



The Senior Scene

NOVEMBER 2014

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



Photo taken at: Korean War Veterans Memorial, Washington D.C.

Photo: Don Bell



**offered by:
Division of Senior Services**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

11/2014

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.santafenm.gov. Enter "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter". You may also find it on the Retired Senior Volunteer Program's website at www.rsvpsantafe.org.



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Senior Center Programming (Activities)

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

Cristina Villa, Program Coordinator 955-4725

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Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745

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Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool Room 955-4737

Other Important Numbers

Santa Fe County Information 992-3069

Santa Fe Civic Housing Authority 988-2859

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Melanie Montoya, Editor/Distribution 955-4761

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MAYOR'S REPORT

11/2014

Dear Community Members,

Thanks for picking up this copy of the Senior Scene, and for your interest in the services the City of Santa Fe offers to elders in our community. As always, our Senior Services Division is there and ready to serve you, with dedicated staff and programs designed to address a range of services.

As we prepare for the upcoming holiday season, Thanksgiving and Christmas are right around the corner. So for this report I wanted to focus on ways you can get involved and give back to this community, as well as highlight a couple of programs I am very excited about. These programs are available to all seniors age 55 or above.



Javier M. Gonzales
Mayor

Foster Grandparent Program

The Foster Grandparent program pairs seniors with special needs young people for mentorship, tutoring or just simple caregiving, and it makes a huge difference in the lives of kids across our community. Mentoring is a proven way to open horizons and inspire success, and this program is near and dear to my heart. For 20 hours every week, Foster Grandparents work directly with schools and Head Start, where they support kids who need them most – either having been abused or neglected or struggling with physical disability. I hope you'll reach out and sign up today by contacting Melanie Montoya at (505) 955-4761.

Retired Senior Volunteer Program

Also for residents 55 or above, this program focuses on community-wide issues and is a great source of variety and new experience. Volunteer opportunities include food distribution, consumer counseling, emergency shelter staffing, court advocacy, healthy aging programs, mentoring, tutoring, hospital and library services, senior center activities, environmental work, one-day events, and much more. The staff contact for this program is Marisa Romero at (505) 955-4743.

Senior Companionship Program

This program touches so many people and at such a critical period in life. Volunteering here pairs you with a Santa Fe elder who is lonely, isolated, frail or homebound and is a wonderful opportunity to bring happiness and fulfillment to someone's life. Melanie Montoya is the contact, and again her number is (505) 955-4761.

We're all one family, one Santa Fe, and we have to look out for one another. So reach out today and get involved! You'll reap far more than you sow, and impact lives throughout our community.

Thank you, and I look forward to seeing you at these programs throughout the winter season!

Sincerely,

A handwritten signature in black ink that reads "Javier M. Gonzales". The signature is written in a cursive, flowing style.

Javier M. Gonzales, Mayor

DIRECTOR'S REPORT

11/2014

Dear Patrons,

This is the time of year that our nation dedicates a special day to celebrate and be grateful for all that we have as Americans because of our veterans. Throughout our history, America has been protected by patriots who cherish liberty and have made great sacrifices to advance the foundation of freedom. Veterans Day is dedicated to the extraordinary Americans who represent the very best of our nation and who protected our freedom in years past, as well as those who protect it today. All military personnel have earned the lasting gratitude of the American people; their service and sacrifice will be remembered and appreciated forever.

Thanksgiving is also the perfect occasion to reflect on the many fortunes we all have in our lives. As seasons, birthdays, and holidays go by, we tend to get caught up in "life" and experience, at some point, a time when either loved ones or ourselves are in need of assistance. It is for this reason I would like to take this opportunity to thank all those who have chosen to be a caregiver for a loved one. Every day these dedicated individuals are exposed to various levels of mental and/or physical exhaustion. Yet, even though these conditions can be extremely stressful, the caregivers always seem to be enthusiastic, optimistic, encouraging and comforting towards their loved ones thereby improving the ailing person's quality of life.

Therefore, especially now during National Family Caregivers Month and National Alzheimer's Disease Awareness Month, I am extending a sincere appreciation and heartfelt thank you to all caregivers. Thanks for being there for us as we truly could not get through life without you! Additionally, you are cordially invited to attend our Caregiver Support Group session on Tuesday, November 18, from 1:30 pm to 4:30 pm here at the Mary Esther Gonzales Senior Center. The Alzheimer's Association will present "Alzheimer's Disease Communication and Behaviors". Please refer to the flyer within this newsletter for more information.

On Thursday, November 20, 2014 is when we will be celebrating our annual Thanksgiving meal. So come on by and enjoy a nutritious meal at one of our various meal sites. Please note that our centers and offices will be closed on Tuesday, November 11th in observance of Veteran's Day and again on Thursday and Friday, November 27th and 28th in observance of Thanksgiving.

At this time I would like take this opportunity to thank all Veterans as well as wish each and everyone a wonderful Thanksgiving.

Sincerely,



Ron J. Vialpando, Director



SENIOR SERVICES PROGRAM INFORMATION

11/2014

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

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 Tuesday, November 11th, Thursday, November 27th and Friday November 28th.***
- 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.

She will be missed...



Mary Rita Medrano, 82, passed away on September 19, 2014, surrounded by her family. She was an inspiration and encouragement to others as she went through treatment for cancer. She was a devoted mother, grandmother, and great grandmother. She was also very active with the

Counselo Senior Center and developed many close friendships there. She is survived by daughters Linda Arreola, Diana Williams, Elizabeth Vigil and Margaret Medrano, and sons Thomas Medrano III and Steve Medrano. May she rest in peace.

She will be missed...

Mabel Brito Esquibel, 88, passed away on October 5, 2014. She enjoyed going to the casino and frequently visited the Mary Esther Gonzales Senior Center to catch up with friends and play bingo. She is survived by her children Maggie Garcia, Eileen Romero and Rudy Brito and many grandchildren and great-grandchildren. May she rest in peace.



**“Let’s Talk...Now!!
A Presentation About Advance Care Planning
Thursday, November 6th at 9:00 a.m.
MEG Dining Room**

He will be missed...



Camilo Trujillo, Jr., 88, passed away on September 22, 2014. He was a life-long resident of Chimayo and was an active member of the Chimayo Senior Center. He is survived by his wife of 66 years, Edith Trujillo, daughter Donna Trujillo Read, son David C. Trujillo and a grandson Jonathan Trujillo Read. He served in

the U.S. Army with the Army Military Occupation of Japan from 1945-1946. Mr. Trujillo worked in Los Alamos for 34 years and retired from the U.S. Post Office after 31 years of service. He will be missed. May he rest in peace.

Have you and/or those you work with and serve talked with family and friends about your/their health care wishes, especially if and when you/they can’t speak for themselves?

This informative training and workshop is sponsored by the Santa Fe Action Team of NM Compassion & Choices. Everyone is welcome.

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.

*Our joys will be greater
Our love will be deeper
Our lives will be fuller
Because we shared your
moment*



Be a Santa to a Senior

Each year Home Instead Senior Care offices throughout North America spread holiday cheer to lonely or financially-challenged seniors through the Be a Santa to a Senior program. The program has attracted thousands of volunteers over the years distributing gifts to deserving seniors. Since introducing the Be a Santa to a Senior program, Home Instead Senior Care has helped provide 1.2 million gifts to more than 700,000 seniors around the country.

Home Instead Senior Care will partner with the Division of Senior Services in Santa Fe and Santa Fe Care Center to identify seniors who might not otherwise receive gifts this holiday season. The company will then work to help facilitate the purchase and distribution of gifts by placing trees and ornaments at Christus St. Vincent Regional Medical Center, Wal-Mart on Cerrillos Rd. and the Wal-Mart Supercenter. Each senior's gift requests are written on a "Be a Santa to a Senior" tree ornament. Volunteers collect, wrap, and deliver the gifts to the seniors.



Trees will be up from November 14, 2014 through December 17, 2014.

If you have any questions or are interested in attending our annual Gift Wrapping Party, please contact Ken Hendricks at Home Instead at 505-471-2777.

ECHO Commodities Food Distribution

Commodities (including cheese, cereal and canned foods) are available to income eligible seniors age 60+ on the third Tuesday of the monthly, 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.

10th Annual Family Caregiver Conference

November 1st, 8:30 am -4:00 pm, Sandia Casino

Free for family caregivers! Enjoy a full day of education and pampering. Call (505) 266-4473 for more information.

Santa Fe County Mobile Health Van

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

November 2014 Dates, Times and Locations:

- 1st Southside Libray 10:00 am-2:00 pm
- 2nd Smiths Grocery on Pacheco 10:00 am-2:00 pm
- 3rd Fort Marcy 10:00 am-2:00 pm
- 4th St. John's Methodist 9:00 am-1:00 pm
- 5th Santa Fe Community College 10:00 am-2:00 pm
- 6th Solana Center 9:30 am-11:30 pm
- 7th MEG Senior Center 11:00 am-3:00 pm
- 8th HWY 14 Fire Station 10:00 am-12:00 pm
- 9th Santa Maria De La Paz 8:30 am-2:00 pm
- 10th Salvador Perez 10:00 am-2:00 pm
- 11th Holiday- Van not out.
- 12th Pojoaque Senior Center 10:00 am-2:00 pm
- 13th Eldorado Senior Center 10:00 am-2:00 pm
- 14th Edgewood Senior Center 10:00 am-2:00 pm
- 15th Genoveva Comm. Center 10:00 am-2:00 pm
- 16th Lady of Guadalupe Church 9:00 am-2:00 pm
- 17th Rufina Housing 10:00 am-2:00 pm
- 18th Chimayo Senior Center 10:00 am-2:00 pm
- 19th Luisa Senior Center 11:00 am-2:00 pm
- 20th Santa Cruz Senior Center 10:00 am-2:00 pm
- 21st Pasatiempo Senior Center 10:00 am-2:00 pm
- 22nd Smith's Grocery Cerrillos 10:00 am-2:00 pm
- 23rd SF Recovery Center 10:00 am-2:00 pm
- 24th Zona Del Sol on Jaguar 3:00 pm-6:15 pm
- 25th El Rancho Senior Center 10:00 am-2:00 pm
- 26th Ventana De Vida Senior 10:00 am-2:00 pm
- 27th Holiday – Van not out.
- 28th Holiday – Van not out.
- 29th Holiday – Van not out.
- 30th Holiday – Van not out.

Flora's Corner

Inspiration from Flora Leyba

"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving."

–W.F. Purkiser

County Treasurer Tax Collection at MEG

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 November and 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 also be available to answer questions regarding assessments, etc.

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

- Friday, November 14th - Board Room
- Wednesday, November 19th - Admin. Offices
- Friday, December 5th - Board Room

Daylight Savings Time Ends November 2nd



Turkeys and Trumpets, GIBLETS and GUITARS...

Don’t forget to join us on Thursday, November 20th at MEG from 11:00 am -12:30 pm for our annual Thanksgiving luncheon. Along with a delicious meal, you will be treated to the tunes of Mariachi Azteca.

Note: Centers closed on

- November 11th,
- November 27th and
- November 28th.

In Honor of National Family Caregiver & National Alzheimer’s Disease Awareness Month - Top 10 Ways to Celebrate

1. Offer a few hours of respite time to a family caregiver so they can spend time with friends, or simply relax.
2. Send a card of appreciation or a bouquet of flowers to brighten a family caregiver’s day.
3. Encourage local businesses to offer a free service for family caregivers through the month of November.
4. Help a family caregiver decorate their home for the holidays.
5. Offer comic relief! Give a family caregiver your favorite funny movie to view.
6. Find 12 different photos of the caregiver’s family and friends. Have a copy center create a 2015 calendar that the family caregiver can use to keep track of appointments and events.
7. Offer to prepare Thanksgiving dinner for a caregiving family in your community.
8. Encourage your faith community to ask for prayers not only for those who are ill, but also those who care for them.
9. Encourage family caregivers to become a part of the National Family Caregiver Story Project.
10. Help a family caregiver find new educational materials and support through different organizations.

The Volunteer Programs wish a very happy birthday or our FGP and SCP volunteers born in the month of November.



Mary Sandoval 11/12

Bernadette Sandoval 11/16

Fabiola Sandoval 11/17



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



November is National Caregiver Month
and
National Alzheimer's Disease Awareness Month

Please join us for a
Caregiver Support Group

**“Alzheimer's Disease,
Communication and Behaviors”**

Presented by:
Annabelle Montoya, Alzheimer's Association's
Northeastern Regional Manager

Tuesday, November 18, 2014, 1:30 p.m. to 4:30 p.m.
Mary Esther Gonzales Senior Center
1121 Alto Street

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

- ❖ Door prizes for caregivers!
- ❖ Refreshments will be provided, new faces welcome.
- ❖ We look forward to seeing you!

For reservations, please call Theresa Trujillo at 955-4745.

alzheimer's  association®

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

11/2014

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

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.

Calling all Math Whizzes!

The Santa Fe Youth Shelters and Family Services is requesting the assistance of a volunteer to tutor high school student residents of the shelter with Algebra II and Pre-Calculus. Youth Shelters and Family Services delivers life-changing services to homeless, runaway, and in-crisis youth in northern New Mexico by providing shelter and addressing health, safety, education, and workforce opportunities so they may lead independent and meaningful lives. For more information, please call Marisa at 955-4743. Any assistance will be greatly appreciated.



Meals on Wheels Volunteer

The Luisa Senior Center is looking for a volunteer to help pack/prepare and deliver meals to homebound clients who live at Luisa. No cooking is involved, just packing food bags and delivering around the complex. Help is needed Monday through Friday (volunteer every day or as your schedule allows) beginning at 7:00 am to 9:00 am. Call Marisa at 955-4743 for more information or to sign up.



RSVP volunteers born in NOVEMBER!

| | | | |
|--------------------------|-------|---------------------|-------|
| Nancy Montano | 11/01 | Georgia Watkins | 11/17 |
| Alvino Castillo | 11/02 | Viola Quintana | 11/18 |
| Elmer N. Leslie | 11/02 | Elizabeth Rickert | 11/18 |
| Victor Teng | 11/02 | Johnny R. Roybal | 11/18 |
| Robert P. Coyle | 11/04 | Anna Mae Gallegos | 11/19 |
| Connie C. Duran | 11/06 | Joyce A. Roberts | 11/19 |
| Efren Garcia | 11/06 | Robert Shelley | 11/20 |
| David R. Schell | 11/06 | Kathleen Rowe | 11/21 |
| Benjamin A. Armijo Sr. | 11/07 | Tom Ledwith | 11/22 |
| Karon Hanrahan | 11/07 | Barbara Welsh | 11/22 |
| Lucy R. Padilla | 11/08 | Mark R. Hickman | 11/24 |
| Anne Mary Karshis | 11/09 | Jacqueline S. Abell | 11/26 |
| Cecilia Lopez | 11/09 | Rochelle Byars | 11/26 |
| Randy Murray | 11/09 | Robert E. Gonzales | 11/26 |
| Carmen L. Ortiz | 11/09 | Andrew R. Medina | 11/26 |
| Patricia Kuhlhoff | 11/10 | Connie Prada | 11/26 |
| Elvira Apodaca | 11/11 | Israel Cruz | 11/27 |
| Bernard A. Brock | 11/11 | Jose J. Gallegos | 11/27 |
| Nola M. Gilmore | 11/12 | Robert M. Gonzales | 11/28 |
| Joseph Martinez | 11/15 | Juan Romero | 11/28 |
| Mary Noonan | 11/16 | Rudy F. Gonzales | 11/29 |
| Bernadette Sandoval | 11/16 | Paul Medina | 11/29 |
| Adelaida "Liddy" Padilla | 11/17 | | |

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

ACTIVITY

11/2014

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 |
| Zumba Gold | Tuesday | 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 |
| 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 |
| MEG Zumba Gold | Tuesday | 9:30 am |
| 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 |
|------------|---------|---------|

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

11/2014

EnhanceFitness Class Begins 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
- Wednesdays at 9:30
- Fridays at 9:30

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.

Monthly DSS Senior Center Meetings

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

Ventana de Vida - Mon., November 3 at 9:40 am
Villa Consuelo - Mon., November 3 at 10:00 am
Pasatiempo – Mon., November 3 at 11:00 am
Luisa Center - Tuesday, November 4 at 9:00 am

Ear Acupuncture for Veterans

Licensed acupuncturist Carolyn Bleakley will continue to offer free ear acupuncture for veterans and their families at the MEG Center dining room from 2:00 pm to 4:00 pm on the following Thursdays in November 6th and 13th.

MEG Movie Day: The Milagro Beanfield War Tuesday November 25th at 1:00p.m. M.E.G Dining Room.

Robert Redford directs this absolutely delightful comedy of everyday people caught up in extraordinary circumstance. When a Chicano handyman from the Milagro Valley decides to irrigate his small beanfield by “borrowing” some water from a large and potentially destructive site, he unknowingly sets off a chain reaction that erupts into a humorous culture clash. The developers then try to stamp out the modest plantings, forcing the handyman’s friends to team up with the spirited “rebel” to protect and preserve their way of life.



Free Hair Cuts at MEG and 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.



- Wednesday, November 5th - MEG Center
- Wednesday, November 12th - Pasatiempo

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.

Luisa Hot Chocolate Sale

Ready for your hot chocolate fix? Then join the Luisa Committee members for hot chocolate topped with whipped cream and a cookie, for just \$1.00. This delicious treat will be sold from 12:00 pm to 2:00 pm on Friday, November 14th at the Luisa Senior Center located at 1500 Luisa Street. Just in time for the cold weather – warm your bones and your soul! Proceeds benefit the Luisa Senior Center.



Nia Technique Class Cancellation

The Nia Technique class scheduled for Tuesday, November 18th has been cancelled. Thank you for your understanding.

ACTIVITY

112014

Pasatiempo Bake Sale



Mouth-watering, homemade baked goods will be available for purchase on Thursday, November 20th at Pasatiempo Senior Center, 664 Alta Vista at 9:00 am until sold out. Proceeds benefit the center activities. Stop by and purchase some goodies for the holidays such as fresh pumpkin pies, a variety of cookies, tortillas and banana bread!

Get to Know Your Fellow Senior Citizens

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

MEG Ice Cream Social – 12:15 p.m. – 1:00 p.m.:

- Tuesday, November 4th
- Thursday, November 6th
- Thursday, November 13th



MEG Popcorn Social – 12:15 – 1:00 p.m.

- Tuesday, November 25th

Pasatiempo Ice Cream Social – 12:15 p.m.-1:00

- Wednesday, November 19th

Luisa Ice Cream Social – 12:15 p.m. – 1:00 p.m.

- Friday, November 21st

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.

“November comes and November goes, with the last red berries and the first white snows. With night coming early, and dawn coming late, and ice in the bucket and frost by the gate. The fires burn and the kettles sing, and earth sinks to rest until next spring.”

- Elizabeth Coatsworth



May the spirit of Thanksgiving bring you love, laughter and a warm heart.

Cover Photo

Our very own Don Bell visited Washington, DC a few years back and as always, he took along his camera and captured amazing photographs of some of the most respected memorials in the United States

Korean War Veterans Memorial(On the cover.)



This memorial, dedicated to American and United Nations troops who fought in the Korean War (1950-1953), features the statues of 19 U.N. soldiers on patrol displayed against a black marble wall depicting the images of hundreds of U.S. Korean War-era service man and women. It is located in Washington, DC.

U.S. Marine Corps War Memorial



Photo by Don Bell

Adjacent to Arlington Cemetery in Washington, DC, the memorial (also known as the Iwo Jima Memorial) depicts the raising of the U.S. flag by five Marines and a Navy Corpsman on Mt. Suribachi during the Battle of Iwo Jima. The statue by Felix de Weldon is based on the 1945 Pulitzer Prize-winning photograph by Joseph Rosenthal.

HEALTH & SAFETY

112014

A Guardian Angel
Carmella Flores – Patient Advocate
By: Senior Dortehea Dante

As we grow older and our health needs become greater, it may become a necessity for us to be admitted to the hospital. It is comforting to know that we have a special friend who will help us with our personal needs at Christus St. Vincent Regional Medical Center. That special friend is Carmella Flores, the Patient Advocate.

She is the mother of three sons and has been associated with the hospital for 31 years. While working for the State of New Mexico she felt a need to be more involved with people, especially those with special needs. It was at this time that she joined the staff at Christus St. Vincent as secretary to the Case Manager and, being a social worker, she became more involved with the patients and drew closer to them and their needs. Carmella then studied to become a Certified Nursing Assistant. Soon after, she began her life career as a Patient Advocate. When asking her what she does, she explained, "I act as a coordinator and help the patients with their personal needs." One of these needs is the helpful information she offers, such as the following:



1. Let the nurses know if the patient has dentures, wears hearing aids, or contact lenses. These items are expensive and the hospital has special cases for them where they will be kept safe.
2. Does the patient have a Living Will? Carmella explains how important it is because, if they do not have one with special instructions regarding their care, the hospital will treat them according to the law. Carmella recommends that the individual should always carry a copy with them at all times, and ensure that copies are provided to the Medical Records Department at Christus St. Vincent, family members, their primary care physician, and their Power of Attorney, if one has been appointed. It is also very important to let any and all doctors and nurses who are attending them know that they have a Living Will. Showing them the one that the patient carries with them is very helpful. Carmella says, "The more people at the hospital who know this, the better." If they do not have a Living Will, copies are available at the Information Desk on the first and second floors at Christus St. Vincent. Carmella will be happy to assist with filling out the forms if anyone needs help.

Also, she recommends that patients have a current list of their medications, along with dosages and time taken. Patients should not bring any medications with them to the hospital. The nurses will provide them. Carmella also mentioned that the Christus St. Vincent has an Urgent Care Clinic at the De Vargas Health Center across from the De Vargas Mall in the small center across the street from Albertsons. It is a good alternative to the Emergency Room. Their phone number is (505) 913-4660 for hours and days of operation.

As Carmella was explaining these important items, I was impressed by her sincerity. There is an ancient Jewish proverb, "Our body is an instrument and the melody is our life". The melody I heard from Carmella was compassion and love.

As we finished our visit, I asked her for a message for the readers. She said, "I want to wish you all a happy Holiday Season. Stay healthy. If you want to reach me (while in the Hospital) just dial 0 for the Operator and I'll be there. God bless you." Thank you Carmella and God bless you too.

10 Ways for Caregivers to Nurture Themselves (AARP Website)

When caregivers are on call around the clock, they are often so selfless in their care of a loved one that they neglect to take care of themselves.

Did you know caregivers have a higher-than-normal incidence of getting sick? They can become so depleted that they cannot maintain the stamina to continue caring for others.

Don't let this happen to you. Follow these 10 tips to nurture yourself physically, mentally and spiritually every day, even when you are at the bedside of another. Following these tips will help you find the health and happiness you deserve. And when you take care of yourself, you can care for your loved one even better.

1. Eat well-balanced meals

And do so on a regular schedule.

2. Exercise every day

Move your body daily, even if it's simply 15 minutes of stretching, yoga, calisthenics or walking.

3. Get outdoors

Fresh air renews the body and spirit — even if you only have time for a brief outing.

4. Get your zzz's

Strive for a minimum of seven to eight hours of consecutive sleep in a 24-hour period. Nap when your loved one naps.

5. Treat yourself

That is, get treatments for your own aches and pains before they turn into something more serious.

6. Don't ignore your emotions

7. Take time for yourself

Use relaxation or stress management methods such as meditation, visualization and yoga.

8. Read, pray or meditate for at least 15 minutes a day

9. Chuckle more often

Laugh, reminisce and share stories of happy times.

10. Ask for help

Friends, family and religious groups may be eager to assist and are only waiting to be asked and directed. Doing everything yourself deprives others of an opportunity to serve.

The Single Most Important Thing You Can Do to Prevent a Dangerous Infection

(Consumer Reports.Org)

There's good reason to worry about infectious diseases right now, and not just because of Ebola. A nasty infection called enterovirus D68 has sent hundreds of children across the U.S. to emergency rooms this fall, some with mysterious polio like symptoms. And flu season is now beginning in earnest, a particular threat to children and older adults. All that has underscored the importance of good hygiene, since the surest way to prevent infections is to keep them from spreading. But most people—including many doctors and nurses—aren't very good at the single most effective way of doing that: hand washing.

Why is hand washing so important? Hands are teeming with germs. Using gene-sequencing techniques, researchers at the University of Colorado at Boulder found that the average hand contains about 150 different species of bacteria. They are also often contaminated with viruses, including those that cause the flu and EV-D68.

Diseases are often spread when you touch a contaminated surface with your hands, and then your eyes, nose, or mouth. Don't think you are much of a face-toucher? Researchers at the University of California at Berkeley found that over the course of just three hours, people touched their eyes, nose, and mouth an average of 15.7 times per hour.

Of course, germs often spread when you sneeze into your hand, which is one reason experts recommend that you sneeze into your elbow instead, and that you avoid shaking hands during flu season, too. (British researchers have recently even suggested replacing handshakes with fist bumps, since that's much less likely to spread germs, they found.)

Washing hands isn't all that complicated, of course. Yet plenty of us don't do it properly. One study at Michigan State University in East Lansing reported that only 5 percent of the 3,749 people observed in restrooms washed their hands correctly. Fifteen percent of men and 7 percent of women didn't wash their hands at all.

Do it right: 1. Use clean running water to wet your hands, 2. Lather up with regular soap. No need for special products containing triclosan or other antibacterials, 3. Take your time, 4. Rinse with running water, 5. Dry your hands well, 6. Use alcohol-based hand sanitizer if soap and water isn't available.

Scammers Bank on Ebola Fears (Federal Trade Commission)

One thing we've learned at the Federal Trade Commission is that scams often follow the news – especially when there's a health scare in the headlines.

Banking on fear, scam artists are making unsubstantiated claims that products containing everything from silver to herbal oils and snake venom can cure or prevent Ebola. Not so, says the FTC and the Food and Drug Administration. In fact, the FTC and FDA recently sent a warning letter to Natural Solutions Foundation to hammer home that point.

What you need to know: There are currently no FDA-approved vaccines or drugs to prevent or treat Ebola. Although there are experimental Ebola vaccines and treatments under development, these are in the early stages of product development, have not yet been fully tested for safety or effectiveness, and the supply is very limited. There are no approved vaccines, drugs, or products specifically for Ebola available for purchase online or in stores. No dietary supplements can claim to prevent or cure Ebola, according to the supplements industry. If you've seen companies or products touting these claims, report them to the FTC and FDA.

If you are traveling to West Africa, where the 2014 Ebola outbreak has occurred, the Centers for Disease Control and Prevention say there are steps you can take to minimize your risk. Ebola is not spread through casual contact; therefore, the risk of an outbreak in the U.S. is very low.

Health fraud trades on false hope. Learn how to evaluate claims for products related to your health.

Help with your Winter Heating Bills is Available

The Low Income Home Energy Assistance Program (LIHEAP) is offered in Santa Fe New Mexico. The government funded LIHEAP programs assists eligible lower income persons and families with paying their cooling and heating costs. You can apply for LIHEAP assistance at the HSD office, 39 B Plaza La Presna, 505-476-9200.

If you apply, you will need:

- Identity – for one adult living in the residence

- Non-Citizen Immigrant Status– for all those applying for help, if applicable
- Disability – only give proof if you are not getting disability income
- Income – only give proof when you are not getting other benefits from HSD or your income has changed. When you give proof, give us proof of income from the most recent 30 days or all from last month.
- Proof that you have a heating/cooling cost, including your account number. Only give proof of your highest energy cost in the last 12 months if your bill was more than \$191.
- Crisis LIHEAP - HSD can help you faster if you have: disconnected utility service; disconnect notice; or almost out of wood, propane or other bulk fuels. They will need a copy of your disconnect notice

You will be notified by letter within 45 days as to whether or not your LIHEAP assistance was approved. If you do not agree with the letter, you can ask for a Fair Hearing on the decision.

For additional information, call the Human Services Department, LIHEAP Office at 505-476-9200. Blank applications are also available at the MEG Senior Center.

National “Do Not Call” Registry

If you have experienced unwanted calls on your home phone or cell phone, please take a minute to add your number to the National “Do Not Call” registry. Their website is <https://www.donotcall.gov/>.

If you would rather call, the toll-free number is 1 (888) 382-1222. If you call you must call from the phone you want blocked from solicitors.

Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at this Website. You can register your home or mobile phone for free.

Note: Scammers have been making phone calls claiming to represent the National Do Not Call Registry. The calls claim to provide an opportunity to sign up for the Registry. These calls are not coming from the Registry or the Federal Trade Commission, and you should not respond to these calls.

PUZZLE

11/2014

PUZZLE 166

ACROSS

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

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

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

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

DOWN

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

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

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



PUZZLE

11/2014

'ROUND THE CAMPFIRE

We'd like to invite you to come and GATHER around the CAMPFIRE with us. There will be plenty of CONVERSATION, STORIES, and MUSIC to SING along with, so be prepared because it's going to be a LATE NIGHT!

- | | | | |
|--------------|--------|---------|------------|
| CAMPFIRE | MUSIC | SODA | WARMTH |
| CHAIRS | SING | STORIES | WILDERNESS |
| COMPANY | SNACKS | TWIGS | WOOD |
| CONVERSATION | | | |

DARKNESS

DUSK

EMBERS

EVENING

FAMILY

FIREFLY

FLAME

FRIENDS

GAMES

GATHER

GLOW

GUITAR

HEAT

KINDLE

LATE NIGHT

LOGS

MARSHMALLOWS

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





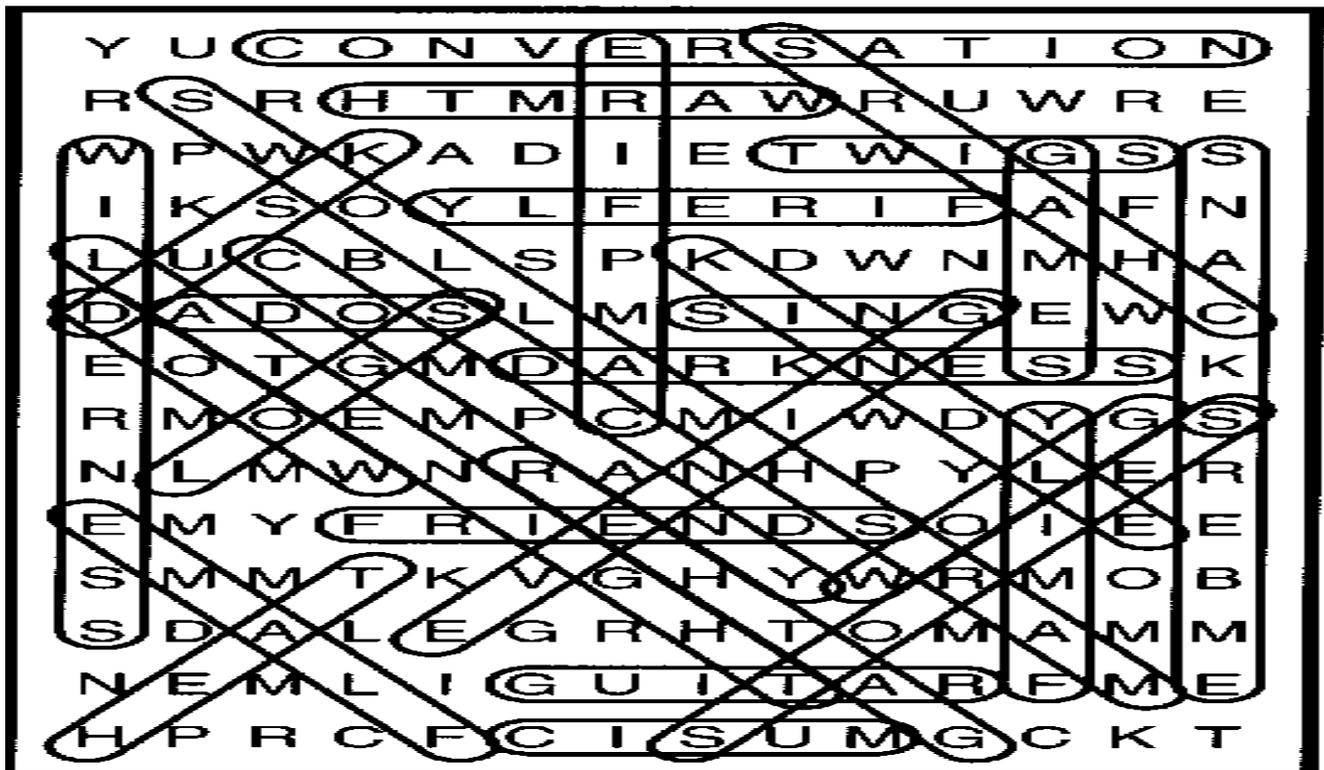
PUZZLE ANSWERS

11/2014

PUZZLE 166

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

WORD SEARCH SOLUTION



BREAKFAST MENU

11/2014

Senior Center Breakfast Menu for November 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).

| | |
|-------------|---|
| 3rd | Boiled eggs, salsa, small roll, margarine, milk |
| 4th | Sausage, cheese, red chile, small roll, margarine, milk |
| 5th | Ham & cheese biscuit, salsa, jelly, milk |
| 6th | Breakfast burrito with scrambled egg, cheese, green chile, tortilla, bacon and milk |
| 7th | Cottage cheese, tomato juice, hot cereal, margarine, milk |
| 10th | Sausage, cheese, green chile, potatoes, margarine, milk |
| 11th | <u>Closed in observance of Veteran's Day</u> |
| 12th | Scrambled egg, sausage, tomato juice, French toast, maple syrup, milk |
| 13th | Diced ham, cheese, pepper, onions, small roll, jelly, milk |
| 14th | Scrambled egg, cheese, salsa, tortilla, bacon, milk |
| 17th | Grilled ham, red chile, hash brown, margarine, milk |
| 18th | Breakfast burrito with scrambled egg, cheese, salsa, tortilla, bacon, milk |
| 19th | Sausage, tomato juice, pancakes, maple syrup, milk |
| 20th | Scrambled egg, cheese, red chile, potatoes, margarine, milk |
| 21st | Sausage, salsa, hash brown, small roll, margarine, milk |
| 24th | Peanut butter, tomato juice, cold cereal, small roll, jelly, milk |
| 25th | Scrambled egg, cheese, green chile, hash brown, bacon, milk |
| 26th | Grilled ham, salsa, peppers, small roll, jelly, milk |
| 27th | <u>Closed in observance of Thanksgiving</u> |
| 28th | <u>Closed in observance of Thanksgiving</u> |

Nutrition Education – Is pink turkey meat safe? (USDA)

The color pink in cooked turkey meat raises a “red flag” to many diners and cooks. Conditioned to be wary of cooked fresh pork that looks pink, they question the safety of cooked poultry and other meats that have a rosy blush.

Numerous callers to the USDA Meat and Poultry Hotline report being alarmed when seeing “pink.” To them, it means “unsafe” or under-done.”

The color of cooked poultry is not always a sure sign of its safety. Only by using a food thermometer can one accurately determine that poultry has reached a safe minimum internal temperature of 165 °F throughout the product. Turkey can remain pink even after cooking to a safe minimum internal temperature of 165 °F. The meat of smoked turkey is always pink.

Why are white and dark meat of poultry different colors? The pink, red, or white coloration of meat is due primarily to oxygen-storing myoglobin which is located in the muscle cells and retains the oxygen brought by the blood until the cells need it. To some extent, oxygen use can be related to the bird's general level of activity, such as the legs which need more oxygen.

What causes well-done meat to be pink? Chemical changes during cooking, natural presence of nitrates, young age of meat and grilling.

Remember: a food thermometer is your best friend!



NOVEMBER SENIOR LUNCH MENU

11/2014

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

| | | | | |
|--|--|--|---|---|
| <p>Menu is Subject to Change</p> | <p>Please join us for our annual Thanksgiving Turkey Dinner served on Thursday, November 20th from 11:00 am until 12:30 pm.</p> | | | |
| <p>3 Pepper Steak Baked Sweet Potatoes w/ Butter California Vegetables Whole Wheat Roll Cherry Cobbler Milk</p> | <p>4 Chicken Taco w/ Garnish & Salsa Pinto Beans Calabacitas Jell-O / Mixed Fruit Milk</p> | <p>5 Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus Whole Wheat Roll Chilled Applesauce Milk</p> | <p>6 Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/ Dressing WW Roll w/ Butter Chilled Pears Milk</p> | <p>7 Stuffed Chicken Breast (Bread Stuffing Mix) Steamed Spinach Californai Veggies Baked Biscuit Peach Crisp Milk</p> |
| <p>10 Frito Pie w/ Garnish Red Ciile Sauce Pinto Beans Angel Food Cake w/ Apricot Topping Milk</p> | <p>11 ALL CENTERS CLOSED IN OBSERVANCE OF VETERAN'S DAY</p> | <p>12 BBQ Chicken Thighs Creamy Coleslaw Green Beans Whole Wheat Roll Chocolate Pudding w/ Topping Milk</p> | <p>13 Stuffed Cabbage Mashed Potatoes California Vegetables Whole Wheat Roll Cherry Cobbler Milk</p> | <p>14 Came Adovada Spanish Rice Country Blend Veg- gies Tortilla (1) Jell-O w/ Fruit Milk</p> |
| <p>17 Tuna w/ Marconi Tossed Green Salad w/ Dressing Saltine Crackers Chilled Peaches Milk</p> | <p>18 Glazed Ham Mashed Potatoes w/ Butter Topping Steamed Peas WW Roll w/ Butter Baked Sugar Cookie Milk</p> | <p>19 Chile Relleno w/ Chile Topping Tossed Salad w/ Dressing Pinto Beans Saltine Crackers Chilled Mixed Fruit Milk</p> | <p>TURKEY DINNER Turkey w/Grav and Bread Stuffing Cranberry Salad Steamed Mixed Veggies WW Roll w/ Butter Pumpkin Pie w/Topping Milk</p> | <p>21 Meatloaf w/ Gravy Topping Scalloped Potatoes Steamed Green Beans WW Roll w/ Butter Strawberry Shortcake Milk</p> |
| <p>24 Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato w/ Butter WW Roll w/ Butter Banana Pudding Milk</p> | <p>25 Chicken Fajitas w/ Garnish(Cheese & Salsa) Tortilla (1) Chile Beans Jell-O w/ Mandarin Orange Slices Milk</p> | <p>26 Grilled Pork Chop Mashed Potatoes w/ Brown Gravy Steamed Green Peas Baked Biscuit Cherry Cobbler Milk</p> | <p>27 28</p> <p>ALL CENTERS CLOSED IN OBSERVANCE OF "EL DIA DE GRACIAS!"</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

