers -- including the Cleveland Clinic, Duke University Health System and Mayo Clinic -- for a second opinion. Now there's another option: Grand Rounds, a san Francisco-based health care start-up that's the brainchild of radiologist Lawrence "Rusty" Hoffman.

For \$200, Grand Rounds will match you with a top-ranked specialist in your area, schedule an office visit, oversee the transfer of your medical records, and have its own physician follow up.

For a much higher fee (typically \$7,500), Grand Rounds will also help you obtain a no-stone-unturned expert opinion from a specialist whom it selects.

But be forewarned: Medicare and private insurers do not cover many types of second opinions.





# PUZZLE

09/2014



## ACROSS

1. Musical symbol
5. Sleeping
9. Fall bloom
14. Israeli round dance
15. Head: Fr.
16. Duplicity
17. Eve's mate
18. Midwestern college town
19. Dunn and Samms
20. Rude awakening
23. Strong solutions
24. Western Indian
25. Mix
27. Orient
30. Genuine
34. Channel
36. Congers
38. Actor Vigoda
39. Discourage
42. Circle part
43. "Peter Pan" pirate
44. Kind of tree
45. Marsh plant
47. Price
49. Exam
50. Guido's high note
52. Of the ear
54. Unhappiness
62. Caper
63. Buffoons
64. The Eternal City
65. Horrify
66. Waste allowance
67. "\_\_\_\_ a Teenage Frankenstein"
68. Jack rabbits

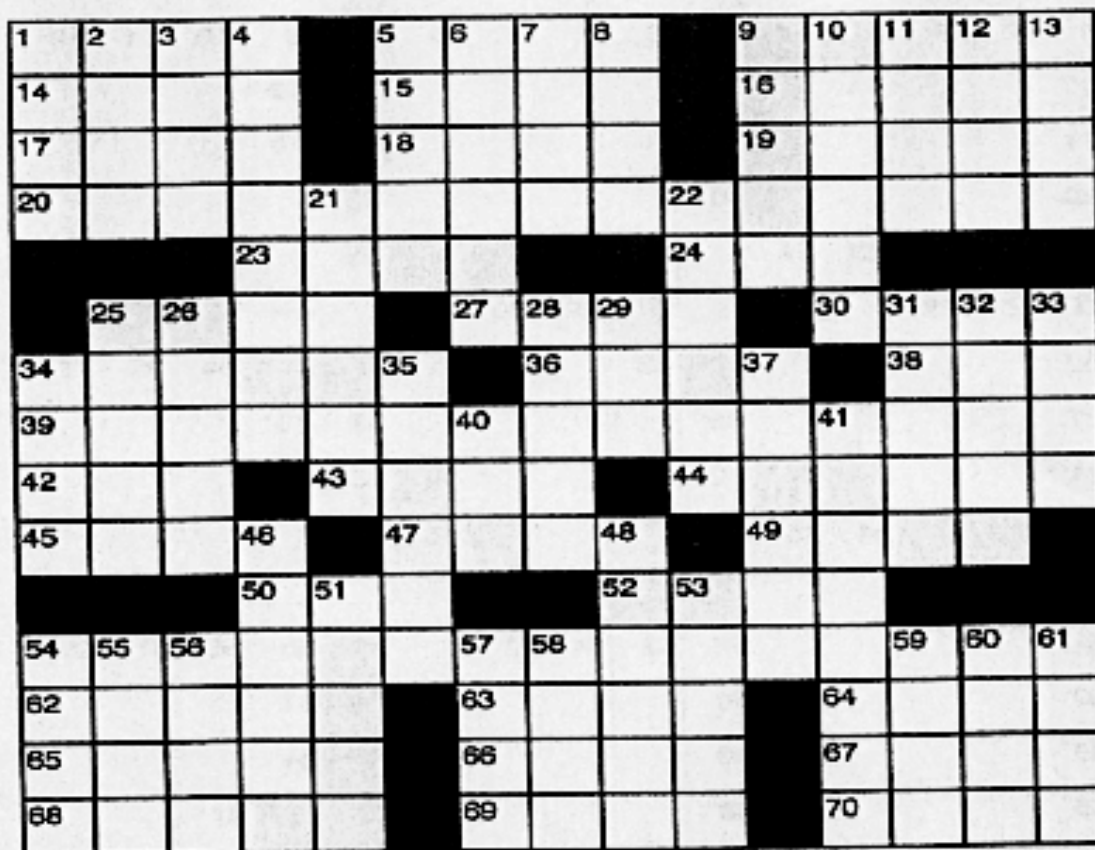
69. Author James \_\_\_\_
70. Two-wheeled vehicle

## DOWN

1. Central African republic
2. Napoleonic victory site
3. Historic periods
4. Informal
5. "\_\_\_\_ of Two Cities"
6. Muddle
7. Certain seasons, in France
8. Actor Arnaz
9. Deputy
10. School or squash
11. Use a stopwatch
12. Verve
13. Musical pause
21. Ira Gershwin's concern
22. Habitual criminal
25. Mall component
26. Cease-fire
28. Mosquito genus
29. Stitch
31. Deserves
32. Concerning
33. Pre-Easter period
34. Mast
35. Male feline

## PUZZLE 16

37. Showing no change
40. Zodiac lion
41. Exciting
46. Wish
48. British taffy
51. Shoestrings
53. Sample
54. Short race
55. Andean Indian
56. Celebrity
57. Speck
58. Marionette maker
59. Hawkeye State
60. Actor Sharif
61. Swallow's home







# PUZZLE

09/2014

## A CLASSIC COVER

When the Beatles released the album *Sgt. Pepper's Lonely Hearts Club Band* in June of 1967, it was hailed as a musical and stylistic departure that forever changed the face of rock music. The cover of this classic, which features the Beatles standing in front of a collage of famous faces, radically altered the concept of album-cover design and was the first record to have its lyrics printed on the sleeve. The list below features the names of some of the people who appear on the cover of *Sgt. Pepper's Lonely Hearts Club Band*. The first names in parentheses will not appear in the diagram.

ASTAIRE (Fred)  
BRANDO (Marlon)  
BRUCE (Lenny)  
BURROUGHS (William S.)  
CARROLL (Lewis)  
CRANE (Stephen)  
CURTIS (Tony)  
DIETRICH (Marlene)  
DORS (Diana)  
DYLAN (Bob)  
EINSTEIN (Albert)  
FIELDS (W. C.)  
HALL (Huntz)  
HARDY (Oliver)  
HUXLEY (Aldous)  
JUNG (Carl)  
LAUREL (Stan)  
LISTON (Sonny)  
LIVINGSTONE (Dr. David)  
MARX (Karl)  
MONROE (Marilyn)  
POWER (Tyrone)  
SHAW (George Bernard)  
SOUTHERN (Terry)  
SUTCLIFFE (Stuart)  
TEMPLE (Shirley)  
THOMAS (Dylan)  
WEISSMULLER (Johnny)  
WELLS (H. G.)  
WEST (Mae)  
WILDE (Oscar)

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



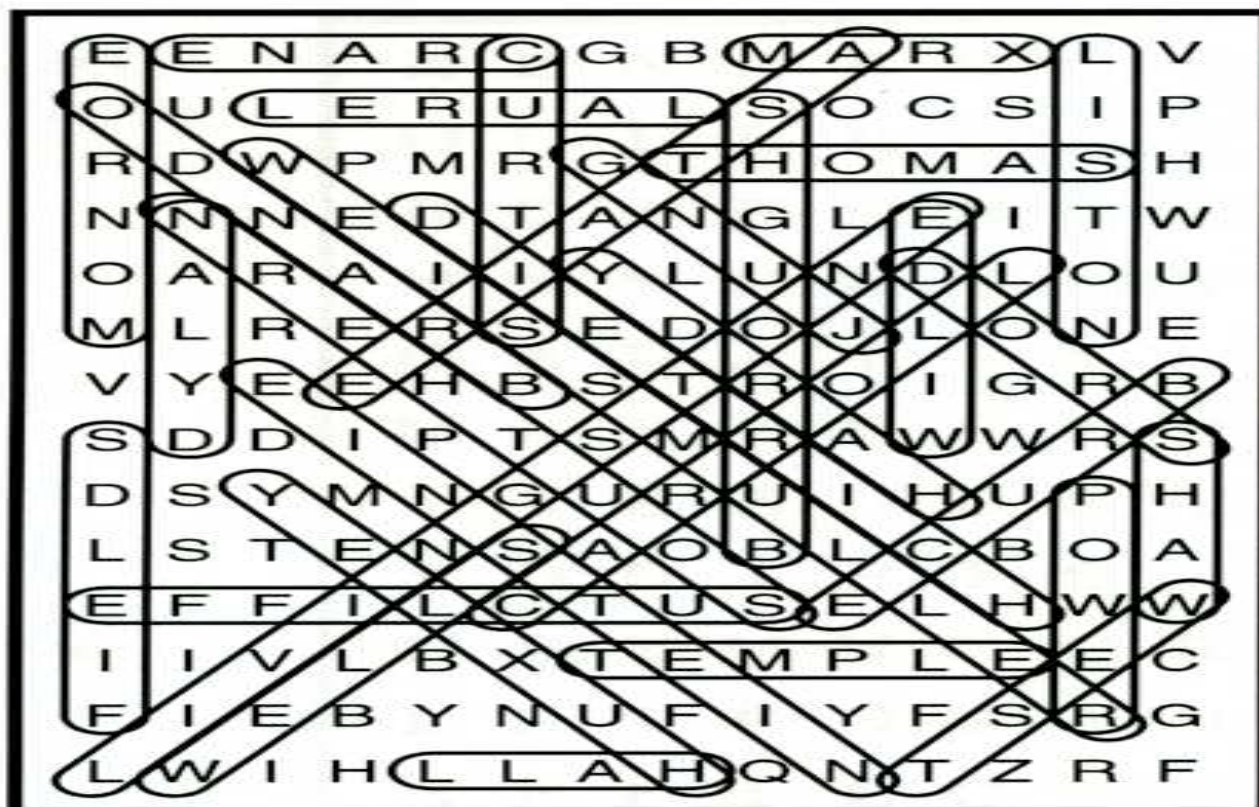
# PUZZLE ANSWERS

09/2014

## PUZZLE 16

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

## WORD SEARCH SOLUTION







# BREAKFAST MENU

09/2014



## Senior Center Breakfast Menu for September 2014

Breakfast is served Monday – Friday, 7:30-8:30 a.m., at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$4.20 fee for non-seniors (59 years of age or younger).

1st	All Centers Closed in Observance of Labor Day
2nd	French toast, maple syrup, scrambled eggs, sausage, tomato juice, milk
3rd	Grilled ham, peppers, salsa, roll, jelly, milk
4th	Scrambled eggs, cheese, red chile, potatoes, margarine, milk
5th	Sausage, salsa, hash browns, small roll, jelly, milk
8th	Cold cereal, roll, peanut butter, jelly, tomato juice, milk
9th	Boiled eggs, salsa, small roll, margarine, milk
10th	Sausage, cheese, red chile, small roll, jelly, milk
11th	Ham and cheese on a large biscuit with salsa, jelly, milk
12th	Breakfast burrito: scrambled eggs, cheese, green chile, bacon on a tortilla, milk
15th	Scrambled eggs, bacon, cheese, grilled peppers, hash browns, milk
16th	Sausage, cheese, green chile, potatoes, margarine, milk
17th	Breakfast burrito: scrambled eggs, cheese, salsa, bacon on a tortilla, milk
18th	Diced ham, cheese, peppers, onions, small roll, jelly, milk
19th	Scrambled egg, cheese, salsa, tortilla, bacon, milk
22nd	Grilled ham, cheese, red chile, small roll, jelly, milk
23rd	Breakfast burrito: bacon, scrambled egg, cheese, salsa on a tortilla, milk
24th	Pancakes, maple syrup, sausage, tomato juice, milk
25th	Scrambled egg, hashbrowns, salsa, small roll, jelly, milk
26th	Ham and cheese on a large biscuit with salsa, jelly, milk
29th	Cold cereal, small roll, peanut butter, jelly, tomato juice, milk
30th	Breakfast burrito: bacon, scrambled egg, red chile on a tortilla, milk

### Nutrition Education: More Fight Bac! Like a Produce Pro

(Safety Tips from the partnership for Food Safety Education)

- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing to prevent bacterial growth. Keep your refrigerator at or below 40°F.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives before and after preparing fresh fruits and vegetables.
- In your shopping cart and in your bags at checkout, separate fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- When preparing food, do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.
- Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, or that have touched raw meat, poultry, seafood or eggs.





# SEPTEMBER SENIOR LUNCH MENU

092014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>All CENTERS CLOSED IN OBSERVANCE OF LABOR DAY</b>	Beef Steak Topped w/ Veggie Melody Pinto Beans Tossed Salad w/ Dressing Strawberry Shortcake Milk	Glazed Ham Buttered Mash Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Sugar Cookie Milk	Chicken Taco w/ Garnish Pinto Beans Calabacitas Jell-O w/ Mixed Fruit Milk	<b>Meals &amp; Wheels Only</b> Tuna w/ Macaroni Tossed Green Salad Crackers Chilled Pears Milk <b>NO CONGREGATE LUNCH</b>
8	9	10	11	12
Pepper Steak Baked Sweet Potatoes w/ Butter California Vegetables Whole Wheat Roll Cherry Cobbler Milk	Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/ Apricots Milk	Baked Fish Fillet Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	Turkey w/ Gravy Bread Stuffing Green Beans Whole Wheat Roll Cranberry Salad Pumpkin Pie Milk	Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans Whole Wheat Roll with Butter Apple Cobbler Milk
15	16	17	18	19
Frito Pie w/ Pinto Beans and Red Chile Sauce White Cake Chilled Apricots Milk	Baked Pork Chop Mixed Vegetables Whole Wheat Roll w/ Butter Baked Scalloped Apples Milk	Chicken w/ Noodles Carrot and Green Peas Cornbread w/ Butter Fruit Salad Milk	Pork Loin Black Eye Peas Steamed Cabbage Cornbread w/ Butter Peach Cobbler Milk	Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce Milk
22	23	24	25	26
Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Mandarin Oranges Milk	Pork Roast w/ Mashed Potatoes and Brown Gravy Asparagus Whole Wheat Roll Applesauce Milk	Beef Stir Fry Steamed White Rice Stir Fry Vegetables Whole Wheat Roll w/ Butter Chilled Pears Milk	Chicken Fajitas w/ Garnish & Salsa Flour Tortilla Chile Beans w/ Cheese Jell-O w/ Oranges Milk	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll Tropical Fruit Milk
29	30			
Burrito Supreme Spanish Rice Green Salad w/ Dressing Chilled Apricots Milk	Beef Tips over Rice Steamed Broccoli Green Salad w/ Dressing WW Roll w/ Butter Chilled Pears Milk	 <b>September 5-6-7</b>		
		<b>There will be no congregate lunches on Friday, September 5th due to Fiestas. Senior Centers close at 12pm noon.</b>		<b>Menu is Subject to Change</b>

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

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast / lunch \$4.20

Lunch is Served at:

MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers

11:00am till 12:30pm Monday thru Friday





City of Santa Fe



# Senior Center Locations

## Legend

- City Senior Center Location
- Down Town
- City Limits

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

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

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

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

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

Genoveva Chavez Community Center

