THE SENIOR SCENE

City of Santa Fe Community Services Senior Services

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

SEPTEMBER 2020

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

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

SEPTEMBER 2020

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

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

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

PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

Front Desk Reception **(505) 955-4721**
Toll-Free Administration Line (866) 824-8714
Gino Rinaldi, **DSS Director** 955-4710

Administration
Cristy Montoya, Administrative Secretary 955-4721
Cara Alunno, Receptionist 955-4741
FAX Machine - Administration 955-4797

Senior Services Registration
Vacant, Database Specialist 955-4722

Transportation Ride Reservations **955-4700**
Linda Quesada-Ortiz, Project Specialist / Dispatch 955-4700
Erika Cuellar, Administrative Assistant 955-4702

Nutrition
Yvette Sweeney, Program Manager 955-4739
Enrique DeLora, Inventory Supervisor 955-4750
Tebrina Roibal, Administrative Assistant 955-4749
FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)
Carlos Sandoval, Program Supervisor 955-4748
Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)
Lugi Gonzales, Center Program Manager 955-4711
Albert Chavez, Program Coordinator 955-4715
Mary Esther Gonzales (MEG), Ventana de Vida
Cristina Villa, Program Coordinator 955-4725
Luisa, Pasatiempo, Villa Consuelo

In Home Support Services:
Homemaker and Respite Care,
Theresa Trujillo, Program Supervisor 955-4745
Saul Carta, Program Coordinator 955-4735
Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program
Melanie Montoya, Volunteer Prog.Manager 955-4761
Anya Alarid, Project Administrator 955-4744

Retired Senior Volunteer Program (RSVP)
Kristin Slater-Huff, Public & Community Relations Officer 955-4760
Marisa Romero, Program Coordinator 955-4743

50+ Senior Olympics
Cristina Villa, Program Coordinator 795-3817

Miscellaneous
Craft Room Not in service
Pool (Billiard) Room 955-4730

Other Important Numbers
Santa Fe Civic Housing Authority 988-2859
Santa Fe County Information 992-3069

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Linda Miller & Barbara Anderson-Acosta, Proofreaders
Christella Vigil & Mela Sanchez, Mailing Distribution

By Gino

A message from the Division Director

SEPTEMBER 2020

"Nobody in life gets exactly what they thought they were going to get. But if you really work hard and you're kind, amazing things will happen." - Conan O'Brien

"Everyone here has the sense that right now is one of those moments when we are influencing the future." - Steve Jobs

Amazing we made it to the month of September. As I am writing we are experiencing some of the hottest days on record. The fire in the mountains is still burning, bringing about a choking smoke, yuck! I hope everyone is doing ok. Watching the folks pick up the curbside meals at the Mary Esther Gonzales Center has been really nice, but it also reminds me how much I miss folks. I very much wish we were able to open, but we can't, not until COVID-19 is under control. I hope all of you are being careful and staying safe.

By the end of August we will have provided over 90,000 home delivered and curbside meals to the seniors of Santa Fe since we had to close our doors due to COVID. It's an amazing number and I am very proud of our staff for all the hard work and commitment they have towards feeding as many seniors who need it. If you get a chance, send us positive thoughts. Nurture your minds with great thoughts of gratitude. To believe in the heroic makes heroes and our staff are the quiet heroes of the of the 2020 Pandemic.

I also want to thank everyone for your donations, you are wonderful!!!

I would like to remind folks that it is critical you get your flu vaccination this year. Contact you doctor, check with your pharmacy, and/or where ever you usually get your vaccination. We are not going to be able to do it here at any of the Senior Centers due to them being closed.

Cover Photo

Senior Services purchased four new, senior-friendly vans for your comfort and convenience. They are currently in use only to transport seniors to medical appointments and pharmacies.

Drivers pictured are (left to right) Carlos Mendonca, David Kennedy, Louie Chavez and Michael Franco.

NEWS & VIEWS

SEPTEMBER 2020

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

Senior Centers Remain Closed

City of Santa Fe Senior Centers remain closed for the time being due to the risk of COVID-19 spread to seniors. Plans are being worked on to create an eventual phased reopening plan, in line with City of Santa Fe and other guidelines.

Staff continues to prepare home-delivered and curbside meals on weekdays, according to the menu in this newsletter. Curbside meals are available Monday-Friday 10:30 a.m. – 12:30 p.m. at the front door of the MEG Center, 1121 Alto St. and are available to anyone age 60 or over.

To request senior meals, please call Senior Services at (505) 955-4721.

Please note: The City will be closed on Monday, September 7th in observance of Labor Day. There will be no meal or transportation services that day.

Also, on Friday, September 11th, the City will close at noon. Home delivered meals will arrive as usual. Curbside service will be available from 10:00 a.m. until noon only on that day.

BIENVENIDOS OUTREACH INC.
A Food Pantry

Bienvenidos Outreach Food Pantry
1511 5th St, Santa Fe, NM 87505

Bienvenidos Outreach provides food and clothing at no cost in Santa Fe and the surrounding area. They are currently serving people in need with Covid-safe practices.

Their new hours are Mondays 8:00am-1:00pm, and Tuesdays, Wednesdays and Thursday 8:00am- 2:00pm for food boxes and lunches.

Their clothing room is open on an 'appointment only' basis. Please call (505) 986-0583.

Hollyhock Seeds

Once again, generous seniors Charles and Cecilia Tafoya are donating dried hollyhock seeds that you may pick up to plant in your garden right now.

The seeds will be in small bags in a box outside MEG Center, 1121 Alto St. M-F 10:30 – 12:30, until they are gone. Please drive past the curbside meal line to the side door of the building and help yourself to a bag. Thank you, Tafoyas.

Property Tax Payment Outreach

County Treasurer staff will be available to collect your property tax payments again this year.

- At MEG Senior Center 1121 Alto St.
- Fridays, November 20th & December 4th
- 10:30 a.m. until 1:30 p.m.

Please see the October Senior Scene for details.

Motorama Drive-In at the Downs Santa Fe 27475 W Frontage Rd, Santa Fe, NM 87507

Check out the new drive-in event series at the Downs (the former horse track). Movies will be held every Thursday to Sunday until November 1st. The "seating" is reserved and you MUST buy your tickets online ahead of time through Eventbrite. A ticket is $25-$40 depending on how close you want to park to the screen, and it covers all passengers (in seats with legal seat belts) in the vehicle. You must arrive prior to show time. Bring a mask and hand sanitizer. You may bring food, but no alcohol or animals. There are food trucks, music, and porta-potties, marked parking spaces, lights and Covid regulations.

Check for upcoming movies at www.eventbrite.com › motorama-at-the-downs-santa-fe...

Grocery Store Convenience for Seniors

No delivery available unless noted below.

Albertson's Markets –
3001 S. St. Francis Drive: (505) 992-8663
600 N. Guadalupe St: (505) 982-4668
Senior Hours: Every day, 6:00 – 7:00 a.m.
Pre-Order: www.shop.albertsonsmarket.com
Curbside Pick-Up: Free at these two locations

Kaune's Neighborhood Market –
2629 Old Santa Fe Trail: (505) 982-2629
Senior Hours: Saturdays, 8:00 – 11:00 a.m.
Pre-Order: Online at www.kaunes.com
Curbside Pick-Up: $5, order by 3:00 p.m. the day before. For alcohol pick up, you must enter store.
Delivery: $10.00 In SF City limits only. Order by 11:00 a.m. the day before. No alcohol delivery.

Smith's Grocery –
2308 Cerrillos Rd: (505) 471-9024
2110 S. Pacheco St: (505) 473-5560
Senior Hours: Mon, Wed, Fri, 6:00 – 8:00 am
Pre-Order: Online www.smithsfoodanddrug.com
Curbside Pick-Up: Free

Walmart Stores –
3251 Cerrillos Rd: (505) 474-4727
5701 Herrera Dr:(505) 424-9304
Senior Hours: Tuesdays, 6:00 – 7:00 a.m.
Pre-Order: www.walmart.com
Curbside Pick-Up: Free, if you are physically disabled and call from the parking lot.

Trader Joe's –
530 W. Cordova Rd: (505) 995-8145
Senior Hours: 8:00 – 9:00 a.m., 7 days a week
Pre-Order: No

SANTA FE FARMERS MARKET™ EST. 1968

Every Saturday 8:00 a.m. – 1:00 p.m.

1607 Paseo de Peralta
When was the last time you went to the Farmers' Market? The Saturday Market at the Railyard is where community gathers! It boasts the largest variety of vendors and products to choose from and is a perfect place for meeting friends, outdoors with masks on (of course), and there is live music each week.

Family Caregiver Resource Guide 2020

Prime Time Publishing's 2020 Family Caregiver Resource Guide contains information about the City's Division of Senior Services, as well as other resources and information regarding caregiver services in Santa Fe. It is available at Albertson's Groceries & CVS Pharmacies. It is also accessible online at www.ptpubco.com.

Flora's Corner

On Thursday May 28, 2020 my 90th birthday was celebrated with my daughter Wanette Gallegos, her husband Tom, Rose Struck and Mike Supple.
The day began as usual…making phone calls, watering my tomato garden and running a couple of errands. I had to be home by 9:30 a.m. for a big surprise arranged by Jerry Watts, my late husband's business partner.

I was visiting with my daughter and son-in-law in my front yard when a slow vehicle passed by, followed by two fire trucks and then two ambulances. It was a birthday parade from Fire Station #3 for me! What a surprise hearing the sirens going on/off and seeing the lights flashing, and having the firefighters waving and yelling "Happy birthday!" Jerry led the parade, and another good friend Marcella Ortiz brought up the rear, and when she got to my house she jumped out to hand me a beautiful bouquet of roses and balloons. My neighbors Patricia Jacquez and Aida Thompson rushed over to celebrate.

The day ended with a steak dinner. I received a gold tiara decorated with rhinestones and the number 90 to wear, a sash reading "Birthday Queen", 2 dozen red roses, a miniature rose plant, two balloon bouquets and a bouquet of oriental lilies. The room was decorated with fairy lights and dandles. We concluded the celebration with a delicious chocolate ganache cake topped with candles. A 90th birthday very well spent!

Alzheimer's Association Virtual Events

All events are free. To register, call 1 (800) 272-3900 or go to the links provided.

10 Warning Signs of Alzheimer's

September 2nd 12:00-1:00 p.m.

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living.

https://www.communityresourcefinder.org/ResourceView/Index?id=1885880&profileDefinitionId= 93

Skills Mid-Day Webinar for Dementia Caregivers

Sept 8th, 9th, 10th & 11th 11:0a.m. - 12:00 noon

Presented in four daily, one-hour sessions, this online webinar is designed to teach both family and professional caregivers to understand the disease, how it affects thinking, feelings and behaviors – as well as the importance of self-care.

https://www.communityresourcefinder.org/ResourceView/Index?id=1885862&profileDefinitionId= 93

Understanding Alzheimer's & Dementia

Sept. 16th 12:00 noon- 1:00 p.m.

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; & Alzheimer's Association resources.

https://www.communityresourcefinder.org/ResourceView/Index?id=1885887&profileDefinitionId= 93

Skills Mid-Day Webinar for Dementia Caregivers

Sept 22nd, 23rd, 24th & 25th, 11:00 a.m. - noon

Please see the information above for content.

https://www.communityresourcefinder.org/ResourceView/Index?id=1885867&profileDefinitionId= 93

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Sept 30th noon- 1:30 p.m.

This education workshop offered by the Alzheimer's Association offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved.

https://www.communityresourcefinder.org/ResourceView/Index?id=1885861&profileDefinitionId= 93

Comfort Keepers Sponsors Free Virtual Support & Action Groups

Dealing with Uncertainty
(Chronic Illness. Financial. Work. Relationships)
2nd and 4th Tuesdays
2-3pm

Family Caregivers
2nd and 4th Wednesdays
2-3pm

Living with Grief & Loss
2nd and 4th Fridays
2-3pm

Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your family, friends, and communities.

As part of Comfort Keepers Community Outreach, the groups are free and are facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist with over 25 years' experience.

Please contact Eileen at 428.0670 or ej@eileenjoyce.com for information and the conference call phone number.

"You must be the change you wish to see in the world." -- Mahatma Gandhi

They will be missed...

Dora Vigil, 86 resident of Santa Fe, NM, passed away on July 25, 2020. She is survived by her sister, Flora Leyba (Walter) and many other family members.

Dora was born on July 27, 1933 in Potrero, NM to Juan and Encarnacion (Chonita) Sandoval. She was the sixth child in a family of seven – four brothers and three sisters. As a devout Catholic, she was a parishioner at Santa Maria de la Paz Catholic Community, and taught her children the importance of a spiritual foundation.

In 2006, Dora graduated from the Santa Fe Community College with a degree in Paralegal Studies. She loved to travel with her friends, visiting landmarks within the United States, as well as traveling internationally. Dora loved to dance and was an honorary member of Los Coloniales dance group. She was a Senior Companion Volunteer with the City of Santa Fe for many years.

Mary Loomis, beloved mother, great-grandmother, and great-great-grandmother was called home on July 16, 2020 at the age of 95.

Mary was born to Jose Lee Gasca and Jesusita Alvarez Gasca on August 20, 1924 in La Jara, Colorado. She spent a lot of her time with family in Velarde and eventually settled down in Santa Fe. She was a devout Catholic and faithfully dedicated to the service of holy hour at Santuario de Guadalupe. She worked for PNM as a cashier for many years.

After retirement, she became active at the Mary Esther Gonzales Senior Center. She participated in the Kitchen Band, Senior Olympics, made outfits for her dance group, and learned to play the guitar. She loved family gatherings, spending time outdoors, playing in the river, and taking many, many photos. She also had a passion for sewing and crocheting. She would say she was feisty because she could be.

Connie Jimenez passed away on July 28, 2020. Born on November 16, 1937, she was a beloved wife, mother, grandmother, great-grandmother, and sister.

She is survived by siblings, Erlene Butts, Jimmy Chaves; son, Robert Jimenez; daughters-in-law, Natalie Jimenez, Angela Anaya; grandchildren, Randi Jimenez, Rebecca Jimenez, Renee Jimenez, Leah Jimenez; and great-grandchild, Aribella Jimenez.

She was a lifetime resident of Santa Fe and was an active participant at the Mary Esther Gonzales Senior Center.

Pete E. Peña, Jr., a native of Pecos, New Mexico ended his journey on earth with his wife of 61 years and his family by his side.

He served his country proudly and was honorably discharged from the U.S. Navy in 1959. Pete worked at La Fonda Hotel for 14 year's as a Bartender/Manager, and then retired from the NM Department of Game & Fish in 1996.

He was a proud member of Chapter 15 DAV Honor Guard and Disabled American Veterans. Pete was a devout Catholic who found a church to attend Sunday service even when he was travelling. He had a passion for fishing, hunting, watching boxing and loved spending time at the Senior Center and DeVargas Mall with friends.

His favorite thing to do was spend time with his family, friends and having long conversations about life with his grandchildren. Anyone who crossed his path felt welcomed, unjudged, and he never spoke an unkind word about anyone.

Mesothelioma Prognosis Network
helping families find hope

Mesothelioma is a malignant tumor caused by asbestos exposure. Asbestos is a toxic material that was commonly used in many construction and automotive products. Symptoms of this cancer can include shortness of breath and chest pain.

Due to the long latency period, about 20-50 years, the majority of mesothelioma patients are our seniors. The average of mesothelioma patients is 69 years old.

The most common type of mesothelioma is pleural; which forms in the lining of the chest cavity, known as the pleural. This form accounts for 75% of all mesothelioma cases.

Life expectancy for mesothelioma is around 12 months, however treatment can improve prognosis. While early detection is best, doctors recommend surgery, radiation, chemotherapy, or a combination of these treatments. There are emerging treatments, such as clinical trials, that do show promise.

The Mesothelioma Prognosis Network is an advocacy group that helps patients find free care and support. Patient Advocates are available 24/7 to assist patients and their family members in any way they can. Contacting our patient advocates and accessing our online resources are completely free to patients.

To speak directly to a patient advocate, please call: (877) 282-3464.

They've also put together a list of the top treatment centers specifically for this cancer: https://www.mesotheliomaprognosis.com/doctors/treatment-centers/.

There is hope, and the Mesothelioma Prognosis Network is here to spread that hope, and support patients and their families, every step of the way.

Zozobra

By Francis "Mudman" Johnson

Fiesta glooms over the horizon in holy darkness
as Zozobra moans for all our pain all of our suffering
the crowd moves…sways back and forth energized by
a primal force from long long ago.
Behind the laughter and intensity you can see in the corners of eyes
…waiting…waiting…waiting
Quiet passion ignites the torch as old man gloom sings the song
Of holy darkness becoming the light;
Flames licking our wounds clean.
A hush of astonishment silences the crowd
burn baby burn…burn baby burn…
It seems over before it has begun
and in the ashes as always is a new beginning;
Grief is in the way we remember how to love again
Viva la fiesta!!

No Tickets Needed for Zozobra this Year

On Friday, September 4th 8:00 - 10:00 p.m. the 96th burning of Zozobra will be a no-crowd event, televised on KOAT Channel 7 New Mexico and online at www.koat.com

September Food Depot Distributions

The Food Depot is an equal opportunity provider.

• Thursdays, September 3 & 17, and October 1
Note new time: 7:00 to 9:00 a.m., The Food Depot parking lot, 1222 A Siler Rd. No documentation is required for this distribution.

• On Saturdays, September 12 & 26, from 9:00 to 11:00 a.m. at Santa Fe Place Mall (enter from Zafarano). These are USDA commodity foods distributions. Recipients should be prepared to provide their name, address and household information, including income.

COVID-19 Consumer Tip Sheet: Protecting Yourself & Medicare

Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19. Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

What Can You Do to Stop COVID-19 Fraud?

- ✓ Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- ✓ Protect your Medicare number and treat your Medicare card like a credit card.
- ✓ Never give your Medicare # to anyone who contacts you through unsolicited calls, texts, or emails.
- ✓ Say no to anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- ✓ Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- ✓ Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- ✓ Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely a scam.

What Does Medicare Cover in Relation to COVID-19?

- ✓ Medicare Part B (Medical Insurance) covers COVID-19 tests ordered by your health care provider.
- ✓ Medicare covers all medically necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine.
- ✓ There is no vaccine for COVID-19 at this time; however, if one becomes available, Medicare will cover it.
- ✓ Medicare also recently expanded coverage of telehealth services to enable beneficiaries to access a wider range of services from their providers without having to travel to a facility.

For Medicare coverage questions, contact the

New Mexico State Health Insurance Assistance Program (SHIP) at **1-800-432-2080.**

How the New Mexico Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud. The New Mexico SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations.

Call the New Mexico Senior Medicare Patrol (SMP): 1-800-432-2080

New Mexico SMP Empowering Seniors To Prevent Healthcare Fraud Senior Medicare Patrol

New Mexico SHIP State Health Insurance Assistance Program

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

SEPTEMBER 2020

Join RSVP While You Have Plenty of Free Time

This is a difficult period for many of us and we all feel isolated. But you can plan ahead for when there is a vaccine for Covid-19 and we can all get back in the action. Or, RSVP can help you find a volunteer opportunity that you can begin to do, safely, **right now**.

The Retired Senior Volunteer Program (RSVP) is a nationwide program designed to encourage people 55 and over to use their experience and skills to give back to the community through volunteerism. Volunteers receive free excess insurance, recognition gifts, invitations to celebrations, educational opportunities, mileage reimbursement and more.

For details, contact Kristin Slater-Huff at (505) 955-4760 or kwslater-huff@santafenm.gov.

Below, you will find information on one of the many volunteering possibilities that RSVP has to offer for you. We invite you to join us.

RAILYARD PARK CONSERVANCY

Volunteer by Gardening in the Railyard Park

The Yardmasters are the volunteers who help maintain the lovely Railyard Park gardens.

Due to Covid, Yardmaster volunteer sessions are now being done on an individual basis (or with a small group of no more than four individuals).

You may select your own schedule and, after orientation, Railyard Park Conservancy staff will get you set up with tools and a task and will cheerfully support your work.

Gardening needs include gentle pruning, tending the plants, debris pick-up and anything else that may come up. Gardening tasks vary throughout the seasons and they are happy to work with all skill levels.

Call Kristin at 955-4760 to join RSVP and get connected with the Railyard Park Conservancy. Hope to see you in the Park!

Happy Birthday

To all volunteers born in AUGUST

RSVP *Voluntarios*

Ginger Blackmar	9/01
Theresa M. Ortiz	9/06
Diane DeLuca	9/07
Corrine Vargas	9/07
Sandra Kendall	9/08
Karen Winter	9/09
Roy Trujillo	9/10
Harry A. Caton	9/11
Mary Lou Van Ness	9/12
Elizabeth Hinds	9/13
Bruce H. Kidman	9/14
Stan Cooper	9/15
Lydia Anicito	9/16
Sophia M. Gallegos	9/16
Barbara Anderson-Acosta	9/17
Belle Garcia	9/18
Celina "Sally" Roybal	9/18
Mary Dunham	9/24
Frances Gomez	9/24
Lucy R. Brown	9/25
Kathleen Wise	9/27
Kim Martinez	9/28

We wish a very happy birthday to our Foster Grandparent and Senior Companion Volunteers born in July.

FGP/SCP *Voluntarios*

Pita Vasquez	9/5
Amelia Garcia	9/6
Socorro Arroyo	9/19

And a happy belated birthday to Annette Strom whose birthday was August tenth!

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

RSVP Volunteer Gift Distribution Drive-Through, Covid-Safe Events

RSVP staff and Advisory Council members hosted four events for our members.

Some of the 100+ RSVP volunteers who showed up for our first event!

Advisory Council member Carmen Ortiz checked off volunteers' names on the list and sent them to receive their gifts.

Advisory Council members Jim and Kris Dorris handed out bags with a jacket and a pack of disposable masks.

At our second event, RSVP Advisory Council members Rosario Torres, Linda Miller and Virginia Lucero handed out gifts, alongside staff.

RSVP Volunteers in Action

Mary Anne Ryan volunteers in "recovery after surgery and surgery instrument sterilization" at the Santa Fe Animal Shelter. She was only briefly on Covid furlough before they needed her back.

Mike and Jenny Mier have been integral volunteers at Bienvenidos Outreach for years.

Covid has only made their activities more crucial to the Santa Fe community.

Thank you to all RSVP Volunteers!

Your health and safety are our top priorities, so we aren't having a large in-person gathering this year — instead, we invite you to walk in small teams of friends and family while others in your community do the same.

Walk to End Alzheimer's® - SANTA FE

October 3rd, 2020

10am: Watch the Opening and Promise Garden Ceremony online
10:15am: Walk in your neighborhood, on any sidewalk, track or trail
10am - 5pm: Promise Garden is open for drive by viewing at: Sierra Vista Retirement Community, 402 Rodeo Rd, Santa Fe, NM 87505

For more info, visit **act.alz.org/WALKSF2020** or call 505-365-0678

Local Sponsors include: United Healthcare, Santa Fe New Mexican, 96.3 KKOB News Radio, The Montecito of Santa Fe

2020 NATIONAL PRESENTING SPONSORS

Edward Jones CVSHealth

WALK TO END ALZHEIMER'S
alzheimer's association

Lightning Safety Tips
(From the City of Santa Fe)

Think those blue skies overhead mean all is well? The Electrical Safety Foundation International (ESFI) says: think again. Because lightning can travel sideways for up to 10 miles, blue skies are not an indication of safety. Lightning is unpredictable and can strike outside the heaviest rainfall areas.

Outdoor lightning safety tips from the ESFI:

- Go to a low point. Lightning hits the tallest available object. Get down low if you are in an exposed area.
- Stay away from trees.
- Stay away from water, including pools, lakes, puddles and anything damp – like grass.
- Don't stand close to other people. Spread out.
- Avoid metal. Don't hold onto metal items like bats, golf clubs, fishing rods, tennis rackets, or tools.
- Stay away from metal sheds, clotheslines, poles and fences.
- If you drive into a thunderstorm in your car, slow down and use extra caution. If possible, pull off the road into a safe area. Do NOT leave the vehicle during a thunderstorm. A vehicle is considered safe during a thunderstorm if it is fully enclosed with a metal top such as a hard-topped car, minivan, bus, truck, etc. While inside a safe vehicle, do not use electronic devices such as radio communications during a thunderstorm.
- If you feel a tingling sensation or your hair stands on end, lightning may be about to strike. Crouch down and cover your ears.

NUTRITION EDUCATION
(From the USDA)

Food Safety for Older Adults

Adults 65 and older are at a higher risk for hospitalization and death from foodborne illness. This increased risk of foodborne illness is because our organs and body systems go through changes as we age. These changes include:

- The gastrointestinal tract holds onto food for a longer period of time, allowing bacteria to grow.
- The liver and kidneys may not properly rid our bodies of foreign bacteria and toxins.
- The stomach may not produce enough acid. The acidity helps to reduce the number of bacteria in our intestinal tract. Without proper amounts of acid, there is an increased risk of bacterial growth.
- Underlying chronic conditions, such as diabetes and cancer, may also increase a person's risk of foodborne illness.
- Be aware that as we age, our immunity to infection naturally is weakened, and the side effects of some medications further increase the weakening of the immune system.

Know the Symptoms of Foodborne Illness

Despite your best efforts, you may find yourself in a situation where you suspect you have a foodborne illness. Foodborne illness often presents itself with flu-like symptoms, which include nausea, vomiting, diarrhea and fever.

If you suspect you have a foodborne illness:

1. Consult your physician or healthcare provider immediately.
2. Preserve the food if possible, by wrapping it securely, freezing it and labeling it "Danger". It may be used in diagnosing your illness and in preventing others from becoming ill.
3. Save all the packaging materials, such as cans or cartons, if possible, for tracing.
4. Call your local health department if you believe you became ill from food you ate in a restaurant or other food establishment.

Comfort Care: One Path Home

By senior Barak Wolff

If I live long enough, at some point I may be faced with a decision between continuing difficult medical treatments, or stopping curative care and opting for comfort care. Additional treatments may or may not increase my longevity, but might also reduce the quality of my life. On the other hand, comfort care is more likely to improve the quality of my remaining time. These can be very difficult decisions, because the choices are often unclear/uncertain and the details confusing. As I wrote about last month, sometimes a consultation from a palliative care specialist can help us sort through the options and help us answer critical questions such as What are the risks and likely outcomes? What really matters? and How do I want this time to be? Since it is my choice to make…and there is no "right" answer… it's up to me to decide.

If one decides they've had enough of the difficult treatments and they would rather opt for enhancing the time they have left, the next step for most folks is to learn about "hospice" — a comprehensive and expert wrap-around program of end-of-life health and personal support services. Hospice is an option of the Medicare program for those who have a terminal diagnosis, which means they are likely to die within six months.

Those who qualify for the Medicare Hospice Benefit must agree to stop any further curative treatments and receive all of their medical care, nursing services, pharmacy and a wide range of medical and social support services from the hospice organization that they select.

Medicare will pay the hospice directly and there will be no additional charges to the patient. In most cases hospice is provided in the home, the assisted living center, or even in a nursing home setting.

Hospice services are holistic and utilize an interdisciplinary team including specialized physicians, nurse practitioners, nurses, hospice aides, social workers, chaplains, bereavement counselors and volunteers. Additional practitioners may include physical and occupational therapists, speech therapists and others.

The Medicare Hospice Benefit is very comprehensive and includes the provision of hygiene supplies, wound and skin care supplies, incontinence products and the like; medical equipment such as hospital beds, wheelchairs, shower benches, oxygen machines and many others; and medications related to the terminal hospice diagnosis. Hospice is an all-inclusive service.

And best of all, particularly if hospice is chosen early, it perhaps allows more time to "get your affairs in order", and maybe figure out how you'd like to spend whatever time you have left. Is anything "unfinished"? What do you want to get done? Who do you want to see? You might have time and still be well enough to do what you wish…whatever might contribute to having a "good death"…which is whatever kind of death you seek.

That's all for now…stay safe out there.

A reader asked "Who is Barak Wolff?"

Here is his answer:

Barak is a mostly retired guy who has been in NM since 1975 working with rural health care, EMS and Trauma Systems, and finishing his career as Director of Public Health. Since 2005 he has served as an analyst for the Senate Public Affairs Committee while they are in formal session. Since 2012 Barak has become deeply involved in issues related to death and dying and is a Founding Member of the New Mexico End of Life Options Coalition.

PUZZLE

SEPTEMBER 2020

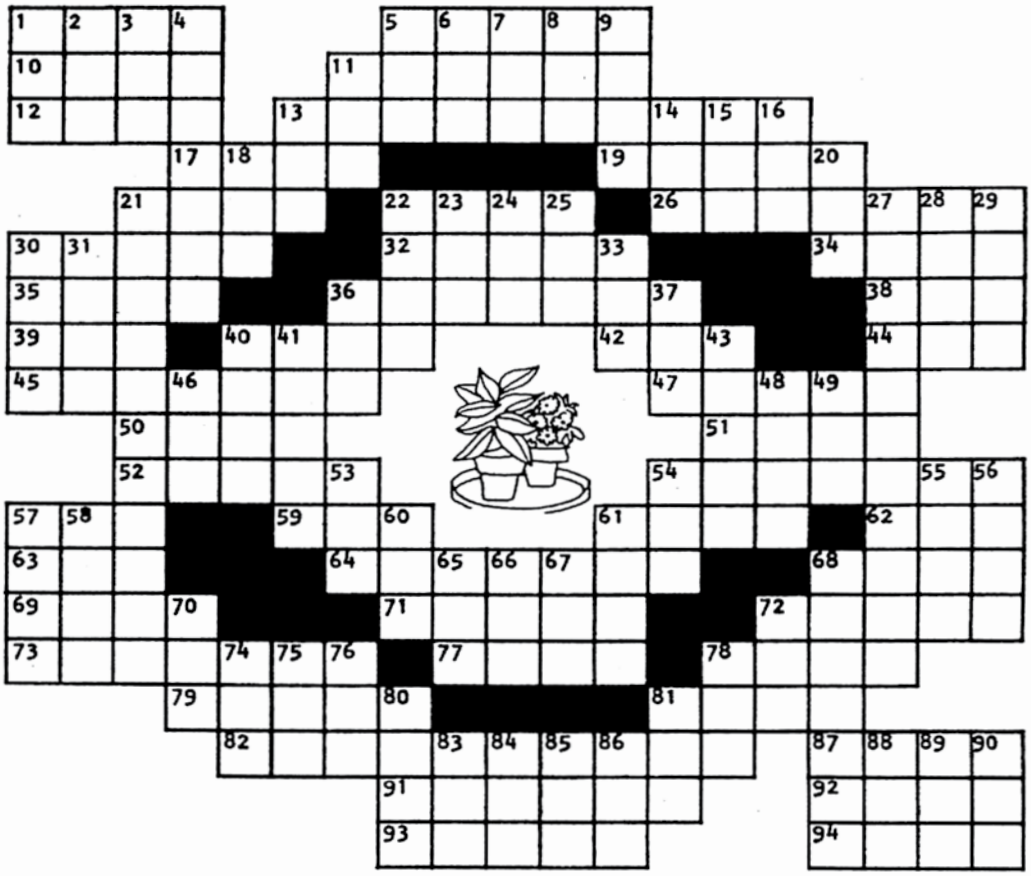
• IN THE NURSERY •

ACROSS

1. Fall faller
5. What Manx cats lack
10. Division word
11. Insects-to-be
12. Do KP work
13. 22 Across, e.g.
17. Ms. Lupino et al.
19. Bergs' kin
21. Bide one's time
22. Frond bearer
26. Brought up the rear
30. Theater dais
32. Have one's say
34. Aspect
35. After midnight
36. Web weavers
38. Chat
39. Metal source
40. Neighbor of Cambodia
42. Help
44. "____ Pinafore"
45. Most cordial
47. Moved stealthily
50. Orient
51. Astringent substance
52. Discourage
54. Recorded phone number
57. Tyke
59. Squeal
61. Claret, e.g.
62. Modern: prefix
63. Lennon's Plastic ____ Band
64. Fruit source: 2 wds.
68. Notion
69. Game bird
71. Seeded
72. Unmoving
73. Snarls
77. Legume features
78. Actor Alan
79. Like some seals
81. Single: prefix
82. Horticulturist's digit: 2 wds.
87. Was in debt
91. Ventilate
92. Ms. Moreno
93. Bring up
94. Flower holder

DOWN

1. Rim
2. Chemical suffix
3. Had a bite
4. Greenery
5. Letter after sigma
6. "____ longa . . ."
7. "____ Got a Crush on You"
8. Track circuit
9. Ego
11. ____ Angeles
13. Headgear
14. Elevation: abbr.
15. Neither's partner
16. Afternoon affair
18. Vegas cube
20. Bro's sibling
21. Diluted: hyph.
22. Dandies
23. Outer: prefix
24. Free (of)
25. Wind direction: abbr.
27. Frivolous: hyph.
28. Dutch cheese
29. Young socialites, for short
30. Snail-paced
31. Scarlett's home
33. Geology period
36. Tippler
37. Intentionally so written
40. For fear of
41. Fall flower
43. Sap
46. Daisy ____
48. Different
49. ____ a lid on it!
53. British fliers: abbr.
54. Fib
55. ____-do-well
56. Farm animal
57. Place for hay
58. Wild ox
60. "My country, ____ of thee"
61. Marries
65. Initials for RWR
66. Tango requirement
67. Mr. Buttons
68. Under one's roof
70. Big: abbr.
72. Author Fleming
74. Fall behind
75. Be mistaken
76. Understand
78. Tennis shot
80. Expensive
81. Mrs. in Orleans
83. Teachers' group: abbr.
84. Three: prefix
85. Possesses
86. Shoshonean Indian
88. Intelligence
89. Summer: Fr.
90. Beaver's structure



60 Hop to It

In the early 1950s, William Boyd reprised for TV the role he played in a series of silver-screen westerns. "Hopalong Cassidy" starred Boyd as the title character who, with his faithful horse, Topper, and sidekick Red Connors, provided adventure to millions of adoring fans each week.

- ☐ ACTION
- ☐ ADVENTURE
- ☐ BOYD, William
- ☐ BUCHANAN, Edgar
- ☐ CAST
- ☐ CHARACTERS
- ☐ CHILDREN'S show
- ☐ COSTUMES
- ☐ COWBOY
- ☐ DRAMATIC scenes
- ☐ EPISODES
- ☐ FANS
- ☐ HERO
- ☐ HOPALONG Cassidy
- ☐ HORSE
- ☐ NARRATION
- ☐ NBC
- ☐ PALMER, Tex
- ☐ POPULAR
- ☐ RANCH
- ☐ RED CONNORS
- ☐ SEASONS
- ☐ SERIES
- ☐ SIDEKICK
- ☐ STUNTS
- ☐ SUSPENSEFUL scenes
- ☐ TELEVISION
- ☐ TOPPER
- ☐ VILLAINS
- ☐ WESTERN

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

Warning Signs of Prescription Drug Abuse (from the N.M. Attorney General)

Know the warning signs of prescription drug abuse in your loved ones-or yourself-before it's too late to get help.

The substance Abuse and Mental Health Services Administration (SAMHSA) reports that in 2014, 15 million people used prescriptions drugs for non-medical use. Do not allow yourself or your loved ones to fall into this category.

Symptoms of Opioid Abuse:

- Confusion and lack of coordination
- Lowered blood pressure
- Dry Mouth
- Weakness, dizziness, sleepiness
- Constricted pupils
- Watery or droopy eyes
- Nausea, vomiting, and constipation
- Respiratory depression (inadequate ventilation)
- Sleep deprivation or "nodding"
- Slow, slurred speech
- Slow gait
- Dry skin, itching, or skin infections
- Constant flu-like symptoms
- Bruises or "track marks" (if injecting)
- Behavioral Changes

Most people are not able to completely hide addiction but are still likely to try to hide it. Although minor, these signals may indicate a deeper problem. If you notice these symptoms in yourself or others, take action.

Call the National Alcoholism and Substance Abuse Information Center Hotline toll-free at 1-(800) 784-6776

Store all medications in a safe place. If you have young grandchildren, keep medicines and supplements out of their reach and their sight lines. If you have older grandchildren in your home, explain to them the dangers of medication misuse and abuse, and remind them that your medications can be hazardous and even deadly if taken by anyone else.
Prescription Drug Disposal Guide

Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose.

Proper disposal of unused drugs saves lives and protects the environment. You must not share your prescription drugs—they were prescribed to you!

How Proper Disposal of Medicines Protects You and the Earth:

- Prevents poisoning of children and pets
- Deters misuse by teenagers and adults
- Avoids health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work well
- Keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet

Improper disposal of medicines may end up in our drinking water sources. In homes that use septic tanks, prescription and over-the-counter drugs flushed down the toilet can leak into the ground and seep into ground water. In cities and towns where residences are connected to wastewater treatment plants, prescription and over-the-counter drugs poured down the sink or flushed down the toilet can pass through the treatment system and enter rivers and lakes. They may flow downstream to serve as sources for community drinking water supplies. Water treatment plants are generally not equipped to routinely remove medicines.

PUZZLE ANSWERS

SEPTEMBER 2020

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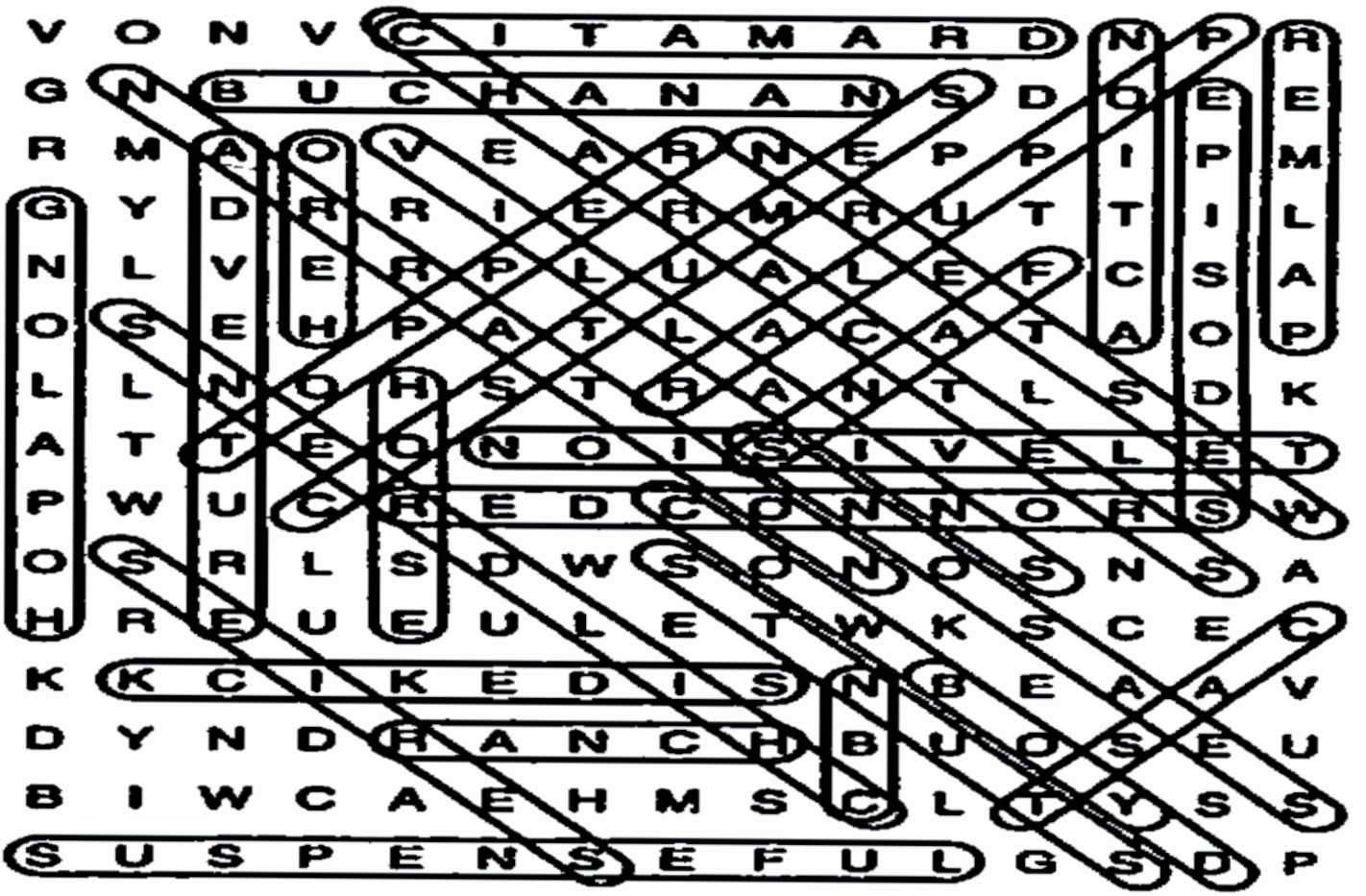
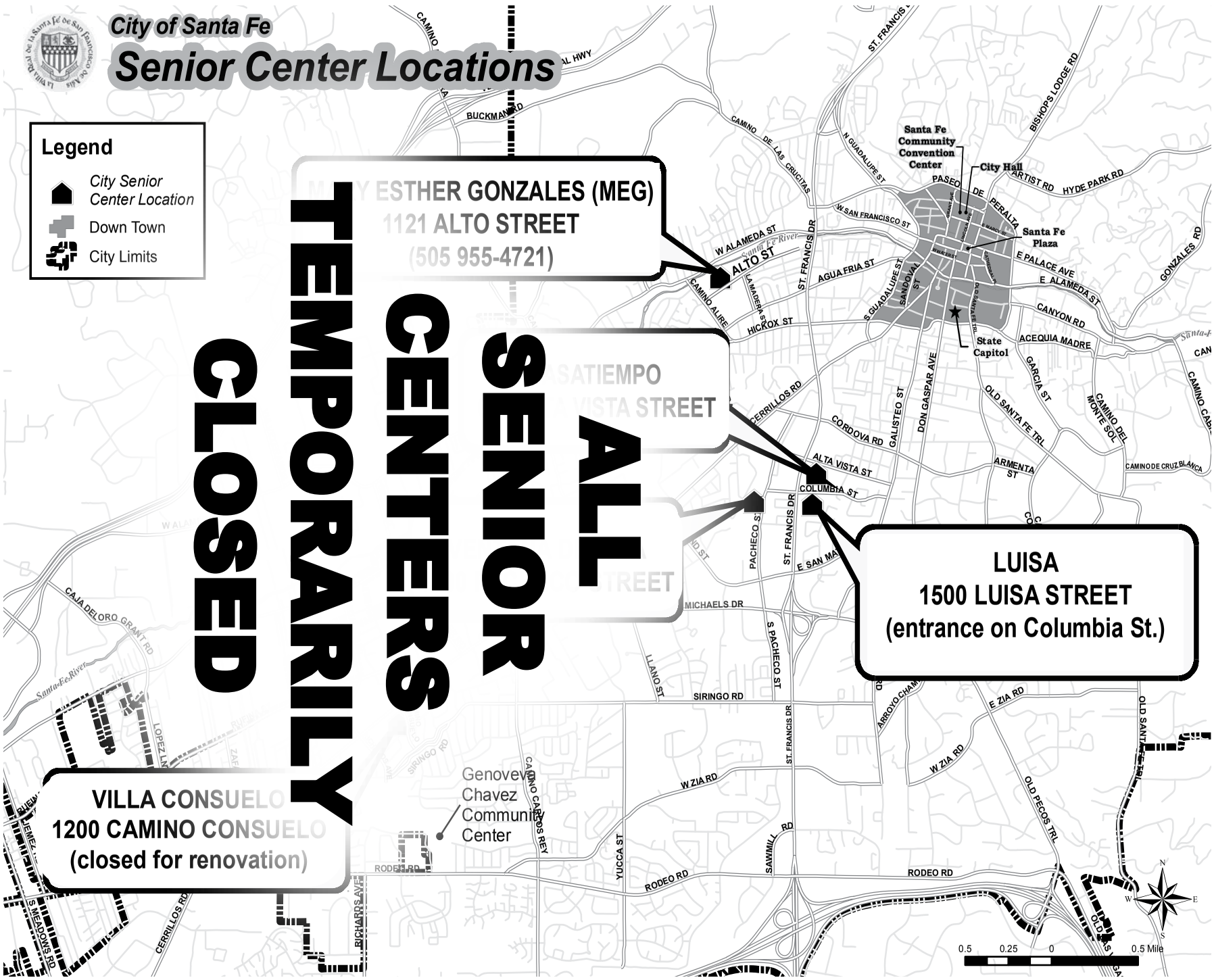


SENIOR CENTER LUNCH MENU
SEPTEMER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Chicken Soft Taco** with Garnish & Salsa Chile Beans Calabacitas Oatmeal Cookie	**2** **Meatloaf** Scalloped Potatoes Steamed Broccoli Carrot Raisin Salad Roll with Margarine Fresh Orange	**3** **Green Chile Cheeseburger** with Garnish Pork & Beans Potato Salad Watermelon	**4** **Ham & Cheese Sandwich** with Garnish Baby Carrots Diced Peaches Potato Chips
7 **LABOR DAY NO MEALS SERVED OR DELIVERED**	**8** **Hawaiian Chicken** Steamed Rice Green Beans & Carrots Hawaiian Roll with Margarine Tropical Fruit	**9** **Hot Roast Beef Sandwich** Au Jus Sauce Green Beans French Fries Tossed Salad Fresh Apple	**10** **Frito Pie** with Garnish Mexicorn Spanish Slaw Cherries in Cobbler	**11** **Chicken Salad Sandwich** with Croissant 3-Bean Salad Carrot Sticks Yogurt **CURBSIDE 10 - 12**
14 **Country Style Ribs** Baked Beans Peas & Carrots Spinach Salad Biscuit with Margarine Cinnamon Roll	**15** **Turkey Sandwich** with Garnish Macaroni Salad Carrot Raisin Salad Mixed Fruit in Jello	**16** **Green Chile Chicken Enchiladas** Pinto Beans Vegetable Medley Tossed Salad Applesauce	**17** **Sloppy Joe** Tater Tots California Veggies Coleslaw Peanut Butter Cookie Fresh Orange	**18** **Baked Fish** Onion Rings Mixed Veggies Cucumber & Tomato Salad Roll with Margarine Chocolate Pudding
21 **Chicken Tenders** Country Gravy Seasoned Fries Green Beans Biscuit with Margarine	**22** **Carne Adovada Burrito** with Red Chile Sauce Refried Beans Chuckwagon Corn Sherbet	**23** **Cheesy Baked Ziti** with Meaty Marinara Italian Veggies Garlic Bread Baked Cinnamon Apples	**24** **Salmon Patty** Tomato Macaroni Asparagus Lemon Bar Fresh Apple	**25** **Pork Posole** with Red Chile Sauce Spanish Rice Mixed Veggies Tortilla Ice Cream
28 **Beef Ravioli** with Meaty Marinara Sauce Italian Veggies Garlic Toast Plums	**29** **Soft Fish Taco** with Tartar Sauce Salsa Spanish Slaw Black Beans Bananas in Pudding	**30** **Pork Roast** with Pork Gravy Mashed Potatoes Buttered Carrots Spinach Salad Roll with Margarine Pineapple Tidbits	**OCTOBER 1**	**OCTOBER 2**

Senior Meal Suggested Donation: Lunch $1.50

Lunch is served curbside at MEG Center
10:30 am – 12:30 pm Monday through Friday
Milk is served with each meal. Menu is subject to change.

City of Santa Fe

Senior Center Locations