

The Senior Scene



Photo: Don Bell

OCTOBER 2014

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



offered by:
Division of Senior Services





CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

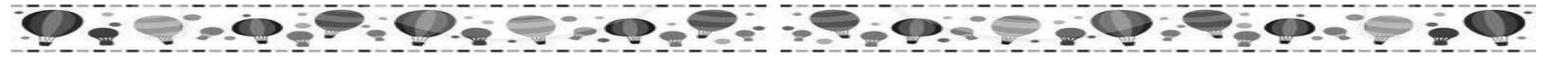
10/2014

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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Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

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Daniel Mitchell, Special Projects Administrator

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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 992-3094

Santa Fe Civic Housing Authority 988-2859

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Melanie Montoya, Editor/Distribution 955-4761

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DIRECTOR'S REPORT

10/2014

Dear Patrons,

I encourage everyone to exercise their right to vote during the November 4th 2014 New Mexico General Election. It is important to have your opinion documented as to who you believe are the best qualified candidates to represent New Mexico and its citizens. Decisions need to be based on the candidate's platform, what they represent, their track record and issues they support, thereby enabling us to make educated decisions based upon the facts as well as support and/or approval of the various bonds presented to you for your discretion.

Also, I would like to take this opportunity to mention that during the 2014 Legislative Session we submitted and received approval to have several items included as part of the New Mexico Aging and Long-Term Services Department General Obligation Bonds (GOB) that will appear on the November 2014 ballot. The total Capital Outlay request for all senior programs throughout New Mexico is approximately \$12,046,854 which will enable respective programs Statewide to continue to prosper and address the needs of their senior communities.

As part of this packet/process the City of Santa Fe submitted a request totaling \$1,078,380 representing the following Capital Projects for the Division of Senior Services:

- \$500,000 - Purchase of Program Vehicles
- \$178,100 - Mary Esther Gonzales Senior Center Facility Improvements
- \$147,900 - Villa Consuelo Facility Improvements
- \$175,000 - Purchase of Program Kitchen Equipment
- \$ 77,380 - Purchase of Program Exercise Equipment

I encourage each of us to keep these items in mind when going to the polls next month (November 4), as they will enable us to continue to provide and enhance the quality of services for each of you here in Santa Fe as well as senior programs throughout the State of New Mexico. If you are not currently registered to vote, Santa Fe County residents need to call the Santa Fe County Clerk's office at 505-986-6280. Or you may register at MEG on October 6th or Ventana de Vida on October 7th (see page 7).

Please be advised that the deadline for registering to vote is 28 days before the election.

So please mark your calendar for this important event. As a reminder, if you need to schedule a ride to vote, please call our Transportation Section at 955-4700 at least 24 hours in advance.

Lastly, all centers will be closed on Monday, October 13th in observation of Columbus Day. This occurrence marks the 522th anniversary of Columbus' landing in the New World. Please join our country in celebrating all that we have accomplished as a nation. I hope everyone has a safe and enjoyable holiday.

Sincerely,

Ron J. Vialpando, Director



SENIOR SERVICES PROGRAM INFORMATION

10/2014



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 Monday October 13th, in observance of Columbus Day.**
- SF County: For rides outside city limits but within Santa Fe County, call 992-3069.



She will be missed...



Christina (Tina) Valdez born July 18, 1950 went to be with our Lord on August 14, 2014 at the age of 64. She is survived by daughter Angelina and son Damian and two grandchildren, sister Gloria Polaco and brothers Ted (Betty), Joe (Nancy), Edward (Christina) and many nephews and nieces

who loved and respected her. Tina was a huge part of the Division of Senior Services, where she worked in different sections: RSVP, Activities and Senior Olympics. She loved the Senior Citizens Program and wanted to give back because her mom Cosme Baca enjoyed spending time there with friends. May she rest in peace.

He will be missed...



Jose "Paul" Garcia, 78, died quietly at his home in the Torreon neighborhood surrounded by his four daughters on August 26, 2014. Jose was born in Rowe, New Mexico May 20, 1936. Jose referred to Rowe as "The Cultural Center of the Universe." Jose is survived by his daughters, Bernadette Garcia-Roger,

Sophie Garcia Bettendorf, Patricia Garcia and Margaret Garcia de Duran. He is also survived by seven grandchildren and eight great-grandchildren.

He was designated as the city historian in 2010, and he made headlines for his work in helping to coordinate efforts to create a time capsule for the city's 400th anniversary celebration.

He said he hoped that the city would continue celebrating its heritage come 2110. In addition to serving on the 400th Anniversary Committee, he was a past member of the Santa Fe Fiesta Council and the Caballeros De Vargas.

Everyone enjoyed listening to his interesting stories during his frequent visits to MEG. He will be missed.

2015 Annual Medicare Open Enrollment October 15 - December 7 Free Consultations Available

An important period is just around the corner-the annual special enrollment period for determining your Medicare coverage for next year beginning January 1, 2015. This is the time, October 15-December 7, 2014, for seniors to review their current coverage. Changes can, and often do, occur in Medicare Advantage Plan and stand-alone Medicare Part D Prescription Drug Plan from year to year. You'll want to look for changes in the amount of the monthly premium, also in deductibles or copays for which you may be responsible. Maybe there is a better plan offered in 2015 than the one you have now. Then, maybe what you have is what you decide to stay with.

If you would like assistance in making this determination, Robert Meinershagen, the MEG Center Benefits Counselor is providing free half-hour counseling sessions every Wednesday morning at the MEG Center (1121 Alto St.) during the enrollment period. You must make an appointment ahead of time by calling 955-4721.

Flora's Corner Inspiration from Flora Leyba

"When you sacrifice your integrity, you erode your most precious leadership possession."

-David Cottrell

"Vanity clouds the eyes and burdens the heart. Gratitude clears the vision and lightens the load."

-Dr. John White



NEWS & VIEWS

10/2014

Take a Driving Course? Who Me?

“The one thing that unites all human beings, regardless of age, gender, religion, economic status, or ethnic background, is that, deep down inside, we all believe that we are above-average drivers.” — Dave Barry, Dave Barry Turns Fifty

Most of what we know about driving today we probably learned in the Driver Education (and Driver Training) class we had in high school many years ago. If your classes - nearly 60 years ago - were like mine, they were pretty comprehensive and gave us the skills to drive many years without any major accidents.

But as the song says, Oh the times, they are a changin'. Not only have we changed physically and mentally, but our roadways have changed dramatically as well as our cars.

As we age, our bodies become less flexible and are starting to show some wear and tear. Our minds are not quite as sharp as they once were, although we don't like to admit it. Our reaction times have slowed a bit and its harder to turn our heads to see the car in our "blind spot" behind us. We also don't see and hear quite as well as we once did. Consequently, we "mature adults" have fewer accidents than younger drivers, but when we do, we don't fare as well injury-wise because we're much more fragile.

Our roads are a little different than they were when we started driving. Not only are there many more cars on the road, but the roads and streets themselves have changed drastically. Our love-hate relationship with "roundabouts" are a good example. In spite of our frustration sometimes, research shows that they are much safer than intersections requiring a stop sign.

Our cars are a bit different today than they were in the "good ole days". We could never have imagined that we'd ever have cars that parallel park themselves or slow or stop if we approach another car in an unsafe manner. We'll continue to see dramatic changes in our cars in the coming years that we didn't dream possible.

If some of these realities are making driving more challenging for you these days, why not take a four hour class at the MEG Senior Center sponsored by AARP? Not only will you refresh your knowledge

of some of the changes mentioned above, but you will save a little money on your insurance premium. Insurance companies in New Mexico must give you a discount on your auto insurance if you are 55 or older and complete this informative class. No tests... just good information to help you drive safer and longer.

Classes are held the second Tuesday of every month from 1:00 PM to 5:00PM. The cost is \$15 for AARP members and \$20 for non-members. The November class will be held on November 4th due to a holiday on the 11th. The October class is already full.

To register for the November class, call Stewart Farley at 505-603-4543.

Attention MEG Bingo Players

Bingo at MEG will be canceled on Wednesday, October 29th. It will resume the following Monday.

Free Hollyhock Seeds

During this recent summer, one of our seniors got to enjoy an abundance of beautiful hollyhock plants, also known as Baras de San Jose, throughout her yard and now she has lots of assorted colors (red, fuchsia and pink) hollyhock seeds to share. If you are interested in obtaining some for free, she will leave them at the MEG entrance on Monday, October 20th.

Celebrating Creativity in Elder Care 2014 Conference – A Day of Learning and Fun

The New Mexico History Museum, in Santa Fe, is joining the Alzheimer's Poetry Project to share techniques for reaching people with memory illnesses through literature, performance, visual art and museum exhibits on Saturday, October 25, 9 am to 4 pm, at the New Mexico History Museum, 113 Lincoln Avenue in Santa Fe. The registration fee of \$35 includes light breakfast and lunch. Continuing education units are available. To register, or for more information, call 505-577-2250 or go to: www.dementiaarts.com.



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.

October 2014 Dates, Times and Locations:

- 1st Santa Fe Comm. College 10:00 am-2:00 pm
- 2nd Consuelo Senior Center 10:00 am-2:00 pm
- 3rd Solana Center 10:00 am-2:00 pm
- 4th Lamy Train Station 10:00 am-2:00 pm
- 5th Smith's Grocery Pacheco 10:00 am-2:00 pm
- 6th Fort Marcy 10:00 am-2:00 pm
- 7th St. John's Methodist Church 9:00 am-12:30 pm
& Southside Farmers Market 3:00 pm-5:00 pm
- 8th MEG Senior Center 10:00 am-2:00 pm
- 9th Encino Villa Housing 10:00 am-2:00 pm
- 10th Smith's Grocery Cerrillos 10:00 am-2:00 pm
- 11th Casas Villita Housing 10:00 am-2:00 pm
- 12th Santa Maria de La Paz Church 8:30 am-2:00 pm
- 13th Salvador Perez 10:00 am-2:00 pm
- 14th Luisa Senior Center 10:00 am-2:00 pm
- 15th Pojoaque Senior Center 10:00 am-2:00 pm
- 16th Eldorado Senior Center 10:00 am-2:00 pm
- 17th Edgewood Senior Center 10:00 am-1:00 pm &
Woods End Pantry 1:30 pm-3:00 pm
- 18th Santa Fe Recovery Center 10:00 am-2:00 pm
- 19th Our Lady Guadalupe Church 9:00 am-2:00 pm
- 20th La Cienega Comm. Center 9:30 am-11:30 am
- 21st Ventana de Vida Senior Center 10:00 am-2:00
& Southside Framers Market 3:00 pm-5:00 pm
- 22nd El Rancho Senior Center 9:30 am-11:30 am &
Rio en Medio 12:30 pm-2:30 pm
- 23rd Santa Cruz Sr. Center 9:30 am-11:30 am &
Chimayo Senior Center 12:30 pm-2:30 pm
- 24th Gen. Chavez Comm. Center 10:00 am-2:00 pm
- 25th Hwy 14 Fire Station 10:00 am-2:00 pm
- 26th San Isidro Church 9:00 am-2:00 pm
- 27th Zona Del Sol on Jaguar 3:00 pm-6:15 pm
- 28th Pasatiempo Senior Center 10:00 am-2:00 pm
- 29th Glorieta Baptist Church 9:30 am-11:30 am
- 30th Nambe Senior Center 9:30 am-11:30 am
- 31st Community Svcs. Dept.-10:00 am-2:00 pm

Voter Registration

Why register to vote? Voting is a right and a responsibility; it is your individual expression to guide your government. In order to vote, you must be a U.S. citizen, 18 years old by election day and a resident of the state where you vote.

You can register to vote in Santa Fe at your senior center -- MEG, Pasatiempo, Ventana de Vida and Luisa.

Registering with your current address and your current name is important because this provides you a ballot that reflects your voting precinct and enables you to vote near where you live. You do not need an ID to register.

You must be registered before October 7th to be able to vote in the November 4th General Election for state and federal positions and for local ballot issues.

Voter Registration

Members of the League of Women Voters will be available at senior centers in October to register or re-register anyone who is interested. Re-registration is necessary if you have had a change of name or a change of address.

- Pasatiempo: Oct. 1st at 11:00 am -12:30 pm
- Luisa: Oct. 3rd at 11:00 am - 12:30 pm
- MEG: Oct. 6th at 11:00 am - 12:30 pm
- Ventana de Vida: Oct. 7th at 11:00 am - 12:30 pm

Members of the League of Women Voters will be available at the centers in October to register or re-register any resident or staff members. Re-registration is necessary if you have had a change of name or have changed where you live.

The League of Women Voters is an inclusive, independent, and nonpartisan organization for men and women who are committed to civic improvement. The League helps safeguard democracy by advocating for good government, ethics, accountability, transparency, and public involvement. The League educates voters about key issues, including voting rights, human rights, health care, quality education, social services, environmental protection, and fair tax policy. In Santa Fe the League chapter provides voter registration services and Voter Guides and Forums to provide information about candidates.

If you prefer, you can register to vote by going to your County Clerk's office. Or, you can call the County Clerk's Office and ask for a registration form to be mailed to you. The Santa Fe County Clerk's phone number is 986-6280.

To find other election information, go to <http://www.sos.state.nm.us/sos-oterReg.html>.

To confirm your registration, find your precinct, district, and other voting information, visit <https://voterview.state.nm.us/>. You must enter your name in exactly the same way you used to register for this site to work.





NEWS & VIEWS

10/2014

Alzheimer's and Dementia Support Group

Pacifica Senior Living, 2961 Galisteo Road in Santa Fe holds a support group the third Thursday of every month from 10:00 a.m. to noon. The group is led by Annabelle Montoya, Northeastern Regional Manager for the Alzheimer's Association. The group is free and open to anyone coping with issues concerning caring for someone with Alzheimer's and Dementia.

The purpose of the group is to exchange practical information on caregiving problems and possible solutions; talk through challenges and ways of coping; share feelings, needs and concerns; learn about resources available in the community; receive helpful information on taking care of yourself; and learning how to better communicate with family, friends and your healthcare team.

For more information on the Support Group, contact Beck Roehning at 438-8464 or Annabelle Montoya at 473-1297.

Flu Shots – Protect yourself from the flu!

Flu shots will be available sometime after Oct. 1, 2014 at Santa Fe Public Health Center located at 605 Letrado, behind the Salvador Perez Recreation Center.

Call for availability (476-2600). This is a free walk-in clinic. If you have insurance, they will bill your insurance

Other flu shot clinic opportunities will be posted on the MEG bulletin board as we receive them.

Everybody Wants to Stay in Their Home as Long as Possible

One way to accomplish this is by making our communities more livable by addressing things like affordable housing, useable transportation, availability of good food, potential for care giving /receiving and a safe environment.

The Livable Communities Taskforce has created a survey which can rate a community's ability to support the needs of neighborhood residents as they try to age in place. This information can be provided to elected officials so they can better plan our communities to support us as we age.

The taskforce needs a group of dedicated volunteers to circulate these surveys in various communities, typically by going door to door in teams. This information will be compiled and presented by concerned volunteers to the officials they elected to begin to help them make our communities more livable.

We need team members that:

- Have some volunteer experience.
- Excited about creating a livable community for all ages.
- Eager to work both as part of a team and independently to accomplish an outcome.
- Ability share leadership, i.e., rotate in and out of team roles.
- Ability to think critically, facilitates conversations, and manages multiple priorities.
- Strong writing, speaking and interpersonal skills.
- Comfort working with different population groups.
- Willingness to utilize technology.
- Willing to commit one year to team.

You will be given training October 9th by the National Area Agency on Aging Staff from Washington, D.C.

Your commitment would only require a few hours of your time per month to help create a community that will address your concerns as you continue to age in place in your home.

Interested persons can contact Toby Kessler Program Manager at 505-395-2679 or tkessler@ncnmedd.com.

Note: Senior centers closed October 13th.



AT A GLANCE

10/2014

Keeping our seniors active!



Officer Chris Reynosa assists volunteer Lugarda Griego get registered with their Silver Alert Program, during the Volunteer Programs September 11th Day of Service.



Seniors enjoying a presentation at Tinkertown Museum in Sandia Park, New Mexico, during a field trip offered by the Activities Section.



Seniors enjoy a day at the Sandia Peak Tramway in Albuquerque during a field trip offered by the Activities Section.



Senior Gloria offers her beautiful voice to the crowd during the Fiestacita celebration at the Pasatiempo Senior Center.



The "Luisa" Ladies enjoy a warm day at Fort Marcy Park.



RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

10/2014



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



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.

ReCAP at Aspen School

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



RSVP volunteers born in OCTOBER!

Melady Gene	10/01	Reynaldo L. Chavez	10/19
Mela Sanchez	10/01	Judy Montano	10/19
Peyton W. George	10/02	Elvira Urban	10/19
Helen Maestas	10/02	Louie Ortiz	10/20
Roberta Armstrong	10/03	Anna M. Bell	10/21
Nolan Zisman	10/03	Elma V. Ortega	10/21
Lupita F. Romero	10/04	Barbara Evans	10/23
Jose Gonzalez	10/05	Anna Marie McQuarie	10/24
Carol Koetter	10/05	Martha Rotunno	10/24
Daniel Koenig	10/06	Jessie M. Lopez	10/25
Jeannie Rae	10/07	Jeanne Doris Luna	10/26
Frances G.Hanners	10/08	Elena Montano	10/26
Mercedes Moreno	10/09	Mary Lee Ortiz	10/27
Annabelle Brazeal	10/11	Tony Rivera	10/27
Thomas W. Blum	10/13	Carmen M. Rodriguez	10/27
Jimmy J. Griego	10/15	Janet Reffert	10/28
Earl Jaramillo	10/16	William J. Todino	10/28
Carol Lachman	10/16	Jessie Visarraga	10/28
John B. Trujillo	10/16	Ruth E. Vilmain	10/29
Alex Vargas	10/16	Elizabeth Slota	10/30
Joe E. Romero	10/18		

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



ACTIVITY

10/2014

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
Tai Chi class (advanced)	Monday	9:15 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday	9:00 am
Nia Technique	1st & 3rd Tues.	1:30 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Mind/Body Movement	Thursday	9:30 am
Sewing	Thursday	12:30 pm

Chair Yoga Resumes Oct. 2nd.

Zumba Gold	Friday	9:30 am
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm

Pasatiempo Senior Center **955-4725**

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga Practice	Mon. & Wed.	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Computer	Tuesday	9:00 am
Line Dance (Advanced)	Tuesday	1:00 pm
Wood/Straw Applique	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Zumba Dance	Friday	1:00 pm

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

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Game & Puzzle Day	Wednesday	2 pm-4 pm

Villa Consuelo Senior Center **955-4725**

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

ART

Ventana-Class	Tuesday	1:00 pm
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BINGO

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

BRIDGE GAMES & PUZZLES

Pasatiempo - Bridge	Monday	12:30 pm
Ventana Games - Puzzles	Wednesdays	2 pm - 4 pm

CERAMICS

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

COMPUTER

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

FITNESS EQUIPMENT

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

EXERCISE & MOVEMENT CLASSES

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

MEG Chair Yoga Resumes Oct. 2nd.

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

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

GUITAR CLASS (Beginner)

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

JEWELRY MAKING

MEG Center	Tuesday	9:00 am
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SEWING/KNITTING

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

SING-ALONG

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

WOOD/STRAW APPLIQUÉ

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm



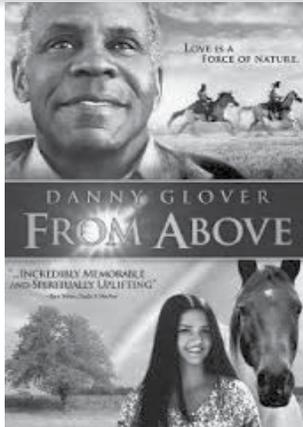
ACTIVITY

10/2014

MEG Movie Day "From Above"

Tuesday, October 21st at 1:00 pm, MEG Dining Room

Told in flashback from his wife's deathbed, William Ward's story traces his first meeting of the beautiful Venus who is from the Lightning Clan, a mystical Native American family living in Arkansas. After William's father is stricken ill, they separate and Venus strikes out on her own in New York, believing that she will find her calling on a magical night in the city. William's father passes away and William now travels to New York to find his Venus. A wild storm, an impromptu play on a city building and an eventual reunion all bring them together. All of this in memory as William, now without his wife, tries to reach her from beyond, seeing visions of her in and around his home during storms. His son believes his father is mentally ill but they both are witness to a miracle on earth.



Ear Acupuncture for Veterans

Licensed acupuncturist Carolyn Bleakley will continue to offer free ear acupuncture for veterans and their families at the MEG Center from 2:00 pm to 4:00 pm on the following Thursdays in October: 9, 16, 23, 30.

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, October 1st - MEG Center
 Wednesday, October 8th - MEG Center
 Wednesday, October 15th - Pasatiempo
 Wednesday, October 22nd - 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.



Monthly Senior Services Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: Oct. 14th at 9:00 am
- Senior Olympics: October 8th at 9:30 am
- Advisory Board : October 15th at 9:30 am
- Travel Committee: October 16th at 8:45 am
- Senior Activity Corp: October 16th 10:00 am

Let's Celebrate Your Birthday

Humana will be serving cake and ice cream at senior centers in honor of monthly birthdays. They will be at the following centers during the lunch hour:

Wednesday, October 1st, MEG Center
 Wednesday, October 15th, Ventana de Vida

Come out and enjoy some sweets and celebrate with us!



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., October 6 at 9:40 am
 Villa Consuelo - Mon., October 6 at 10:00 am
 Pasatiempo - Mon., October 6 at 11:00 am
 Luisa Center - Tuesday, October 7 at 9:00 am

Halloween Dance /Costume Contest



Put on your best costume and join us for an afternoon of dancing and fun at the annual Halloween Dance on Thursday, October 30th at the Fraternal Order of Eagles, 833 Early Street. The band Bandalegre will play from 1:00 p.m.

to 4:00 p.m. The costume contest will begin at 2:30 and prizes will be given to the winners! The dance is sponsored by the Villa Consuelo Center. The cost is \$2.00 admission. You will not want to miss out!



ACTIVITY

10/2014

Ventana De Vida Games

Come out to Ventana De Vida and play some games on Wednesday afternoons from 1:00 pm - 3:00 pm. Join us for Cribbage, Chess, double pinochle and many other games. We are also looking for people to join us for a game of double pinochle!

Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St (enter on Columbia) will host weekend Bingo on Sunday, October 5th from 1:00 pm - 4:00 pm.

The cost is \$12.00 for the package and four specials at \$1 each. The blackout game is \$2.00. The jackpot winner goes home with \$100.00! Please bring small bills. Also, they will be serving delicious Frito pies and a refreshing drink for \$5.00. Proceeds benefit the Luisa Center activities.



Everyone is welcome- join us!

National Breast Cancer Awareness Month - Pink for October

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages. Encourage and support women to take precautions, and don't forget to wear pink in the month of October to show your support.



Luisa Movie Day: "The Fault in our Stars" Wednesday, October 22nd at 1:00 p.m.



Hazel Grace Lancaster is sixteen years old. She alternately loves and tolerates her sometimes over-doting parents. Hazel has developed a crush on a young man in her support group, Gus Waters, who seems equally smitten with her. As they grow closer, Hazel and Gus share their fears that accompany their health issues, as well as their love of books, including

Hazel's favorite, "An Imperial Affliction." She has tried many times to get in touch with the book's reclusive author Peter Van Houten, to no avail. When Gus manages to reach Van Houten through the author's assistant, it results, astonishingly, in an invitation to meet the writer in Amsterdam. Gus is determined to take Hazel on a journey that will answer every question she has ever had about the book that has meant so much to her. But the answers she is looking for do not come from Peter Van Houten. They come from living a great adventure that Hazel shares with someone she is not afraid to love - who has given them both what she calls a "little infinity - a forever within the numbered days."

Real Burger

The Activities staff would like to thank John from Real Burger who donated a huge bowl of salsa for the Fiesta dance that was held in September. We received many compliments and everyone enjoyed it tremendously. Thank you for supporting our seniors!



Mind/Body Movement Class

The Mind/Body Movement class on Thursday, October 9th has been cancelled. Sorry for the inconvenience.



ACTIVITY

10/2014

IT'S THAT TIME AGAIN - Medicare Open Enrollment

A Benefits Counselor from the New Mexico State Health Insurance Assistance Program (SHIP) will be available at the following Senior Centers to offer benefits counseling:

- Pasatiempo Senior Center - Wednesday, October 29th, 10:30 am – 1:30 pm
- Luisa Senior Center - Thursday, October 30th from 10:30 am – 1:30 pm.

Please bring the following items: your red, white and blue Medicare card and all of your prescription medications. If you have additional questions or need more information, please call SHIP at 1-800-432-2080.

October Dance at Luisa

Please join us at the Luisa Senior Center, 1500 Luisa St. (enter on Columbia) for an afternoon dance on Thursday, October 9th from 12:30 pm to 3:30 pm. Bonifacio will provide music and door prizes will be awarded. There is a \$2.00 admission charge. Don't miss the opportunity to kick up your heels!

McCall's Pumpkin Patch

Take a hayride to the pumpkin patch, pick your own pumpkin from the field, try to find your way through the 16-acre corn maze, feed the farm animals, race a pedal kart, launch a pumpkin, mine for gemstones, shop, eat and much, much more.

Join us on Tuesday, October 14th for a full day of fall fun at the McCall's Pumpkin Patch in Moriarty, New Mexico. Entrance fee is \$6.00 and the suggested donation for the bus ride is \$5.00. We will be departing at 9:00 a.m. All attending should bring a water bottle, wear good walking shoes and bring spending money for lunch. If you are interested, please contact Cristina

at 955-4715 to reserve your spot. The \$5.00 suggested donation for the bus ride will be collected when you sign up. Don't miss out on a fun autumn field trip



PASATIEMPO HALLOWEEN PARTY

Pasatiempo Halloween Party

**Friday
October 31st
11:00 a.m. to
1:00 p.m.**

**Pasatiempo
Senior Center
664 Alta Vista
Street**

**Music by
Phil Trujillo!**

**Prizes given
every 15
minutes for
those who are
dressed up!**

**Door prizes
given away at
the end of the
party!**

**Don't miss out on great music,
good company and prizes!**



ACTIVITY

10/2014

ACTIVITY UPCOMING TRIPS

Cumbres & Toltec Scenic Railroad

Join us on Saturday, October 11th for an all-day trip to Chama, New Mexico to ride the train. The van departs the Mary Esther Gonzales Senior Center at 7:30 a.m.

The cost is \$115 per person which includes the van trip, the train ride and a delicious lunch at the Osier Station which offers an all you can eat buffet.

Albuquerque Balloon Fiesta Special Shapes Rodeo

This is a must not miss trip to Albuquerque! The van will depart the Mary Esther Gonzales Senior Center at 5:30 a.m. on Thursday, October 9th. The cost for the trip is \$20.00 per person, which includes the van ride to Albuquerque and the entrance fee. Wear warm clothes, bring your camera and be ready to view some spectacular sights!

Acoma Pueblo

An educational and exciting day is planned on Saturday, October 18th to visit the Acoma Pueblo, located sixty miles west of Albuquerque. On the visit, attendees will be offered a guided tour of the fascinating pueblo and be able to visit the Sky City Cultural Center as well as the Haak'u Museum. The van will depart the Mary Esther Gonzales Senior Center at 8:30 a.m. The price per person is \$40.00, which includes the van ride, entrance fees and a picnic lunch.

All trips need to be paid for in advance of the trip date.

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

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

FOSTER GRANDPARENT/ SENIOR COMPANION IN-SERVICE

“Let’s Talk...Now!!

A Presentation About Advance Care Planning Thursday, November 6th at 9:00 a.m. MEG Dining Room

Do you know about living wills? How about a Health Care Power of Attorney?

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? New Mexico has good laws for supporting patients’ wishes, but it’s up to each of us to make those wishes known in a clear and legal manner.

The training and workshop is sponsored by the Santa Fe Action Team of NM Compassion & Choices, a national non-profit dedicated to helping ensure that everyone has the opportunity to have the kind of death they desire, whether in the hospital fighting to the end with all the modern life-saving techniques available and/or in your own home, pain free and surrounded by loved ones. Of course there are no guarantees, but this workshop will help you improve the odds by knowing your choices and having the discussions about your health care wishes with family, friends and others involved in your care. Certainly these are difficult conversations. Nevertheless, the quality of our lives, and our deaths, depends on having them sooner than later.

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

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

Frances Gallegos 10/12
Rita Contreras 10/22
Anna Chacon 10/24





HEALTH & SAFETY

10/2014



Fire Department's Community Protection Initiative:

Collaborating to Change 911 Call Frequency

The City of Santa Fe Fire Department (SFFD) wants to help citizens before they need an ambulance. A progressive Community Protection Initiative has emerged from collaboration between fire department administration, the firefighter's union, and our community's healthcare providers under the direction of Mayor Gonzales. Firefighters operate all 911 ambulances in the city and have found that many 911 calls are either preventable or may benefit from a solution other than an ambulance trip to the emergency department.

"The department is taking a phased approach in which the city's firefighters, who are all also emergency medical technicians or paramedics, will be engaged in proactive care," said SFFD Chief Erik Litzenberg.

Since May 26, firefighters have been performing home visits to check in on individuals who used the 911 system four or more times in 2013, especially two vulnerable populations: the elderly and those with certain chronic conditions. The goal is to help these individuals achieve a better state of health.

As the program progresses, SFFD hopes to work with the local healthcare community to bring other progressive services which will increase health outcomes, improve the patient's experience, and decrease overall system costs. Firefighters have always helped their communities and the SFFD is geographically and operationally well-positioned to improve the healthcare delivery in Santa Fe.

For more information please contact Andres Mercado at 505-629-6255.

Shingles Vaccine – What you need to know.

What is shingles?

Shingles is a painful skin rash, often blisters. It is also called Herpes Zoster or just Zoster.

A shingles rash usually appears on one side of the face or body and lasts from 2 to four weeks. Its main symptom is pain, which can be quite severe. Other symptoms of shingles can include fever,

headache, chills and upset stomach. Very rarely, a shingles infection can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis) or death.

Shingles is caused by the Varicella Zoster virus, the same virus that causes chickenpox. Only someone who has had chickenpox – or, rarely, has gotten chickenpox vaccine – can get shingles. The virus stays in your body, and can cause shingles many years later.

You can't catch shingles from another person with shingles. However, a person who has never had chickenpox (or chickenpox vaccine) could get chickenpox from someone with shingles. This is not very common.

Shingles is far more common in people 50 years of age and older than in younger people. It is also more common in people whose immune systems are weakened because of a disease such as cancer, or drugs such as steroids or chemotherapy. At least 1 million people a year in the United States get shingles.

Shingles vaccine

A vaccine for shingles was licensed in 2006. In clinical trials, the vaccine reduced the risk of shingles by 50%. It can also reduce pain in people who still get shingles after being vaccinated.

A single dose of shingles vaccine is recommended for adults 60 years of age and older.

Some people should not get shingles vaccine or should wait.

A person should not get shingles vaccine who: has ever had a life-threatening allergic reaction to gelatin or the antibiotic neomycin. A person who has a weakened immune system because of current AIDS or other immune system diseases, a person receiving cancer treatments or other drug treatments. A person who has cancer affecting the bone marrow or lymphatic system or a person who is pregnant or might be pregnant.

To learn more, ask your doctor or other health care providers. They can give you the vaccine package insert or suggest other sources of information.



Dealing with Shingles – A Senior’s Perspective

(Submitted by senior Z.S. “Goldy” Goldenberg)

Some folks suffer a lot with shingles all over the body, while others suffer just a bit. Shingles on the head and forehead can be a big nuisance. Often times the itching starts during the night when you unconsciously move your hand over your forehead. The itching can last for hours, and usually for months on end. I have found two solutions to cut down the itching. One is Neosporin (pain) and Cortizone 10. My neighbor uses oatmeal for the body itching. One thing about shingles – it will not help to call your roofer!

Eight Things You Need to Know About Medicare (AARP Bulletin, July, 2014)

1. 8,000 Boomers a Day Turn 65

If you are about to turn age 65, give yourself time to learn about Medicare. There are many choices and deadlines. Being informed is the best way to avoid mistakes that can cost you money.

2. Timing is Everything

Most people are eligible for Medicare when they turn 65, and most sign up for Medicare at that time to avoid late penalties. If you already receive Social Security benefits, you’ll be automatically enrolled. Otherwise, you must apply to sign up. However, if you or your spouse still works for an employer that provides you with health insurance, you can delay Medicare enrollment without risking late penalties until that employment ends.

3. There Are Different Parts of Medicare

Medicare is divided into different parts. Part A helps pay the cost of hospital services. Part B helps pay the cost of doctor visits and outpatient services. Part D helps pay the cost of prescription drugs. Part C is different: It offers private insurance options, such as Medicare HMOs and PPOs, which provide coverage for Part A, Part B and (usually) Part D services in a single benefit package.

4. Medicare Is Not Free

Medicare does not pay for all of your health care costs. You pay premiums for coverage and copayments for most services, unless you qualify for a low-income program or have other additional insurance.

5. Medicare Covers a Lot but Not Everything

Medicare covers a range of health services, prescription drugs and medical equipment. But there are still gaps. For example, Medicare doesn’t cover long-term care (such as everyday care in a nursing home); routine hearing, vision, foot or dental care; or medical services outside of the United States.

6. Getting Help to Pay Medicare Costs

Medicare supplemental insurance (also called Medigap) can be purchased separately to pay some of the out-of-pocket expenses of original Medicare. People with incomes under a certain level may qualify for low-cost prescription drug coverage under Part D’s Extra Help program and for state assistance in paying their Medicare Part B premiums and maybe other costs.

7. Choose Wisely

Before you choose a Medicare plan, think about your options carefully and educate yourself on all the plans. Compare the costs, benefits and quality of the plans you are considering.

8. Still Have Questions? Seek benefits counseling.

AARP or a benefits counselor can offer practical and comprehensive information about how the Medicare program works and when to enroll. They can help clarify eligibility requirements and provide answers to questions on plan choices, coverage and costs in an easy-to-understand manner.

For more information on benefits counseling, call:
MEG Senior Center 505-955-4721
AARP 1-866-389-5636





LEGAL & CONSUMER

10/2014

TRANSFER ON DEATH DEED

(State Bar of New Mexico, Senior Supplement)

The law in New Mexico allows an owner of real property (land or house) to transfer that property to another person (grantee beneficiary) through the use of a Transfer on Death Deed (TODD). This deed allows the owner to designate a person or persons who will become the owner of the property when the original owner dies without any need for that property to go to probate.

There is no transfer until the owner dies.

The owner keeps control of the property until the owner dies. The owner does not have to have permission from the grantee beneficiary to sell the property, borrow money on it, or give it away. The owner can revoke (cancel) the deed at any time and can execute (sign), acknowledge (sign before a notary) and record a new TODD providing for a different person to get the property. The grantee beneficiary does not have to be notified of the recording of the TODD and does not have to be notified if the TODD is revoked. Since the grantee beneficiary has no claim on the property during the lifetime of the owner, the property can't be taken by the grantee beneficiary's creditors while the owner is still alive. A TODD also will not disqualify an owner from receiving Medicaid assistance for nursing home care, because the owner has not given the property away.

How does an owner make a TODD?

It is very important that a TODD be properly drafted (written), executed and acknowledged. Therefore, it is advisable that the owner consult with an attorney to be certain that all of the requirements have been met. The TODD must then be recorded at the county clerk's office in the county in which the property is located.

A Joint Tenancy is not effected by a TODD.

If joint tenants record a TODD, the property does not go to the grantee beneficiary when the first joint tenant dies. Instead, the surviving joint tenant becomes the sole owner of the property.

The property goes to the grantee beneficiary once the last joint tenant dies unless that joint tenant does a new TODD.

A TODD controls over a will.

If the owner's will states that a certain person or persons will inherit real property and the owner recorded a TODD for that property, the grantee beneficiary inherits the property through the TODD. The owner's will has no effect on the TODD. **No matter what you say in your will, the TODD will control distribution of your property.**

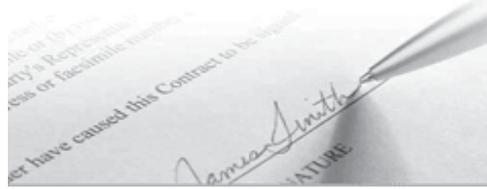
The grantee beneficiary gets the owner's interest in the property subject to any claims against the property when the owner was alive.

If the owner had a mortgage, if there was a lien against the property, or if the owner had given away an interest in the property such as an easement, the grantee beneficiary's interest in the property is subject to those claims and obligations.

When the owner dies, the owner's creditors can make a claim against the property.

The real property is transferred at the death of the owner. If the deceased owner owes money to creditors, the creditors can attempt to be repaid out of the real property if there are no other assets available to pay them. To make that claim, the creditor would have to open a probate proceeding (if there wasn't one already open). The transfer is also subject to allowances for the owner's surviving spouse and minor children if the owner didn't leave enough assets to provide those allowances.

Transfer-on-Death (Beneficiary) Deeds



For more information about preparing a Transfer on Death Deed, please seek guidance from the Lawyer Referral for the Elderly Program. 1-800-846-6657.



PUZZLE

10/2014

PUZZLE 31

ACROSS

- 1. Put into symbols
- 6. Mythical galley
- 10. Sleuth Spade
- 13. Limber
- 14. Phony
- 15. Drooping
- 17. Pearl White's serial
- 20. Stage apparatus
- 21. Places for fleurs
- 22. Actor David _____
- 23. Miss Adams
- 24. Doctrine
- 25. Desires
- 28. Actor Robert _____
- 30. Superior
- 31. Column style
- 32. Johnny Reb's gp.
- 35. Ancient banquet's threat
- 39. _____ rule
- 40. Aquatic fliers
- 41. Caper
- 42. Those who oppose
- 43. Doubter
- 45. Cat genus
- 47. Weeded
- 48. Jacket features
- 49. Alpine heroine

- 51. One of the Stooges
- 54. How 17 Across ended
- 57. _____ fixe
- 58. About
- 59. Sea duck
- 60. Mme., in Madrid
- 61. Kind of poker
- 62. Pouring

DOWN

- 1. Kepis
- 2. Type of arch
- 3. Gossip
- 4. Actor Wallach
- 5. Mislead
- 6. Garbo's condition
- 7. Prevalent
- 8. Openings
- 9. _____ pro nobis
- 10. Briny
- 11. Vibrant
- 12. "Water Lilies" painter
- 16. Sty
- 18. Hindustani titles
- 19. World agcy.
- 23. "Be it _____ so . . ."
- 24. Prune
- 25. _____ Grande
- 26. Noisy quarrels
- 27. Wild ox
- 28. Styles
- 29. Munson et al.
- 31. Moroccan enclave
- 32. Shore digger's find
- 33. Napoli evening
- 34. Invites
- 36. Actress Darcel
- 37. Dinner scraps
- 38. Bumpkin
- 42. Hollyhock
- 43. Bustle
- 44. Young cow
- 45. Parries
- 46. Door sign
- 47. Backpacked
- 48. Cato's lucky number?
- 49. Suspicion
- 50. Off-white
- 51. South of France
- 52. Portent
- 53. Spooky: var.
- 55. Old Serbian capital
- 56. Ramona's aunt

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
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	45	46						47						
48						49	50					51	52	53
54						55					56			
57						58					59			
	60					61					62			



PUZZLE

10/2014

QUOTESEARCH: PARTON

Below is a quote from singer, songwriter, author, actress, philanthropist, and the fourth of Robert Lee Parton and Avie Lee Owens 12 children . . . the one and only Dolly Parton. The words that are grouped together will be found together in the diagram.

I graduated	I'd have	musician —	and done
high	probably	sung in	hair in
school on a	been a	a bar	the day.
Friday night,	beautician	at night	
left for			
Nashville on			
a Saturday			
morning,			
and never			
looked			
back. I			
hoped			
that I'd			
make			
enough			
money			
to be			
a star,			
but I			
would			
have still			
spent			
my life			
singing.			





PUZZLE ANSWERS

10/2014

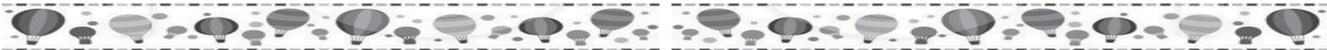


PUZZLE 31

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

WORD SEARCH SOLUTION

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



BREAKFAST MENU

10/2014

Senior Center Breakfast Menu for October 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, small roll, jelly, milk
- 2nd Grilled ham, cheese, peppers and onions, small roll, margarine, milk
- 3rd Scrambled egg, tomato juice, French toast, maple syrup, milk
- 6th Sausage patty, tomato juice, pancakes, maple syrup, milk
- 7th Scrambled egg, cheese, grilled peppers, hashbrown, bacon, milk
- 8th Peanut butter, tomato juice, small roll, jelly, milk
- 9th Grilled ham, salsa, potatoes, margarine, milk
- 10th Breakfast burrito w/scrambled egg, cheese, red chile, tortilla, bacon, milk
- 13th All centers closed in observance of Columbus Day.**
- 14th Grilled ham, peppers, tortilla, margarine, milk
- 15th Scrambled eggs, tomato juice, waffles, maple syrup, milk
- 16th Breakfast biscuit w/sausage, cheese, salsa, biscuit, margarine, milk
- 17th Cottage cheese, tomato juice, cold cereal, jelly, milk
- 20th Diced ham, cheese, salsa, potatoes, margarine, milk
- 21st Breakfast burrito w/scrambled egg, cheese, red chile, tortilla, bacon, milk
- 22nd Sausage patty, cheese, green chile, hashbrown, small roll, margarine, milk
- 23rd Breakfast ham & cheese biscuit, salsa, margarine, milk
- 24th Scrambled egg, green peppers, potatoes, bacon, milk
- 27th Boiled eggs, tomato juice, hot oatmeal, margarine, milk
- 28th Sausage, cheese, salsa, potatoes, margarine, milk
- 29th Breakfast burrito w/scrambled egg, cheese, red chile, tortilla, bacon, milk
- 30th Boiled eggs, tomato juice, hot oatmeal, margarine, milk
- 31st Grilled ham, red chile, peppers, tortilla, margarine, milk

Lemons to the Rescue

Submitted by senior Michele Chrabot

Did you know that each year one in six Americans will get sick from a foodborne illness, and 3,000 will die after eating contaminated food? Those are the sobering facts, according to the Center for Disease Control. A 30-second water rinse of your produce eliminates some bacteria, but to be extra-safe try this cleaning solution: in a spray bottle mix 2 cups of cold water, 4 tablespoons of white vinegar, and 2 tablespoons of lemon juice. Shake, spray on your fruits and vegetables, and then rinse with tap water. You'll be glad you did!





OCTOBER SENIOR LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	1	2	3
	Menu is Subject to Change	Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing WW Roll w/ Butter Apple Cobbler Milk	Beef Steak w/ Veggie Topping Steamed Spinach Parmesan Potato Rounds WW Roll w/ Butter Lemon Bar Milk	Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/ Peaches Milk
6	7	8	9	10
Baked Fish Fillet w/ Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	Spaghetti w/ Meat Sauce Buttered Green Beans Green Salad w/ Dressing Garlic Bread Jell-O w/ Pears Milk	Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges Milk	Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Pears Milk	Pork Posole w/ Red Chile Sauce Spinach Salad Pinto Beans / Tortilla Strawberry & Peaches Peanut Butter Cookie Milk
13	14	15	16	17
All CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY	Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/ Dressing Whole Wheat Roll w/ Butter Chilled Pears / Milk	Stuffed Chicken Breast Steamed Spinach California Vegetables Baked Biscuit Peach Crisp Milk	Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/ Dressing Apple Cobbler Milk	Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/ Cheese Cranberry Sauce Jell-O Milk
20	21	22	23	24
Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans Whole Wheat Roll w/ Butter Apple Cobbler Milk	Chicken Provencal (w/Veggies & Sauce) Steamed Rice Buttered Spinach Whole Wheat Roll w/ Butter Tropical Fruit / Milk	Pork Roast Mashed Potatoes w/ Brown Gravy Asparagus Tips Whole Wheat Roll w/ Butter Applesauce / Milk	Chicken Fettuccini w/ Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears Milk	Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk
27	28	29	30	31
Baked Ham Baked Yams Steamed Broccoli w/ Butter Whole Wheat Roll w/ Butter Baked Apples / Milk	Meatloaf w/ Topping Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk	Baked Chicken Breast Wild Rice Carrot Raisin Salad Biscuit w/ Butter Chilled Mandarin Oranges Milk	Turkey Dinner w/ Stuffing and Gravy Steamed Green Beans WW Roll w/ Butter Cranberry Salad Pumpkin Pie w/ Topping Milk	Beef Pot Roast Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll w/ Butter White Cake / Milk

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

