

# The Senior Scene

DECEMBER 2014



Photo: Don Bell



**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  
12/2014

Welcome,

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

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

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



## Front Desk Reception (505) 955-4721

Toll-Free Administration Line (866) 824-8714

**Ron Vialpando, DSS Director** 955-4710

## Administration

Cristy Montoya, Administrative Secretary 955-4721

Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

## Senior Services Registration

Brenda Ortiz, Database Specialist 955-4722

## Transportation Ride Reservations 955-4700

Fran Rodriguez, Project Manager/ Dispatch 955-4702

Robert Chavez, Project/Fleet Manager 955-4703

Linda Quesada-Ortiz, Administrative Assistant 955-4756

## Nutrition

Thomas Vigil, Program Administrator 955-4740

Enrique DeLora, Inventory Supervisor 955-4750

FAX Machine - Nutrition 955-4794

## Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor 955-4748

Yvette Sweeney, Administrative Assistant 955-4739

Robert Duran, MOW Assessments 955-4747

## Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager 955-4711

Vacant, Program Coordinator 955-4715

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

## In Home Support Services: Respite Care.

### Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

### Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Daniel Mitchell, Special Projects Admin. 955-4744

## Retired Senior Volunteer Program (RSVP)

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 992-3069

Santa Fe Civic Housing Authority 988-2859

## Newsletter Production

Melanie Montoya, Editor/Distribution 955-4761

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

12/2014

# DIRECTOR'S REPORT



*Handwritten signatures and names:*

*Top Left:* Valeria Inujedo, BRENDA ORTEGA, Delilah de vata, Darlene George, Lisa maestras, Katie Ortiz, Dianne Dean, Debbi L. Grigo Cardiel, Carmelita Ortega, William [unclear], Louisi Rubio, Gene Dunne, Jack [unclear], Alan [unclear], Joe [unclear], Velani Montoya, Rainie Ortiz, Raul [unclear]

*Top Center:* Marisol Romero

*Top Right:* Rosa J. Mares, Janet [unclear], Robert [unclear], Evelyn Meats, Carlos E. Sandoval

*Middle:* Lillian Killepore, Yang [unclear], Prugi Gonzalez, Janet X. Vigil, CRISTINA VILLA, Ernest A. Romero, Custy Hoover, Judy Mayner, Kathleen Lee Vargas, Carlos Maybous, Michael A. Franco, Ron J. Vialpardo, Claret + Linda [unclear], Daniel Mitchell

*Bottom:* Brenda [unclear]

**Happy Holidays**

**From the City of Santa Fe  
Division of Senior Services Staff**



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# *SENIOR SERVICES PROGRAM INFORMATION*

12/2014

## **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 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time. No more than four one-way trips per person, per day.**
- Closures: ***Senior Centers will be closed on Thursday, December 25th.***
- 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.



## They will be missed...



### Robert G Taylor

Robert G Taylor died on Sept. 16, 2014, at his home in Santa Fe, NM. He was born March 18, 1916 in Dallas, Texas.

He spent most of his years of retirement in British Columbia, but spent some time in Macau and Hawaii before moving to Santa Fe to be near his daughter in May of 2008.

He is survived by a son, and a daughter: Robert D. Taylor of Daly City, Calif., and Betsy E Taylor, of Santa Fe, and four grandchildren. He was well known around the MEG senior center for his wonderful sense of humor and beautiful smile. May he rest in peace



### Bruce Paul Tobin

Bruce Paul Tobin, age 65, passed away on November 10, 2014. He was a Lt. in the U.S. Army. He graduated from Norwich University in Vermont. Bruce was a Senior Project Manager at Goldman Sachs, Bank of America and Morgan Stanley. Bruce had a

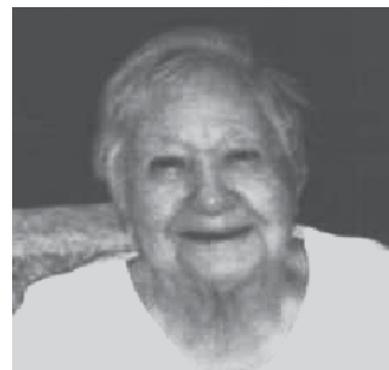
generosity of spirit and enriched the lives of all those he touched. He was a superb athlete who shared his joy and knowledge of pickleball and racquetball with the greater NM Community and the Wounded Warrior Project. Bruce was a perennial multiple medal winner at the New Mexico Senior Olympics. He also served on the Santa Fe 50+ Senior Olympic Committee, and was the Event Manager for Pickleball.

He will be tremendously missed by all he loved and all who loved him.

## She will be missed...

### Tonita Payton

Tonita Payton, age 77 passed away on October 27, 2014. She is survived by her daughters Cora Le Rouge, Yolanda Martinez and LoriAnn Miera. Her sons Robert, wife Naomi Payton and Christopher Payton.



She had 13 grandchildren and 15 great grandchildren and many nieces and nephews. She was an active member of the Consuelo Senior Center prior to her illness. She will be missed by all.

## Los Pastores on December 13th

Los Pastores, the traditional New Mexican shepherds play will be presented on Saturday, December 13, 2014 at 2:00 p.m. at the Santuario de Nuestra Senora de Guadalupe in Santa Fe. It is sponsored by La Sociedad Folklorica every year right before Christmas.

The play, which is several centuries old and came to the New World from Spain, will be performed by the Arsenio Cordova group from Taos, New Mexico. While admission is free, donations are welcome.

For more information call La Sociedad president at 983- 7839.

## Flora's Corner

Inspiration from Flora Leyba

Give us through the coming year  
Quietness of Mind.  
Teach us to be patient  
And always to be kind.  
Give us Reassurance  
When everything goes wrong.  
So our faith remains unfaltering  
And our Hope and Courage strong.  
And show us that in Quietness.  
We can feel Your Presence near  
Filling us with Joy and Peace  
Throughout the coming year.

-Helen Steiner Rice





# NEWS & VIEWS

12/2014

## CONGRATULATIONS RETIREES!



**Cindy Sena**, Division of Senior Services Program Coordinator for both the Mary Esther Gonzales and Ventana de Vida senior centers has informed us of her retirement this month in December.

Cindy started her career with the City of Santa Fe twenty-five years ago and during all those years she has dedicated them to working with seniors at the Division of Senior Services, a job she has truly loved and enjoyed. Some of you may remember Cindy as one of your Transportation Drivers, a position she held with Senior Services for many years of her career. Cindy is a very energetic, dedicated and a giving person who also enjoyed decorating the Mary Esther Gonzales Senior Center for the different holiday events, something that we certainly will miss.

Cindy's last working day will be Wednesday, December 3rd. Please stop by her office at the Mary Esther Gonzales Senior Center on or before December 3rd and wish her a happy retirement.

We wish Cindy the best of luck on her future endeavors and we thank her for her dedicated service during the last twenty-five years with the Division of Senior Services.



**David Wheeler**, Transportation Driver, retired at the end of September after seven years as a dedicated employee with the Division of Senior Services. He was always professional and caring when dealing with our senior clientele. The seniors and the

Transportation Section already miss his dedication and willingness to go above and beyond! We all wish him luck in his future endeavors.

## Free Benefits Counseling at MEG

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

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

## Master Gardener Certification Training Classes - 2015!

It is inspiring to be in the company of those who share gardening interests, increasing our knowledge and sharing those skills with the community. In this 16 week course taught by New Mexico's top horticultural educators, researchers and practitioners, interns will learn the best methods for soil building, growing herbs, fruits and veggies, water harvesting, xeric techniques, composting, dealing with pests and diseases and more!

Classes begin: Monday, February 2, 2015 at 6:00 p.m. (evenings) and Tuesday, February 3, 2015 at 9:00 a.m. (mornings). Registration begins Nov.1st through Dec. 31st. Class size is limited.

For more information or to register, please visit [sfmga.org](http://sfmga.org) or call the Santa Fe County Extension at 471-4711.

Offered by SF Master Gardener Association in cooperation with New Mexico State University.





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## 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.

### **December 2014 Dates, Times and Locations:**

- 1st Van not out (maintenance).
- 2nd Van not out (maintenance).
- 3rd SFCC 10:00 am-2:00 pm
- 4th Casa Villitia Housing 10:00 am-2:00 pm
- 5th Lowe's/Kmart 10:00 am-2:00 pm
- 6th Southside Library 10:00 am-2:00 pm
- 7th Smith's Grocery Pacheco 10:00 am-2:00 pm
- 8th Fort Marcy 10:00 am-2:00 pm
- 9th St. John's Methodist Church 9:00 am-12:00 pm
- 10th Santa Cruz Senior Center 10:00 am-2:00 pm
- 11th Casa Solana Center 10:00 am-2:00 pm
- 12th MEG Senior Center 10:00 am – 2:00 pm
- 13th De Vargas Mall 10:00 am-2:00 pm
- 14th San Isidro Church Agua Fria 9:00 am-2:00 pm
- 15th Salvador Perez 10:00 am-2:00 pm
- 16th Pojoaque Senior Center 10:00 am-2:00 pm
- 17th Eldorado Senior Center 10:00 am - 2:00 pm
- 18th Edgewood Senior Center 10:00 am-2:00 pm
- 19th Consuelo Senior Center 10:00 am-2:00 pm
- 20th Genoveva Chavez Center 10:00 am -2:00 pm
- 21st Our Lady of Guadalupe Church 9:00 am-2:00
- 22nd Zona Del Sol 3:00 pm – 6:15 pm
- 23rd Chimayo Senior Center 10:00 am - 2:00 pm
- 24th El Rancho Senior Center 10:00 am-2:00 pm
- 25th Van not out (holiday).
- 26th Pasatiempo Senior Center 10:00 am - 2:00 pm
- 27th Smith's Grocery Cerrillos 10:00 am - 2:00 pm
- 28th SF Recovery Center 10:00 am-2:00 pm
- 29th Rufina Housing 10:00 am - 2:00 pm
- 30th Luisa Senior Center 10:00 am - 2:00 pm
- 31st Ventana Senior Center 10:00 am - 2:00 pm



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## Aging Network Training Dec. 3rd and 4th

The NM Aging and Long-Term Services Department invites you to attend the Aging Network Training at the MCM Elegante Hotel at 2020 Menaul NE in Albuquerque.

On December 3, some workshops include: Care Transition-Returning to the Community from a Nursing Facility, KEPRO-Protecting Medicare Rights, Disability Awareness and Fun Ways to Use Your Noodle.

December 4, some workshops include: NM Crisis & Access Line Part I, NM Crisis & Access Line Part II, CASA Rules-Prepare, Store and Serve Meals Safely and Adult Learning Communities-Your Fountain of Youth for Healthy Aging.

The training is free and sign-in begins at 8:00 am each day. Lunch each day and travel to and from the training are on your own. For a copy of the schedule or more details, call the RSVP office at 955-4743.

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## **A Tarantella on New Year's Eve**

By senior Cathy Adeli



To dance again as we did then  
Dancers, we slide, we glide  
In ancient intricate designs  
Heads and arms raised  
Truth and love praised  
Faster move hips and feet  
Faster, faster controlled only by the beat  
Faster, faster, faster, a leap  
A weightless shine, a gleam  
In a perfect moment cut clean  
Of all the twisted knotted lies  
Of couldn't, can't and won't  
Of shouldn't, didn't and don't  
Oh, to dance again as we did then  
A tarantella on New Year's Eve



# NEWS & VIEWS

12/2014

## County Treasurer Tax Collection at MEG One More Date in December

The Santa Fe County Treasurer's Office, Community Outreach Program, has offered to host property tax collection events at senior centers throughout Santa Fe County in December. Property owners of any age may bring checks, money orders or credit cards to pay their property taxes (NO CASH PERMITTED). Treasurer's office staff will collect it, enter the payments into their database and issue receipts

They will be at the Mary Esther Gonzales Senior Center at 1121 Alto St. on the following date 10:00 a.m. to 1:00 p.m.:

- Friday, December 5th - Board Room

## Work Your Mind, Warm Your Heart Volunteers Needed - AARP Foundation Tax-Aide

Almost four out of five of the people who turn to AARP Foundation Tax-Aide are 60 and older. Household incomes aren't high. For many of them, a tax refund could mean they won't have to choose between paying for groceries and keeping the lights on.

That is why the AARP Tax Aide Program in Santa Fe has become an essential program that is offered in January through April every year.

Good with numbers? Be a tax volunteer. You'll work with taxpayers directly, filling out tax returns helping them seek a refund. Experience isn't necessary – they will train you on the latest tax preparation forms and software.

For more information on how to become a volunteer, call Peter Doniger at 670-6835.

## Senior Center Closures

All Santa Fe senior centers will be closed on Thursday, December 25th for Christmas and on Friday, January 1, 2015 for New Year's Day.

## Light Up A Life, New Year's Eve Wednesday, December 31st

This is the 23rd year in a row that The Hospice Center in Santa Fe has kept alive this holiday tradition of Light Up A Life at the year's ending through a celebration of cherished family and friends, and a reflection upon the hope and light always with us. Hundreds of farolitos are placed around the Plaza to illuminate the lives of loved ones both past and present. At dusk a short memorial service of music, prayer, and thoughtful reflection is held commemorating those who have gone before us.

In the days leading up to this memorial event, many farolitos are sold to celebrate loved ones who live in our hearts. These farolitos bear the name of the person they were purchased to remember or honor. Proceeds of the sales go to support the work of PMS - The Hospice Center, the oldest and only non-profit hospice in the city, which provides individuals and families in our community with compassionate end-of-life care regardless of ability to pay.

To purchase a farolito (\$20.00 per farolito) in memory of a loved one, you may go to:

[www.pmsnm.org](http://www.pmsnm.org) or call 505-988-2211

After 12/29, purchase farolitos on 12/31 at the Santa Fe Plaza, 4:00 p.m. – 5:30 p.m.

If you are interested in volunteering for this wonderful event, please also call 988-2211.



# AT A GLANCE

12/2014



Our talented senior musicians offer entertainment at various senior centers.



Barak Wolff of the Santa Fe Action Team, Compassion and Choices, has the audience paying attention during a presentation regarding Advance Care Planning at the MEG Center in November.



Staff member Cindy Sena clowning around with co-worker Cristina Villa for Halloween.



The Luisa Senior Center ladies pick a beautiful day to see the Aspens changing colors.



Seniors take a minute to pose at the Halloween dance in October.



# *PUBLIC HEARING*

12/2014

## Older Americans Act to be the focus of Public Hearing January 7, 2015

The City of Santa Fe's Division of Senior Services will host a Public Hearing on the Older Americans Act and related services covered by this Act. You are invited to attend and learn about our services and give your valuable input.

***Wednesday, January 7, 2015 at 9:00 a.m.  
at the Mary Esther Gonzales Senior Center, 1121 Alto Street***

The Older Americans Act was enacted by congress in 1965 to ensure provision of social services to America's elderly population. The City's Division of Senior Services administers programs, which provide a comprehensive social service delivery system for senior citizens in our community. The following program services are critical to our planning and implementation process:

- Congregate Meals at our five senior centers
- Home Delivered Meals (Meals on Wheels)
- Assisted Transportation (senior vans)
- Home Management including housekeeping, laundry, escort, non-medical personal care, etc.
- Respite (Alzheimer's) Care including caregiver relief, companionship, non-medical personal care, caregiver support, etc.
- Durable Medical Equipment (walkers, wheelchairs, shower chairs, etc.)
- Grandparents Raising Grandchildren, including information and access, supplemental support, etc.
- Volunteer Programs – Foster Grandparent Program (FGP), Senior Companion Program (SCP), Retired Senior Volunteer Program (RSVP)
- Recreation and Fitness, including Senior Olympics, line dancing, exercise classes, Tai Chi, Enhanced Fitness, fitness equipment, etc.
- Capital Outlay and Legislative Request

The public's input on these programs is critical. If you are unable to attend the hearing on January 7<sup>th</sup>, written comments are encouraged and should be sent to:

City of Santa Fe  
Division of Senior Services  
Ron J. Vialpando, Director  
P.O. Box 909  
Santa Fe, NM 87504-0909

For more information, please call (505) 955-4721



# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

12/2014

## 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 volunteer insurance, and give you volunteer support through parties, events, gifts, birthday recognition, optional workshops and classes, and more, after we set you up in the volunteer job(s) of your choice.

### We Need Handypeople

Senior Services frequently receives phone calls from seniors who need some light home repair but cannot afford a handyman. We have had several volunteer handymen over the years, but we are down to one now, and they need back up.

Volunteer handypeople must pass a criminal background check and then we screen calls and pass them along. The client is responsible for paying for the necessary supplies, but the handyman needs a vehicle and tools and a bit of knowledge with repairing and very basic carpentry, painting, electrical, yard work ability, etc. You do not have to take on any job you do not feel up to.

If you'd like to offer your services, please call Marisa at 955-4743.

### Volunteers: Turn in Your Hours

Please remember to turn in your volunteer hours served in October, November and December by the first couple of days in January. As always, you may mail them, fax them, drop them off at MEG or Luisa Centers, enter them on the RSVP website at [rsvpsantafe.org](http://rsvpsantafe.org) or email them to [mvromero@santafenm.gov](mailto:mvromero@santafenm.gov). Please call Marisa at 955-4743 if you have any questions



*Happy Birthday*

### RSVP volunteers born in DECEMBER!

Mary Ann Sanchez	12/01	Eric P. Edmunds	12/15
Joseph S. Gonzales	12/02	Judi L. Beare	12/16
John L. Hanners	12/02	Flavia Pavia	12/16
Edna E. Montalvo	12/03	Julius Sebastian	12/16
Sandra P. Rudnick	12/03	Debra Snyderman	12/16
Cordelia Garcia	12/04	Cliff A. Harris	12/20
Irene Gentilseco	12/04	Pina Leffelbein	12/20
Patricia Penn	12/04	John Quintana	12/20
Barbara Burress	12/05	Bill J. Vaughen	12/20
Thomas Johnson	12/05	David E. Roberts	12/21
Rex Givens	12/06	Elaina K Gonzalez	12/25
Laurie McGrath	12/07	AJ Melnick	12/25
Jean W. Marrs	12/09	Dolores A. Mose	12/25
Al Webster	12/09	Raymond W. Willison	2/25
Mary Jo Read	12/10	Patricia M. Hummer	12/30
Shanna Maclean	12/11	Eileen Levy	12/30
Mary Margaret Rael	12/11	Irene Murray	12/30
Christine Lovato	12/13	Pamela Grob	12/31
Linda Alessi	12/14	Virginia Soto	12/31
Connie S. Valencia	12/14		

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



# FGP/SCP Foster Grandparent / Senior Companion Programs

12/2014

**“Those who can, do. Those who can do more, volunteer.”**

Thank you volunteers for another year of offering your time, patience and love to those in need.

### **Foster Grandparent Volunteers: Share Today. Shape Tomorrow.**

- Socorro Arroyo
- Gail Askew
- Joan Baca
- Mary Baca
- Bella Campos
- Maria Carta
- Anna Chacon
- Michele Chrabot
- Rita Contreras
- Rita Gallegos
- Margie Gurule
- Jong Heiser
- Gloria Kennedy
- Tillie Kitchens
- Bella Lucero
- Prescilla Martinez
- Bernard Nuanez
- Isidra Pacheco
- Bonnie Rice
- Aurora Rodriguez
- Celia Roman
- Fabiola Sandoval
- Jane Sandoval
- Rosario Torres
- Tillie Trujillo
- Connie Valencia

### **Senior Companion Volunteers: Make Independence a Reality.**

- Vicky Archuleta
- Robert Burkhalter
- Seferino Chavez
- Grace DeAguero
- Mela Delgado
- Maria Duran
- Ola Gabauer
- Frances Gallegos
- Amelia Garcia
- Lugarda Griego
- Ramona Griego
- Geniva Lopez
- Helen Lucero
- Genevieve Maes
- Mary Lou Martinez
- Perfilia Martinez
- Christine Mendoza
- Carmen Montoya
- Benerita Morales
- Tommie Ortega
- Katie Ortiz
- Wesley Sandel
- Bernadette Sandoval
- Mary Sandoval
- JoAnn Sena
- Virginia Soto
- Della Spencer
- Sue Ann Spoonhoward
- Rosina Tapia
- Lydia Trujillo

### **December In-Service “Project Heart Start”**

A training to raise awareness about the new CPR, its ease of use, and the proper utilization of automated external defibrillators (AEDs) will be given to all Foster Grandparent and Senior Companion volunteers on Thursday, December 11th at 9:00 a.m. in the MEG Dining Room.

Project Heart Start (PHS) is dedicated to saving the lives of victims of out-of-hospital cardiac arrest by teaching all capable citizens to perform the new compression-only CPR. The second goal is to encourage and facilitate the placement and proper utilization of automated external defibrillators (AEDs).

Please mark your calendars and plan to attend the event. You are not required to volunteer your regular schedule on this day and should plan on attending this event.



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

Connie Valencia	12/14
Rosario Torres	12/25
Virginia Soto	12/31

# ACTIVITY

12/2014



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

*Schedule is subject to change.*

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

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

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

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Computer Classes	Call for info.	955-4711
Guitar Class	Monday	9:00 am
EnhanceFitness	Mon, Wed & Fri.	9:30 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday	9:00 am
Nia Technique	1st & 3rd Tues.	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	Thursday	1:00 pm
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
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
MEG-Class	Tuesday	1:30 pm

## **BINGO**

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

## **BRIDGE GAMES & PUZZLES**

Pasatiempo - Bridge	Monday	12:30 pm
Ventana Games - Puzzles	Wednesdays	1 pm - 3 pm

## **CERAMICS**

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

## **COMPUTER**

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

## **FITNESS EQUIPMENT**

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

## **EXERCISE & MOVEMENT CLASSES**

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

## **TAI-CHI**

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

## **GUITAR CLASS (Beginner)**

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

## **JEWELRY MAKING**

MEG Center	Tuesday	9:00 am
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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 APPLIQUÉ**

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



# ACTIVITY

12/2014

## Monthly Senior Services Committee Meetings Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: No meeting in Dec.
- Senior Olympics: December 10th at 11:00 am
- Advisory Board : December 18th at 9:30 am
- Travel Committee: No meeting in Dec.
- Senior Activity Corp: December 17th 10:00 am

## Ear Acupuncture for Veterans

Licensed acupuncturist Carolyn Bleakley will continue to offer free ear acupuncture for veterans and their families at the Mary Esther Gonzales Senior Center on the following Thursdays in December from 2:00 pm to 4:00 pm.

- Thursday, December 4th
- Thursday, December 11th

## MEG Movie Day

The MEG Center will not be showing a movie during the month of December. However, movie day will resume in January 2015. Check back with us next year!

## No Free Haircuts

Due to unforeseen circumstances, haircuts at both Mary Esther Gonzales Senior Center and Pasatiempo will be cancelled until further notice. Thank you for your understanding.

## AARP "Smart Driver" Course

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

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

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

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

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

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

- December 9th, Don Blossom, 984-9995
- January 27th, Don Blossom, 984-9995

## Luisa Movie Day: A Merry Friggin Christmas Wednesday, December 17th at 1:00 pm

Boyd and his family are forced to spend a dreaded Christmas at his parent's house with his eccentric father that he has been avoiding for years. When he realizes that he left his son's gifts at home, Boyd and his father must hit the road in a blizzard to retrieve the gifts before sunrise to save Christmas.





## Snowball Dance

Don't miss out on the annual Senior Services Snowball Dance sponsored by Ventana de Vida Senior Center. Come dance the afternoon away with live music by Camino Oscuro.

The dance will be held at the Fraternal Order of Eagles at 833 Early Street on:

Thursday, December 11th  
1:00 pm – 4:00 pm  
Light refreshments  
and drinks  
\$2.00 Admission  
Bring your dancing  
shoes!

Call your  
friends  
and meet  
them there!



## Join us for Christmas Dinner and Mariachi Music at MEG on December 18th

We look forward to seeing you at any of our five senior centers on Thursday, December 18th between 11:00 am and 12:30 pm for our annual Senior Services Christmas Dinner.

We will serve roast beef with gravy, mashed potatoes, vegetable salad, California vegetables, a whole wheat roll and cherry cobbler.

As an added bonus, Mariachi Azteca will perform during the Christmas Dinner at the Mary Esther Gonzales Senior Center. Enjoy a delicious meal and get into the holiday spirit!

## New Painting Class at MEG

Are you interested in learning how to draw and paint? Please join artist Judy Ortiz at the Mary Esther Gonzales Senior Center every Tuesday, at 1:30 p.m. If possible, please bring your own canvas size 9x12 or 12x16.

## Let's Celebrate Your Birthday

Christus St. Vincent Health Plan will be serving cake in honor of December birthdays on Tuesday, December 2nd at the Luisa Senior Center. Please come and celebrate with us!

## EnhanceFitness Classes Continue at MEG Center

This hour long, three-days per week class is designed to improve your physical condition and to decrease your risk of falling. Studies show that regular physical activity improves overall health, memory, mood, balance, bone density, endurance, flexibility, and coordination. We think, you will be surprised by how much better you feel when participating in this program.

Your instructor Carol, a certified instructor, will be teaching this class three times per week at the MEG center, in the back dining area as follows.

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

Many fitness programs claim to improve the health of older adults. Few can demonstrate real results based on scientific research. From the beginning, EnhanceFitness, a program managed by Senior Services (Seattle, WA) in collaboration with the University of Washington Health Promotion Research Center has demonstrated measurable results. We hope you will take advantage of this ideal exercise program.

If you have not had the chance to attend one of the classes, you still have plenty of opportunities. Current attendees continue to offer lots of positive feedback after participating.

## Holiday Bake Sale at Luisa December 9th

Come fill your tummies with yummys! Stop by and purchase homemade sweets just in time for the holidays. We all know that seniors make the best baked goods!

The bake sale will be at the Luisa Senior Center at 1500 Luisa Street on Tuesday, December 9th from 9:00 am until the baked goods are sold out. Proceeds benefit the center. Don't miss out!



# ACTIVITY

12/2014

## **Socials Continue at our Senior Centers**

The Division of Senior Services invites all of our senior clients to join us for ice cream and popcorn socials throughout the month of December, at different senior centers as follows:

MEG Socials – 12:15 p.m. – 1:00 p.m.:  
Tuesday, December 16th – Ice Cream  
Thursday, December 18th - Popcorn  
Tuesday December 30th – Ice Cream

Pasatiempo Social – 12:15 p.m.-1:00 p.m.  
Wednesday, December 3rd – Ice Cream

Luisa Ice Cream Social – 12:15 p.m. – 1:00 p.m.  
Friday, December 12th – Ice Cream

The events are free of charge and all seniors are invited to join us for a special treat and enjoy conversing with your fellow senior citizens.

## **Special Spanish Guitar Performance!**

Sister Jo and her guitar students will present a selection of Christmas carols.

Join us on Monday, December 15th at the Mary Esther Gonzales Senior Center from 11:00 am to 12:00 noon, to support our wonderful guitar instructor and her dedicated students.

## **Wrap Gifts for Those Less Fortunate**

Join staff from Home Instead, Casa Real Center and the Division of Senior Services on Thursday, December 18th beginning at 1:00 p.m. We will wrap gifts purchased for less fortunate seniors through the “Be a Santa to a Senior” program. Any assistance is appreciated.

## **Holiday Bake Sale at Pasatiempo December 16th**

Homemade holiday goodies will be available for purchase on Tuesday, December 16th at the Pasatiempo Senior Center, 664 Alta Vista beginning at 9:00 am until sold out. Proceeds benefit the center activities.



## **Chair Yoga at MEG in December**

Chair Yoga will only be offered one day in the month of December: Thursday, December 4th. It will resume on Thursday, January 8th.

## **Upcoming Trips**

### **Albuquerque BioPark Botanic Garden – River of Lights**

Experience millions of sparkling lights at New Mexico’s largest walk-through holiday production with more than 400 glowing light displays and animated sculptures and a synchronized music light show. Our transportation services will depart the Mary Esther Gonzales Senior Center at 5:30 p.m. on Thursday, December 18th. The cost for the trip is \$20.00 per person, which includes the ride to Albuquerque and the entrance fee. We will stop for dinner at a restaurant in Albuquerque (bring money for dinner). Deadline to register: Monday, December 8th.

### **Millicent Rodgers Museum in Taos, NM**

#### **Fred Harvey and the Making of the American West Exhibition**

Fred Harvey and the Fred Harvey Company in many ways created the images that most Americans have of the American West. Whether through postcards, books, jewelery and more, the name Fred Harvey became synonymous with all things west of Kansas!

The van will depart the Mary Esther Gonzales Senior Center on Saturday, December 6th at 9:30 a.m. and return at 5:00 p.m. The price per person is \$20.00, which includes the van ride and entrance fees. We will have lunch at a local restaurant in Taos (bring money for lunch).

For more information and/or to reserve your spot for any of the above listed trips please call:

- Barbara Arlen at 428-0124 or
- Don Bell at 982-2707

(If calling Don during regular business hours, leave a message and he will return your call.)

Make checks payable to: Senior Activities  
Mail to: Don Bell  
110 Mesa Vista, Santa Fe, NM 87501

# HEALTH & SAFETY

12/2014



## **Hypothermia: A Cold Weather Hazard** (National Institute on Aging)

Almost everyone knows about winter dangers for older people such as broken bones from falling on the ice or breathing problems caused by cold air. But, not everyone knows that cold weather can also lower the temperature inside your body. This drop in body temperature is called hypothermia (hi-po-ther-mee-uh), and it can be deadly if not treated quickly. Hypothermia can happen anywhere—not just outside and not just in northern states. In fact, some older people can have a mild form of hypothermia if the temperature in their home is too cool.

### **What Are the Signs of Hypothermia?**

When you think about being cold, you probably think of shivering. That is one way the body stays warm when it gets cold. But, shivering alone does not mean you have hypothermia.

How do you know if someone has hypothermia? Look for the “umbles”—stumbles, mumbles, fumbles, and grumbles—these show that the cold is a problem. Check for:

- Confusion or sleepiness
- Slowed, slurred speech, or shallow breathing
- Weak pulse
- Change in behavior or in the way a person looks
- A lot of shivering or no shivering; stiffness in the arms or legs
- Poor control over body movements or slow reactions

### **Taking Action**

A normal body temperature is 98.6°F. A few degrees lower, for example, 95°F, can be dangerous. It may cause an irregular heartbeat leading to heart problems and death.

If you think someone could have hypothermia, use a thermometer to take his or her temperature. Make sure you shake the thermometer so it starts below its lowest point. When you take the temperature, if the reading doesn't rise above 96°F, call for emergency help. In many areas, that means calling 911.

### **How Do I Stay Safe?**

- Try to stay away from cold places. Changes in your body that come with aging can make it harder for you to be aware of getting cold.
- You may not always be able to warm yourself. Pay attention to how cold it is where you are.
- Check the weather forecasts for windy and cold weather. Try to stay inside or in a warm place on cold and windy days. If you have to go out, wear warm clothes including a hat and gloves. A waterproof coat or jacket can help you stay warm if it's cold and snowy.
- Wear several layers of loose clothing when it's cold. The layers will trap warm air between them. Don't wear tight clothing because it can keep your blood from flowing freely. This can lead to loss of body heat.
- Ask your doctor how the medicines you are taking affect body heat. Some medicines used by older people can increase the risk of accidental hypothermia. These include drugs used to treat anxiety, depression, or nausea. Some over-the-counter cold remedies can also cause problems.
- When the temperature has dropped, drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.

National Institute  
on Aging ■ ◆ ★ ✨



# SENIOR OLYMPICS

12/2014

## Walk 4 Fitness Calling All Walkers!!!

For Seniors 50+

Walk 4 Fitness is being offered again in Santa Fe

Walk 4 Fitness is supported by local Senior Olympics and is looking for WALKERS who would enjoy walking in an organized group three times per week for a 3 month period at Santa Fe Place Mall. Walks are scheduled in a safe and planned environment. Walkers are required to report their progress to their leader biweekly. Walkers will receive giveaways for regular attendance and number of steps recorded in their walk record book.

Start date: Tuesday, December 2, 2014

Meeting place: Santa Fe Place Mall Food Court  
4250 Cerrillos Road, Santa Fe, NM

Time: 3:30 – 4:30 Tuesday, Thursday, and Sunday  
December 2, 2014 through March 1, 2015

Contact: Sally or Dick, Walk 4 Fitness Leaders, at (505) 438-8608

New Mexico Senior Olympics, Inc. is a statewide 501(c)3 organization dedicated to promoting healthy lifestyles for all seniors ages 50 years and older through education, fitness and sporting events. Goals include providing competitive athletic and recreational experiences at local, state and national levels.

Walking is a health promotion activity and a competitive sport in the Annual Summer Games offering fun and exercise for all.

### Kick-Off Registration for 50+ Senior Olympics

Kick-Off registration for the 2015 Senior Olympics will be held on Monday, January 12th beginning at 9:00 am until 12:00 noon, in the MEG Center dining room.

Come and learn all about it. You may join at age 50 and over, and you only compete with others in your age bracket. You can choose from 22 sports and 184 events, in competitions taking place between March 3rd through April 10th of 2015.

The regular registration fee is \$12 per person and you can participate in as many sports as you wish.

Whether you have been an athlete all your life, or you consider yourself a couch potato, we welcome you. Let us tell you what we have to offer. You will improve your health, learn new skills, meet interesting people, and have a great time.

If you miss the kick-off registration, you may still register for \$12 until February 13th, and then the fee is \$22 until February 20th.

If you have any questions please call Cristina Villa at 955-4725 or email at [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov).



# PUZZLE

12/2014

## PUZZLE 70

### ACROSS

- 1. Tip the hat
- 5. Raw mineral
- 8. Elec. units
- 14. Hodgepodge
- 15. Pinch
- 16. Big cat
- 17. Make over
- 18. Enemy
- 19. Swelling: var.
- 20. Text comment
- 22. Postal inquiry
- 23. Writer Anita —
- 24. Grain husk
- 25. Occurrence
- 27. Pace
- 31. Get up
- 32. Incline
- 33. Sherbet
- 34. Boys
- 35. Fife
- 36. FDR's dog
- 37. Summer: Fr.
- 38. Cut
- 39. Lobster roe
- 40. Sidewalk
- 42. Buoy
- 43. Table scraps
- 44. Owl sound
- 45. Actor Omar

- 48. Beachhead
- 52. Scarface
- 53. Thai coin
- 54. Roman road
- 55. "— Fideles"
- 56. Female ruff
- 57. Cal. town
- 58. Least
- 59. Yore
- 60. Vault

### DOWN

- 1. Village: Ger.
- 2. Margarine
- 3. Dog's name
- 4. Apodal
- 5. Walking: 2 wds.
- 6. Melees
- 7. Fencing sword
- 8. Sail bottom
- 9. Needle-shaped
- 10. Earthworks
- 11. Actor Guinness
- 12. Rounded roof
- 13. Leading actor
- 21. Not any
- 24. John Wilkes —
- 25. Poetry Muse
- 26. TV picture
- 27. Poker hand
- 28. Coronet
- 29. Brilliance
- 30. Ring
- 31. Hebrew letter
- 32. Laths
- 35. Fallen arches
- 36. Low mound
- 38. Dashes
- 39. Coagulate
- 41. Knobby
- 42. Added a column
- 44. Inn
- 45. Con job
- 46. Fault angle
- 47. Mimic
- 48. Food
- 49. Siouan Indian
- 50. Helen's mother
- 51. Faucet leak

1	2	3	4		5	6	7		8	9	10	11	12	13	
14					15				16						
17					18				19						
20				21					22						
			23					24							
	25	26						27				28	29	30	
31								32					33		
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			43										44		
45	46	47											49	50	51
52													54		
55													56		
58													59		



# PUZZLE

12/2014

## "E" TO "E"

As you EXPLORE the diagram in search of the terms that are hidden within, you'll discover that each entry from the ENTIRE list of 37 words begins and ends with the letter "E." Is that EERIE or what?

EAGLE	ENZYME	ÉTUDE	EXCUSE
ECLIPSE	EQUATE	EVOLVE	EXPIRE
EDIFICE	ESCAPE	EXCISE	EXPLORE
EDUCATE	ESTATE	EXCITE	EXTREME
EERIE			

EFFACE  
ELAPSE  
ELATE  
ELEVATE  
ELOPE  
ELUDE  
EMBRACE  
EMCEE  
EMPIRE  
ENCODE  
ENCORE  
ENDIVE  
ENDURE  
ENGAGE  
ENGINE  
ENRAGE  
ENSUE  
ENSURE  
ENTICE  
ENTIRE

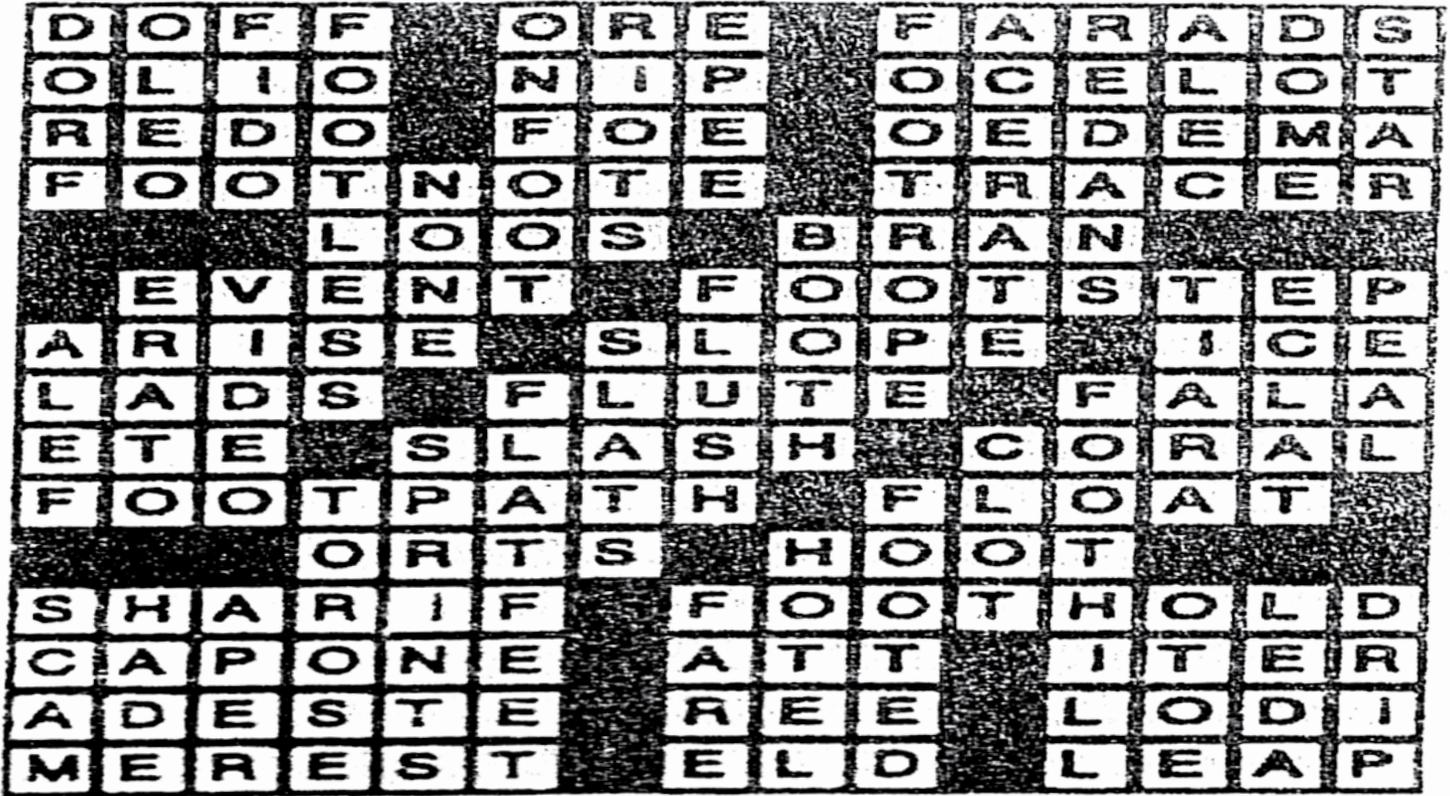
E	C	E	N	G	I	N	E	M	Y	Z	N	E	A
D	E	V	I	D	N	E	S	T	A	T	E	D	B
U	V	E	L	A	T	E	S	P	A	L	E	U	E
L	E	N	R	A	G	E	Q	G	E	C	S	T	A
E	A	U	U	I	R	E	N	V	N	Y	U	E	G
O	S	Q	S	O	E	X	A	D	S	N	C	D	L
E	E	I	C	N	Q	T	B	E	U	A	X	I	E
R	D	N	C	P	E	R	C	T	R	R	E	F	L
O	E	O	E	X	C	E	L	B	E	R	E	I	O
L	R	G	C	C	E	M	M	F	I	C	S	C	P
P	I	I	A	N	S	E	S	P	I	L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

# PUZZLE ANSWERS

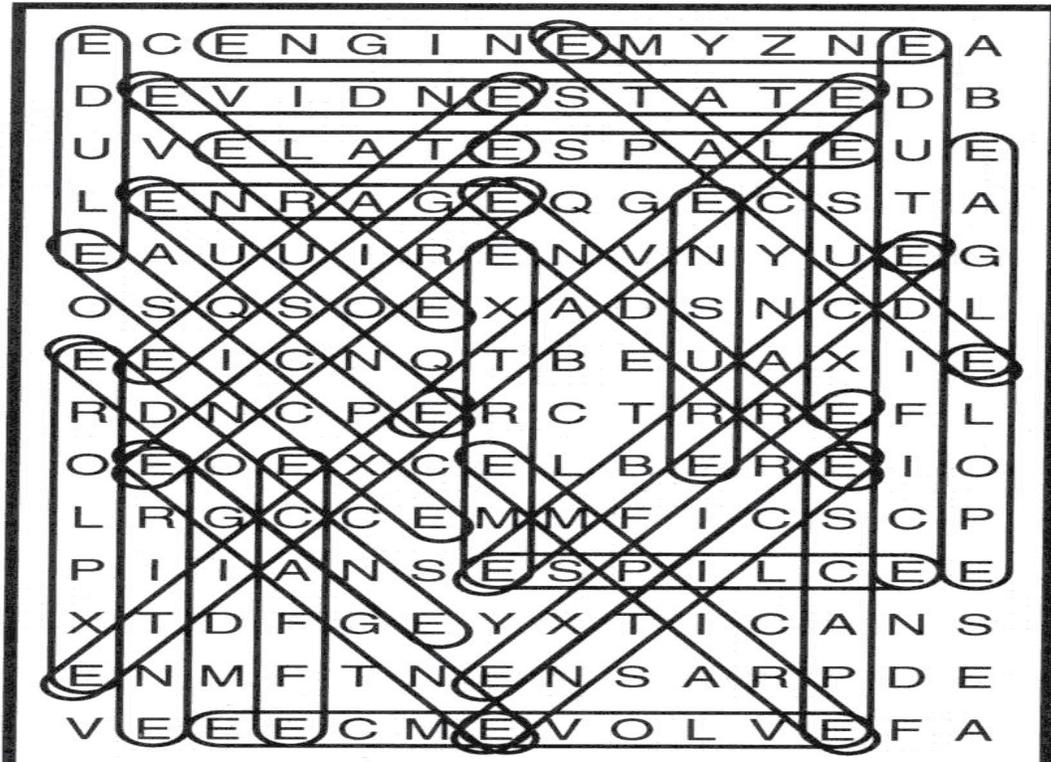
12/2014



## PUZZLE 70



## WORD SEARCH SOLUTION





# BREAKFAST MENU

12/2014

## Senior Center Breakfast Menu for December 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 \$5.25 fee for non-seniors (59 years of age or younger).

1st	Peanut butter, tomato juice, cold cereal, small roll, jelly, milk
2nd	Scrambled egg, sausage, tomato juice, French toast, maple syrup, milk
3rd	Grilled Ham, salsa, peppers, small roll, margarine, milk
4th	Scrambled egg, cheese, red chile, potatoes, margarine, milk
5th	Sausage, salsa, hashbrown, small roll, margarine, milk
8th	Scrambled egg, cheese, grilled peppers, hashbrown, bacon, milk
9th	Sausage, cheese, green chile, potatoes, margarine, milk
10th	Scrambled egg, sausage, tomato juice, French toast, maple syrup, milk
11th	Diced ham, cheese, peppers, small roll, margarine, milk
12th	Scrambled egg, tomato juice, pancakes, maple syrup, bacon, milk
15th	Grilled ham, cheese, red chile, small roll, margarine, milk
16th	Breakfast burrito with scrambled egg, cheese, salsa, tortilla, bacon, milk
17th	Sausage, tomato juice, waffles, maple syrup, milk
18th	Scrambled egg, salsa, hashbrown, small roll, jelly milk
19th	Ham & cheese biscuit, salsa, margarine, milk
22nd	Boiled eggs, salsa, small roll, margarine, milk
23rd	Sausage, cheese, red chile, small roll, margarine, milk
24th	Breakfast burrito with scrambled egg, cheese, green chile, bacon, milk
<b>25th</b>	<b><i>Closed in observance of Christmas</i></b>
26th	Ham & cheese biscuit, salsa, jelly, milk
29th	Breakfast burrito with scrambled egg, cheese, red chile, bacon, milk
30th	Peanut butter, tomato juice, hot oatmeal, margarine, milk
31st	Scrambled egg, tomato juice, pancakes, maple syrup, bacon, milk

## Nutrition Education- Open Your Eyes to Whole Foods

Your eyesight is priceless. That's why it's not only important to protect your eyes from harsh sunlight with sunglasses, but also to nourish them with the food you eat. To boost your eye health, reach for these five specific foods regularly.

**Kale** is a great source of lutein and zeaxanthin, both thought to protect your eyes from sun damage and reduce your risk of cataracts and macular degeneration. Kale also contains vitamin C and beta carotene, which both support eye health.

**Sweet Potatoes** contain beta carotene which is converted to vitamin A. Both of these nutrients can help prevent dry eyes, night blindness, and slow macular degeneration. If you aren't a fan of sweet potatoes, opt for another deep orange colored food instead.

**Strawberries** are rich in vitamin C, which can help lower your risk of cataracts.

The omega-3 fatty acids in **salmon** not only promote heart health, but can also help alleviate dry eyes. Salmon also contains vitamin D, which most Americans are deficient in

**Green tea** is an antioxidant powerhouse for your body and eyes and may lower your risk of developing cataracts and macular degeneration.

Remember, all nutrients should be consumed in moderation. A balanced, whole food diet is your best option for overall health and well-being





# DECEMBER SENIOR LUNCH MENU

12/2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Baked Chicken Provencal (Veggie Topping) Steamed rice Buttered Spinach WW Roll w/ Margarine Tropical Fruit Milk</p>	<p><b>2</b></p> <p>Beef Brisket Pinto Beans Coleslaw Garlic Toast Apple Crisp Milk</p>	<p><b>3</b></p> <p>Turkey Dinner w/ Gravy Bread Stuffing Steamed Green Beans Potluck Roll w/ Butter Cranberry Salad Pumpkin Pie Milk</p>	<p><b>4</b></p> <p>Green Chile Cheese Hamburger w/ Garnish Ranch Beans Onion Rings Chilled Applesauce Milk</p>	<p><b>5</b></p> <p>Grilled Pork Chop Mashed Potatoes Steamed Peas Baked Biscuit Cherry Cobbler Milk</p>
<p><b>8</b></p> <p>Beef Tips &amp; Rice Steamed Broccoli Green Salad WW Roll w/ Butter Chilled Pears Milk</p>	<p><b>9</b></p> <p>Roasted Pork Roast Mashed Potatoes w/ Gravy Steamed Asparagus WW Roll w/ Butter Apple Sauce Milk</p>	<p><b>10</b></p> <p>Baked Chicken over Garlic Noodles Green Peas &amp; Carrots Cornbread w/ Butter Fruit Salad Milk</p>	<p><b>11</b></p> <p>Pork Tamale Vegetable Salad Pinto Beans Flour Tortilla (1) Mandarin Oranges Milk</p>	<p><b>12</b></p> <p>BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie Milk</p>
<p><b>15</b></p> <p>Hamburger Steak Mash Potatoes w/ Gravy Steamed Green Beans Biscuit w/ Margarine Fruit Salad w/ Cottage Cheese Milk</p>	<p><b>16</b></p> <p>Baked Chicken Thighs Rice Pilaf Steamed Broccoli WW Roll w/ Margarine Cherry Cobbler w/ Vanilla Ice Cream Milk</p>	<p><b>17</b></p> <p>Sweet &amp; Sour Pork w/ Oriental Veggies White Rice WW Roll w/ Margarine 1 Fresh Orange Milk</p>	<p><b>18</b></p> <p><b>CHRISTMAS DINNER</b> Roast Beef w/ Gravy Mashed Potatoes Vegetable Salad California Vegetables Whole Wheat Roll Cherry Cobbler Milk</p>	<p><b>19</b></p> <p>Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad-Crackers Jell-O w/ Mixed Fruit Milk</p>
<p><b>22</b></p> <p>Open Face Hot Turkey Sandwich Mash Potatoes w/ Gravy Buttered Peas &amp; Carrots Tapioca Pudding Milk</p>	<p><b>23</b></p> <p>Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato Whole Wheat Roll Banana Pudding / Milk</p>	<p><b>24</b></p> <p>Tuna w/ Macaroni Tossed Salad w/ Dressing Saltine Crackers Chilled Peaches Milk</p>	<p><b>25</b></p> <p><b>All CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS HOLIDAY</b></p>	<p><b>26</b></p> <p>Red Chile Burrito Supreme Spanish Rice Green Salad w/ Dressing Chilled Apricots Milk</p>
<p><b>29</b></p> <p>Chicken Fettuccini w/ Alfredo Sauce Buttered Peas &amp; Carrots Garlic Bread Chilled Pears Milk</p>	<p><b>30</b></p> <p>Meatloaf w/ Gravy Topping Scalloped Potatoes Green Beans WW Roll w/ Margarine Strawberry Shortcake Milk</p>	<p><b>31</b></p> <p>Baked Fish Fillet w/ Tartar Sauce German Coleslaw Mixed Vegetables Hushpuppies Banana Pudding Milk</p>	<p></p> <p><b>Please join us for our annual Christmas Dinner on December 18, 2014.</b></p>	<p><b>Menu is Subject to Change</b></p>

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

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

Lunch is Served at:

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

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

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**

