

# THE SENIOR SCENE



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

Offered by: Division of Senior Services  
[www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

AUGUST  
2019



## ***CITY OF SANTA FE, DIVISION OF SENIOR SERVICES***

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

**AUGUST 2019**

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. 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, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at [www.santafenm.gov](http://www.santafenm.gov), simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

### **Front Desk Reception**

Toll-Free Administration Line

**Gino Rinaldi, DSS Director**

**(505) 955-4721**

**(866) 824-8714**

955-4710

### **Administration**

Cristy Montoya, Administrative Secretary

955-4721

Cara Alunno, Receptionist

955-4741

FAX Machine - Administration

955-4797

### **Senior Services Registration**

Brenda Ortiz, Database Specialist

955-4722

### **Transportation Ride Reservations (page 3) 955-4700**

Linda Quesada-Ortiz, Project Manager/ Dispatch

955-4700

Erika Cuellar, Administrative Assistant

955-4702

### **Nutrition**

Yvette Sweeney, Program Administrator

955-4739

Enrique DeLora, Inventory Supervisor

955-4750

Tebriana 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: Respite Care,**

#### **Homemaker**

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. Admin.

955-4761

Romella Glorioso-Moss, Special Projects Admin.

955-4744

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

Triston Lovato-Armstrong, RSVP Administrator

955-4760

Marisa Romero, Program Coordinator

955-4743

### **50+ Senior Olympics**

Cristina Villa, Program Coordinator

795-3817

### **Miscellaneous**

Craft Room

955-4736

Pool (Billiard) Room

955-4737

### **Other Important Numbers**

Santa Fe Civic Housing Authority

988-2859

Santa Fe County Information

992-3069

### **Newsletter Production**

Triston Lovato-Armstrong, Editor/Distribution

955-4760

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Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution



# ***SENIOR SERVICES PROGRAM INFORMATION***

AUGUST 2019

## **SENIOR SERVICES REGISTRATION**

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. 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 membership card. Please note that these cards are NOT valid as legal identification.

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

Per the Older Americans Act, participants must be at least 60 years of age, or be the legal spouse of a member 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.

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets. For more information please contact Brenda Ortiz at (505) 955-4722 or [bmortiz@santafenm.gov](mailto:bmortiz@santafenm.gov).



## **SENIOR TRANSPORTATION INFORMATION**

- To Reserve:** **Call (505) 955-4700 before 4:00 pm to reserve a ride.**  
**Rides must be requested at least 24 hours in advance** of service. 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:** **Suggested donation of 50¢ a ride (one-way trip) for seniors 60 & over.** You may purchase a 25-ride ticket for \$10.00 from the Transportation Office or drivers.
- Schedule:** **Rides are available 8:15 am to 4:15 pm Monday through Friday.**  
**Please Note:** Reduced hours on the first Tuesday of every month due to required staff training; last call for pick-up is 2:45 pm on these days.  
Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm every day (Please be seated in the lobby or outside patio benches).  
Rides to medical appointments are given priority over all other rides.
- SF County:** For rides outside city limits but within Santa Fe County, call (505) 992-3069.
- SF Ride:** For weekend and evening transportation, call (505) 473-4444.

AUGUST 2019

*By Gino*  
A message from the Division Director



It's starting to warm up here in Santa Fe and the rains are coming more frequently. I sure do love this seasonal transition! Although we should enjoy the outdoors and summer weather, it is also important to always remember "safety first." Be aware and careful with lightning in the area, make sure you seek shelter, and stay out of the arroyos.

We are also entering into the fiesta season. The Fiesta Court will be making their usual rounds, including at some of our senior centers and dance. If you would like more information, those dates/times are listed in the activities section.

On a more serious note, I want to remind folks that we are all in this together. The senior centers are here for everyone to enjoy so we need to show some respect for each other. I do not know if it is the change in weather, but we have had an increase of complaints about individuals disrespecting others. You must realize that a happy and positive environment takes everyone working together to follow the "golden rule" of treating each other the way each of us wants to be treated. There are many folks with mobility limitations and they really appreciate the help they receive, whether it is helping them with their food tray or being patient with them in the hallway. It is important to be respectful, and this goes for everyone including Senior Services staff, who work hard and deserve respect and appreciation as well. Kindness is contagious.

I hope you have a great month and are able to stay cool out there! 😊

### **Railyard Park Yardmasters Volunteer Opportunity**

The Yardmasters are the volunteers who help maintain the Railyard Park gardens. Yardmasters meet **every Tuesday & Thursday morning** at the Railyard Park Community Room (701 Callejon, behind SITE Santa Fe). It's a great opportunity to learn about native plants, meet amazing people, learn gardening techniques, and contribute to the beauty of Santa Fe's premier, free, public, green-space. No experience necessary – we go over the day's task before starting work. We have tools and gloves you can borrow. Dress for the weather. Email [shannon@railyardpark.org](mailto:shannon@railyardpark.org) for current times or more information.

- Summer: 8:00–10:00 am
- Spring/ Fall: 9:00–11:00 am
- Winter: 10:00 am – noon

Railyard Park Yardmasters is a community partner of the Retired Senior Volunteer Program (RSVP). Current RSVP volunteers can now volunteer here and report hours to our office, and new volunteers can begin with this opportunity and enroll with RSVP to receive program benefits such as volunteer insurance while on duty, mileage reimbursement, recognition gifts/ events and more! Call Triston at (505) 955-4760 for more information about RSVP.

## NEWS & VIEWS

AUGUST 2019

**Disclaimer:** The material contained in this publication is provided for general information purposes and is meant to keep our readers informed on community events, workshops, and announcements. The content that is shared 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 Services Reassessments

Just a reminder to please take a look at your senior services membership card and make sure it is not expired. If the date on the card has passed, please visit the front office at the Mary Esther Gonzales Senior Center (1121 Alto Street) to update your membership. It is an ongoing process, so thank you for being patient with us. If you're not sure whether you need to come in or not it is always best to ask, so you can call our office at (505) 955-4721 to check your status. It is very important that everyone is up-to-date in our system because having a current assessment and information for each person is how we get reimbursed for the services you receive, which then allows us to continue providing those services. Thank you again!

### La Familia Medical Center Health and Wellness Fiesta

Attend this FREE health and wellness event on Saturday, August 10 from 10:00 am to 2:00 pm at La Familia (1035 Alto Street). There will be fun for the whole family, including: health and dental screenings, healthy cooking demos, activities for the kids, sport physicals, well-child checks, entertainment, 3K family walk/run, Zumba, giveaways and more! For more information please visit [www.lafamiliasf.org](http://www.lafamiliasf.org) or call (505) 955-0302.

### Jewish Care Program Support Group

The Jewish Care Program in Santa Fe currently offers a FREE grief and loss support group on Thursdays from 1:00–2:00 pm. Open to anyone in Santa Fe 18+ who has lost a loved one, pre-registration is required; call 505-303-3552. Once you preregister, you can show up as desired. Since this is an ongoing group, there is no time commitment required. Call for location and more information.

TEAM HOME INSTEAD SENIOR CARE AND THE ALZHEIMER'S ASSOCIATION PRESENT:

## #DONT4GET2LAUGH COMEDY NIGHT

AND SILENT AUCTION

FRIDAY  
AUGUST 16TH  
7PM



PROCEEDS BENEFIT:

alzheimer's association®

**\$10**

Tickets available online:  
[DONT4GET2LAUGH.COM](http://DONT4GET2LAUGH.COM)



SCOTTY GOFF



ZACH ABEYTA



VIRGINIA GONZALES

EVENT SPONSORED BY:



JEAN COCTEAU 418 MONTEZUMA AVE SANTA FE NM 87501 (505) 466-5528

Let's Grow Education Series for the Home Gardener

### Event 1: How to Plan a Fall Vegetable Garden with Cool Season Crops

**When:** Sunday, August 11, noon – 2:00 pm

**Where:** County Fairgrounds Vegetable Garden  
Learn how to plan for fall gardening. Tips on extending your growing season and things to consider while the summer winds down. Taught by Jannine Cabossel, Bob Zimmerman, Linda Flemming, and Diane Pratt.

### Event 2: Herb Harvesting and Propagation

**When:** Saturday, August 24, 9:00–11:00 am

**Where:** County Fairgrounds Herb Garden  
Discover herbs that prosper in our region and how to propagate them from cutting, as well as techniques for growing, pruning, harvesting and preserving herbs. Taught by Cherry Payne.

# NEWS & VIEWS

AUGUST 2019

## Comfort Keepers Sponsors Support Groups

### **People Living with Chronic Illness**

2nd and 4th Tuesdays 2:00–3:00 pm

### **Family Caregivers**

2nd and 4th Wednesdays 2:00–3:00 pm

This may be the most demanding period of your life—physically, mentally, and emotionally. Having a place to talk about the frustration, isolation, and depression can make a big difference in how you go through each day. The purpose of the groups is to learn and share: about the illness, community resources, daily experiences (thoughts, feelings, complaints, and delights), helpful hints for caring for yourself, and effective communications with family, friends, and health team.

Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective. 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 health team.

As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The support group for people living with chronic illness such as: Cancer, autoimmune diseases, MS, and Parkinson's meet on the 2nd and 4th Tuesdays from 2:00–3:00 pm. The family caregivers support group meets every 2nd and 4th Wednesdays from 2:00–3:00 pm. Please contact Eileen at (505) 428-0670, or [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com), to reserve your place and get directions to the convenient location in Santa Fe.

## Free Stroke Support Group

This group is for stroke survivors and their significant others. The group meets on the first Wednesday of every month from 11:00 am to noon in the Atrium Conference Room at Christus St. Vincent (first floor across from the elevators). For more information or if you have questions please call inpatient rehab at (505) 913-5319.

## EverWalk Nation Meet Me at Frenchy's Park

EverWalk Nation will have its inaugural walk on Saturday, August 3, at 8:00 am. The starting point will be Frenchy's Park located right off of Agua Fria. EverWalk Nation's mission is to inspire people to get up and walk into the magnificent outdoors and take an adventure through new corridors. The first walk will be approximately two hours, along the Santa Fe River Bed. It's all about your pace and peace of mind. Join the group! Dogs are welcome.

Please contact John Sirin at (414) 324-1364 or [canmsirin@gmail.com](mailto:canmsirin@gmail.com).



## Vamonos! Santa Fe Walks

Explore Santa Fe's trails, get some fresh air, and meet your community! Join the "Walk with our Elders" walk from Bicentennial Park on Friday, August 16 at 10:00 am. Call transportation at 955-4700 at least 24 hours in advance to request a ride to the MEG Senior Center (if needed).

The Memory Club – A Service of the Memory Care Alliance of Northern New Mexico

Sponsored by Comfort Keepers, in-home caregivers, this weekly support group is for family members of a loved one with dementia. Having a weekly place to go, to share experiences, learn the latest brain information, and exchange helpful ideas can be just the break you need. The group meets on the fourth Friday of each month from 2:00–3:00 pm at the Unitarian Church (corner of Barcelona and Galisteo). Families including loved one with dementia are welcome. Please contact David at (505) 310-9752 or [david@memorycarenm.org](mailto:david@memorycarenm.org) to reserve your place.

# NEWS & VIEWS

AUGUST 2019

## Be Part of Making a Difference in Santa Fe!

Volunteering is a great way to give back to our community! Please join us for the 3rd annual Santa Fe Public Schools (SFPS)/Opportunity Santa Fe Volunteer Fair on Saturday, August 24th from 10 a.m. to 1 p.m. at Mandela International Magnet School, located at 1604 Agua Fria Street. More than 30 community organizations, including Communities in Schools, Big Brothers Big Sisters and Inspire Santa Fe, will showcase their programs and recruit volunteers who want to work with Santa Fe's youth. SFPS will present information regarding its first-ever volunteer training program! There are many opportunities to serve, from tutoring and mentoring students to supporting each school's vision and needs. Be part of making a difference in Santa Fe! See you there! Learn more at [www.sfps.info](http://www.sfps.info)

*Teronice G. Arce*

Celestino "Junie" Apodaca Jr., 76, passed away peacefully on July 11, 2019, surrounded by his loving family. Born on July 3, 1943, Junie was a lifelong resident of Santa Fe. He was a star football player for Santa Fe High, loved his Dallas Cowboys,

and enjoyed the Santa Fe Plaza Bandstand dances and the MEG Senior Center. He worked in the grocery industry for over 50 years at Kaune Foodtown and Albertsons, where he made many friends. He was preceded in death by his wife Norma in 2006, and was a loving husband for 43 years. He was born the youngest of 11 children to the late Celestino and Guadalupita Apodaca. He was the best dad and grandpa and leaves behind his daughters Melissa (John) Byers and Carmella (Federico) Apodaca; grandchildren Julian, Deanna, Angelea, and Johnny; and great granddaughters Delilah, Avah, and Lily. He is also survived by his brother Eddie (Elvira); sisters Dolores Ingram, Lucy and Viola Apodaca; sister-in-law Christine Apodaca; brothers-in-law Bob Hobbs, Ralph and Bobby Gonzales. He had many cousins, nephews, nieces, and friends that loved him dearly.



## Now recruiting Foster Grandparent and Senior Companion Volunteers

Are you ready to get out of the house and make a difference in our community? As a volunteer, you're a role model, a mentor, or a caregiver and a friend. If you're at least 55 and want to share your experience and compassion, you might have what it takes to be volunteer. As a volunteer, you may qualify for a tax-free stipend, mileage reimbursement and many other benefits.

We are currently recruiting Foster Grandparents for the new school year and there are many volunteer stations to choose from. Volunteers are especially needed in the Head Starts. In addition, we are in need of Senior Companion volunteers who drive and would be willing to do errands and provide companionship for frail/lonely senior citizens who need a bit of assistance to be able to remain living in their own homes.

When you volunteer, you're not just helping others, you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life! If you are interested in becoming a volunteer, please call Melanie at (505) 955-4761.

## AT - A - GLANCE

AUGUST 2019

(Top three photos by Cristina Villa) Day trip to the ABQ BioPark Zoo.

(Bottom photos by Albert Chavez) Senior dance at Brookdale.



# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

AUGUST 2019

## COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today! Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato-Armstrong at (505) 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov).**

### Kitchen Aide Needed for AM Shift at MEG

A volunteer is needed to assist Monday through Friday (or as your schedule allows) from 6:30–8:30 am at the Mary Esther Gonzales Senior Center kitchen/dining area. This person will assist the cook with morning preparation including: setting up ice/water station, clearing dishes, getting dish water/sanitizer station setup, and assisting with serving breakfast as needed. Please call the RSVP office to get started!

### Gerard's House Needs Volunteers

Looking for a meaningful way to help immigrant families in Santa Fe? Gerard's House, a non-profit that provides free grief support for children, adolescents, and adults, will train you to support grieving youth. Volunteers from their Nuestra Jornada program bring those groups into Santa Fe Public Schools. Through art, play and connection they support youth who are grieving the loss of a loved one due to death, deportation, incarceration, abandonment, kidnapping or separation by borders. Mandatory volunteer training will be on August 24–25 and September 14–15. There is a requested time commitment of 1.5 hours per week for 8–10 weeks. Call Triston to enroll in RSVP and get started with this community partner!

### AARP Driver Safety Instructors Needed

AARP offers Driver Safety classes for older drivers, provided by local volunteer instructors. This four-hour class, with handbook and videos, is offered monthly at the Mary Esther Gonzales Senior Center and is looking for instructors. Commitment involves conducting the class, perhaps three times annually, training and assistance is provided. Please contact Don or Ellie Blossom at [blossomdrb@yahoo.com](mailto:blossomdrb@yahoo.com) or at 505-984-9995 for further information.

### Volunteers Needed for Indian Market

The 2019 Santa Fe Indian Market will be August 16–18 on the plaza and they need volunteer assistance for many tasks. Help is needed as early as August 5,

then each day through the market to August 18. There are a wide range of opportunities including: office help (mailings), cinema showcase, artist greeter/check-in, art handler, entry receiver, judging, cashier, and much more! For a full list of positions please visit <http://swaia.org/GetInvolved/Volunteer/index.html> or stop by the Mary Esther Gonzales Senior Center (MEG, 1121 Alto Street) and pick up a packet. You can send your application to [touchine@swaia.org](mailto:touchine@swaia.org) or drop it off to the RSVP office at MEG if you need assistance scanning it and sending it.



### RSVP *Voluntarios*

Agnes "Aggie" Cardenas	8/01
Frances Rodriguez-Robles	8/01
Joe Archuleta	8/03
Manuelita Gurule	8/03
Judy Maes	8/04
Carolyn Minton	8/05
Carlos J. Ortiz	8/05
Rose Marie Lenahan	8/06
Barak Wolff	8/06
Lonnie Trimarche	8/07
Annie L. Valdez	8/08
Rose Ortega	8/10
Lorraine Pike	8/10
Annette Strom	8/10
Tonie Ann Gallegos	8/11
Xochitl Romero	8/12
Beverly A. Ireland	8/14
Evelyn Jimenez-Iyow	8/15
Lucille Martinez	8/16
Gustav Kocsis	8/17
Robert L. Sinn	8/17
Louise P. Jackson	8/18
Jackie Cooper	8/19
Lois Marie Gacher	8/19
Ann Hamer	8/19
Gail Takeshita	8/19
Corinne P. Willison	8/19
Ralph Nava	8/20
William Buchanan	8/23
Christina Gale	8/23
Dolores M. Brock	8/24
Angie P. Mireles	8/24
Cecilia Romero	8/27
Scott Sheldon	8/27
Beverly Hollander	8/30
Thomas Van Kampen	8/30
Karen Kopel	8/31

### FGP/SCP *Voluntarios*

Genevieve Maes	8/04
Ramona Griego	8/09
Bella Lucero	8/21

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

# ONGOING ACTIVITIES

AUGUST 2019

All activities are open to registered seniors.

Schedule is subject to change. Activity Coordinators' contact information on page 2.

## Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Grupo Cielo Azul (live music every other Tuesday)		9-11 am: Computer assistance	1-3 pm: Bingo
8 am – 1:30 pm: Fitness room				

## Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 1:30 pm: Oil painting (every other Tuesday) 1:30 pm: Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Quilting	8:15 am: Tai Chi 9:30 am: Wood carving 10-11 am: Chi Gung (gentle exercise)	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am – 4:30 pm: Pool/cards/billiard room AND Fitness room				
8 am – 4:30 pm: General computer lab hours (Computer Classes: Tuesdays & Wednesdays, 10 am–noon)				

## Pasatiempo Senior Center – 664 Alta Vista Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full)	8:30 am: Zumba 9:30-11:30 am: Guitar class 11 am: Line dance (Beginner) noon: Line dance (High intermediate)	8:30 am: Yoga (class currently full) Noon: Grupo Cielo Azul (live music)	9 am: Tai Chi 10 am: Zumba	
8 am – 1:30 pm: Fitness room				

## Ventana de Vida Senior Center – 1500 Pacheco Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	1 pm: Art class	9:30-10:30 am: Spanish class 1:30-3:30 pm: Ceramics	10 am: DanceAbility (Returns in October) 1-3 pm: Bingo	

## Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

\*NOTE: Please print your name on our activity sheets every time you participate.

# UPCOMING ACTIVITIES

AUGUST 2019

## AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1:00–5:00 pm but please arrive at 12:30 pm to check-in and fill out any required paperwork.

The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class. Please note that only cash and checks are accepted for payment. We also advise that you dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Leave a message if you reach a recording. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

Upcoming dates are:

- August 13
- September 10

## Let's Celebrate Your Birthday

Celebrate August birthdays with cake and fun during lunch at the following centers:

- MEG: Wednesday, August 7
- Ventana de Vida: Wednesday, August 21



## Advisory Board Meeting

The Senior Advisory Board meeting is held monthly at the Mary Esther Gonzales Senior Center. This is posted pursuant to the Open Meetings Act. The next meeting will be Wednesday, August 21 at 9:30 am.

## Monthly DSS Senior Center Meeting

This meeting is open to all seniors. Please come and give your input about activities. Ongoing activities are listed on the Activities section of the newsletter. This month's meeting is at Ventana De Vida, Monday, August 5 at 9:30 am.

## Blood Pressure, Blood Sugar and Oxygen Level Test Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN as follows:



**Luisa:**  
**MEG:**  
**Pasatiempo:**  
**Ventana:**

Friday, August 9 (noon hour)  
Friday, August 16 (noon hour)  
Friday, August 30 (noon hour)  
Friday, August 23 (noon hour)

## Computer Instruction Available

Do you need help using computers and the Internet? If so, stop by the Mary Esther Gonzales Senior Center (MEG) for assistance. Get help with basic browsing, email, Microsoft programs and other general computer questions. The volunteer instructor will be available on Tuesdays and Wednesdays from 10:00 am to noon. He will assist with computers as well as Android phones, Android tablets, and Kindle tablets. Walk-ins are welcome!



# UPCOMING ACTIVITIES

AUGUST 2019

## Free Hair Cuts at MEG & Pasatiempo

Senior Center volunteer Fabiola, a licensed beautician, will provide free senior haircuts (on a first come first serve basis, 20 haircuts per day). Haircuts begin at 10:00 am. The August haircut schedule is as follows:

- Thursday, August 1 at MEG
- Thursday, August 8 at MEG
- Wednesday, August 21 at Pasatiempo
- Wednesday, August 28 at Pasatiempo

The sign-in sheet for haircuts at the MEG center will be available at 9:00 am in the Program Coordinator's office door.

## Free Hair Cuts at Ventana De Vida

Senior Center volunteer Nancy Quintana, a licensed beautician, will provide free haircuts to seniors (on a first come first serve basis, 20 haircuts per day). She will be available on the first and third Tuesday each month



starting at 10:00 am. The haircut sign-in sheet will be at the lunch check in table starting at 9:00 am.

- Tuesday, August 6
- Tuesday, August 20

## Dance Ability - Ventana de Vida Class

Please be informed that this class will not be available for the months of August and September. The class will resume on Thursday, October 24. We apologize for the inconvenience.



Movie Day  
at Ventana de Vida Senior Center  
Wednesday, August 14, 2019 at 1:00 pm  
"Twins"  
(1988 • PG • 1h 47m)

When he discovers he has a twin he never knew existed, the studious Julius (Arnold Schwarzenegger) sets out to find his long-lost sibling. He's shocked when he discovers that his brother (Danny De Vito) is a pint-sized womanizer and a small-time crook. Then the newfound brothers set off on a wild, cross country trip to search for their birth mother, who lives in Santa Fe, New Mexico. Finally, the two brother's end up learning more about their true selves in this hilarious comedy partially filmed in Santa Fe and Taos.



Movie Day  
at Luisa Senior Center  
Thursday, August 15, 2019 at 1:00pm  
"Breakthrough"  
2019 • PG • 1h 56m)

After a 14-year-old falls into a frozen Missouri lake, his adoptive parents refuse to give up hope on their son, lying unconscious in a hospital bed. The boy's mother prays intensely and inspires others to pray for him too, as she asks God for a miracle in this true story.



## UPCOMING ACTIVITIES

AUGUST 2019



Movie Day  
at MEG Senior Center  
Tuesday, August 27, 2019 at 1:00 pm  
"Tuck Everlasting"  
(2002 • PG • 1h 36m)

The story of Winnie Foster (Alexis Bledel), a teenage girl on the cusp of maturity. Winnie longs for a life outside the control of her domineering mother, and when lost in the woods near her home, she happens upon Jesse Tuck (Jonathan Jackson), a boy unlike any she's ever met before. He and his family are kind and generous, and they immediately take her in as one of their own. However, the Tucks hold a powerful secret, and Winnie must decide whether to return to her life or stay with the Tucks.



### ICAN Nutrition Classes Available at Senior Centers

ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that can help you:

- Choose low-cost, nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits, and whole grains
- Be more physically active
- Maintain a healthy weight

ICAN classes are held as follows:

- Luisa: Monday, August 19 at 10:00 am
- MEG: Wednesday, August 14 at 10:30 am
- Ventana: Monday, August 5 at 1:30 pm
- Consuelo: Thursday, August 15 at 10:00 am

For more information please contact Renee at (505) 471-4711.

Bingo at Luisa Senior Center (1500 Luisa St.)

Weekend Bingo at Luisa (August 4)

The Luisa Senior Center is hosting a Sunday Bingo on August 4, 2019 from 1:00–4:00 pm. It is \$12.00 for a package and there will be four specials at \$1.00 each and \$2.00 each for jackpot. There is a \$100.00 jackpot guarantee. Only \$5.00 will buy you a Frito pie and a drink! Please bring small bills. Everyone is welcome, so don't miss out on a chance of winning!

\$100 Guarantee at Luisa Bingo

Join us for Bingo on Friday, August 23 from 1:00–4:00 pm at Luisa Senior Center. There's a \$100 Jackpot guarantee – so don't miss out on chance of winning!

Root Beer Floats at Luisa Senior Center

Come cool off on these hot summer days with a root beer float! Join us at the Luisa Senior Center on Friday, August 9 from 11:30 am to 12:30 pm. The price is \$1.00 per float and all proceeds will go to the Luisa Senior Center.

Blue Lotus Art Outreach

Art classes, led by artist and Museum docent Diana Mamalaki, will continue at Luisa, and this month will feature a tour of the Museum of Indian Arts and Culture to honor our Native artists and communities. To reserve a space call Cristina at 955-4725. The schedule is as follows:

- Art class: Monday, August 12, 1:30–3:30 pm
- Tour: Monday, August 26, 1:30–3:30 pm

State Fair Trips – September 9 & 10

It's time to plan the annual trip to the New Mexico State Fair! The Division of Senior Services will take seniors to the annual State Fair on two separate days:

- Monday, September 9 (Senior Day)
- Tuesday, September 10 (Military/Veterans Day)

The bus will depart both days at 9:00 am from the Mary Esther Gonzales Senior Center and return at approximately 3:30 pm. The suggested donation for the bus ride is \$5.00 and admission to the State Fair is \$7.00. To sign up, please call Cristina Villa at (505) 955-4725 as space is limited.

## UPCOMING ACTIVITIES

AUGUST 2019

### Don Diego y la Reina Visit Seniors at MEG

Mark your calendars and join us for lunch at the Mary Esther Gonzales Senior Center on Thursday, August 29. Don Diego y la Reina are scheduled to arrive at the center at approximately 11:30 am. So come on by and join the fun!

### Fiestacita at Pasatiempo!

The Pasatiempo Senior Center, located at 664 Alta Vista Street, will be hosting a Fiestacita on **Friday, August 30 from 11:00 am to 2:00 pm.**

Come enjoy live music with Mariachis and Don Diego y la Reina who are scheduled to arrive at approximately 12:30–1:00 pm. Refreshments will be served, and as always, this is a free event. See you there!



### Fiesta Dance at Eagles

Please join us for the annual fiesta dance at the Fraternal Order of Eagles (833 Early Street). The dance is scheduled for Thursday, September 5, from 1:00–4:00 pm. Don Diego y La Reina will stop by at 2:30 until 3:00 pm. Light refreshments will be served and there is a \$2.00 entrance fee. This dance is sponsored by the Mary Esther Gonzales Senior Center. There will be live music, but the band is still to be determined.

### Day trip to Tinkertown

Join us for a fun filled day trip to Tinkertown on Tuesday, August 20. Tinkertown is ready to inspire your imagination and awaken your creative spirit. We will meet at the Mary Esther Gonzales Senior Center at 8:30 am and depart at 9:00 am. There is a suggested donation of \$5.00 for the bus and \$2.00 admission for the museum. Please contact Albert at (505) 955-4715 to reserve your spot and please bring your own lunch.

### Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG Senior Center will take place on Tuesdays, August 6 & 20 from 1:30–2:30 pm. Please join them for this enjoyable class.

### Annual Senior Center Barbecues

It's that time of year to enjoy barbecue food and fun! Join us at one of our senior centers this month. The barbecue menu includes: a hamburger, chips, pork and beans, watermelon and a drink. There is a suggested donation of \$1.50 for seniors age 60+ and a mandatory fee of \$7.00 for non-seniors (59 and under). The barbecues will take place during the normal lunch time (11:00 am to 12:30 pm) as follows:



- **Luisa:** Thursday, August 22
- **MEG:** Thursday, September 12
- **Pasatiempo:** Thursday, August 15
- **Ventana:** Tuesday, August 27

Stop by and enjoy some delicious food!

### A page from the Southwest History Book Club Travel Diary

On July 10, some of the Southwest History Book Club members visited Fort Union in Northeast New Mexico. In its heyday Fort Union was the major supply fort for the Southwest and California. It supplied 47 other lesser forts in this vast area. From there, the book club members visited Loma Parada, an old ghost town about six miles southwest of Fort Union. Because of its notoriety, mainly all night dance halls, bars and houses of ill repute, Loma Parada was known as "Sodom of the Mora River." Lunch was had by the members in Las Vegas. In August, a field trip to either the Valles Caldera or Abo-Salinas ruins is being planned. The Book Club members hope to visit the newly remodeled, "The Castanega Hotel" in Las Vegas, NM for the September field trips.

### MEG Fitness Room

Do you have questions about exercise equipment in the MEG fitness room? Stop by on Mondays between 8:00 and 10:00 am or Fridays between 2:30 and 4:30 pm and get some assistance from a volunteer!

# FY 2018/2019 Accomplishments



City of Santa Fe  
Senior Services



The City of Santa Fe Division of Senior Services offers a variety of programs to senior citizens and operates five senior centers throughout the city. These programs and services are essential components of a long-term care system that enables seniors to remain active within their community while continuing to live independently and comfortably within their own home. The Division of Senior Services encourages seniors to stay active, engaged and strive for wellness, and supports this through the services offered.



## Transportation

**36,275** rides provided by the Senior Transportation Program.



## Nutrition

**62,214** nutritious hot meals served within five congregate meal sites. **96,596** meals delivered by Meals on Wheels to frail, home-bound seniors.



## Activities & Fitness

**37,708** sessions of education and training, physical fitness, nutrition education, recreation and arts provided through Activities Programs. **834** medals awarded to 329 athletes and event participants through the 50+ Senior Olympics.



## Registration & Outreach

**16,831** senior citizens enrolled with Senior Services. **2,274** seniors received Health Promotion and Assessment Screenings. **\$10,000** in assistance provided to grandparents raising grandchildren.



## In-Home Support

**8,490** hours of in-home service provided by Home-maker Program.

**1,333** is the amount of training, support, counseling, or distribution of nutritional

supplements, medical equipment and other services provided by the Family Caregiver Support Program.

**9,437** hours of respite provided to caregivers by the Respite Program.



## Volunteers

**20,787** hours of tutoring/mentoring provided to children in public schools and Head Starts by Foster Grandparent volunteers.

**69,879** hours provided by RSVP volunteers to community partners in Santa Fe to address

local needs.

**33,888** hours of assistance and friendship provided to adults who have difficulty with daily tasks, by Senior Companion volunteers, allowing them to remain independent in their homes.

# ***NUTRITION EDUCATION***

AUGUST 2019

## Choosing Healthy Meals As You Get Older

Source: National Institute on Aging

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods and beverages for better health at each stage of life.

### **1. Drink plenty of liquids**

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are healthier choices.

### **2. Make eating a social event**

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

### **3. Plan healthy meals**

Find trusted nutrition information from [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

### **4. Know how much to eat**

Learn to recognize how much to eat so you can control portion size. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

### **5. Vary your vegetables**

Include a variety of different colored, flavored, and textured vegetables. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

### **6. Eat for your teeth and gums**

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

### **7. Use herbs and spices**

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.



# NUTRITION EDUCATION

AUGUST 2019

## 8. Keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

## 9. Read the Nutrition Facts label
















Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

## 10. Ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

## Healthy Food Shifts

You can move toward a healthier eating pattern by making shifts in food choices over time. Here are some ideas:

SHIFT FROM:		SHIFT TO:
High-Calorie Snacks		Nutrient-Dense Snacks
		
Fruit Products with Added Sugars		Fresh Fruit
		
Refined Grains		Whole Grains
		
Snacks with Added Salt or Sugars		Snacks Without Added Salt or Sugars
		
Solid Fats		Oils
		

# HEALTH & SAFETY

AUGUST 2019

## Heat and Older Adults

Source: Centers for Disease Control and Prevention

### Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

### Stay cool, stay hydrated

Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.

- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and don't wait until you're thirsty to drink.
  - If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

### Stay informed

- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

**CLIMATE CHANGE & EXTREME HEAT**

Extreme heat events, or heat waves, are a leading cause of **EXTREME WEATHER-RELATED DEATHS** in the United States and the number of heat-related deaths is rising!

**WHO'S AT RISK?**

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

**WHAT CAN YOU DO?**

**STAY COOL**

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

**STAY HYDRATED**

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

**STAY INFORMED**

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

**LEARN MORE!**

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at [www.cdc.gov/ephtracking](http://www.cdc.gov/ephtracking)

# PUZZLE

AUGUST 2019

## PUZZLE 97

• BANG-UP JOB •

### ACROSS

1. Spike
5. Fussy
10. One with a handle
14. Yearning
18. Evangelist Roberts
19. Street show
20. Belgian painter Magritte
21. Hebrew letters
23. Hangouts
26. \_\_\_\_ voce
27. Pronounce judgment
28. French items?
29. Cerebral \_\_\_\_
30. Deserve
31. Slide
32. Pentateuch
33. Ravens
36. Rich cake
37. Lacking in color
40. Actress Waters
41. Wrestling holds
43. Kipi or shako
44. Raised platform
45. Splendor
46. Vexes

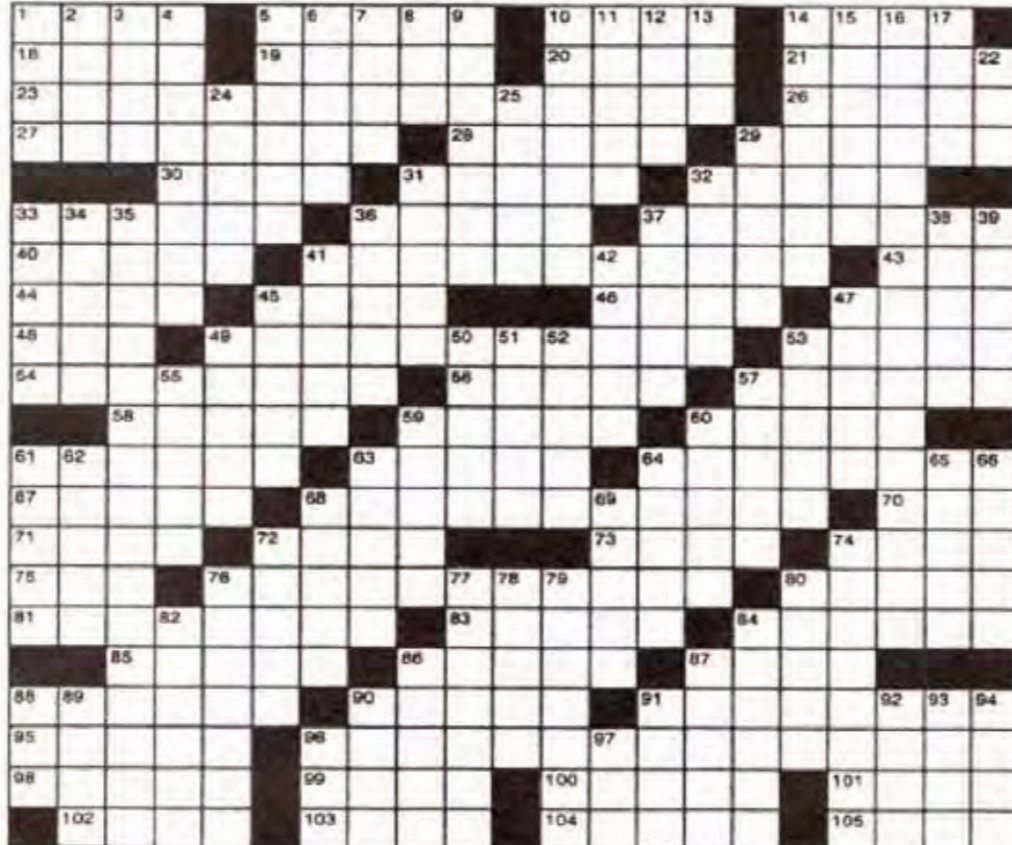
47. Neap or spring
48. Rhaetian peak
49. Ladyfish
53. Dickens villain
54. Puts back
56. Blockage
57. Foot parts
58. Large kangaroos
59. English money
60. Busybody
61. Military ministers
63. Magna \_\_\_\_
64. Registers one's departure
67. Zodiac's ram
68. Descended with destruction
70. Singer Ray Hutton
71. Enclosures
72. Title for Harris's Rabbit
73. Jetty
74. Do the hedges
75. Formicary denizen
76. Placard materials
80. Actress/singer Midler

81. Rata
83. Money, in Sri Lanka
84. Renter
85. Thick pieces
86. Mispronounces
87. North Sea feeder
88. Take \_\_\_\_ to (like)
90. Montana city
91. Mike Love, e.g.
95. It may be close
96. Backs a defeated cause
98. School assignment
99. Hebrew month
100. Hair treatment
101. File
102. Towel word
103. You are something \_\_\_\_!
104. Jewish ritual meal
105. Greek vowels

### DOWN

1. Deficit
2. Johnson of "Laugh-In"
3. "Misery" star
4. New Haven shadens
5. Certain reproductions
6. Actor Kerwin
7. Egg on
8. An Alcott sister

9. Do
10. Squad car
11. American poet
12. Cloth remnants
13. Legal matter
14. Pigeonholes
15. Adapted for singing
16. Discuss only key topics
17. \_\_\_\_ en point
22. Chicago White \_\_\_\_
24. \_\_\_\_ Jam (band)
25. Preach
29. Strikes on the head
31. Aggregate material, for short
32. Emulates a clock
33. Fragrant wood
34. "\_\_\_\_ told by an idiot"
35. Forced to conform
36. Packs, as a pipe
37. \_\_\_\_ del Greco, Italy
38. \_\_\_\_ Hawkins Day
39. British guns
41. Sharpens
42. Master
45. Rio Grande feeder
47. Mexican treats
49. Container weights
50. Spongers
51. Famous Beethoven symphony
52. Transfer design
53. Palm leaf
55. Fishing gizmos
57. Choler
59. TV host Jack and family
60. Facets
61. The Mamas & the \_\_\_\_
62. "\_\_\_\_ We All"
63. Salad ingredient
64. Derogatory
65. Fuse
66. Narrow
68. Canadian Indians
69. \_\_\_\_-ski
72. Sop
74. Sand castle site
76. Smoothers
77. Frail
78. Ejects
79. Seems
80. Nut producer
82. Director Stone
84. Guide
86. Hawaiian feasts
87. Rib
88. Egyptian cobra
89. Pahlavi, for one
90. Schoolhouse feature
91. Flex
92. Spoiled child
93. Greek peak
94. Cowboy yeses
96. Winged insect
97. Mold





# PUZZLE

AUGUST 2019

## Sky Hostesses

54

The first flight attendant took to the friendly skies on May 15, 1930. When turned down for a job as a pilot, Ellen Church then proposed the position of stewardess to Boeing Air Transport, pioneering the new job field.



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

- ☐ ABOARD
- ☐ AIRLINES
- ☐ AIRPORTS
- ☐ ARRIVALS
- ☐ ASSIST
- ☐ CABIN
- ☐ CALM

- ☐ CAREER
- ☐ COMMUTE
- ☐ CREW
- ☐ DEPARTURES
- ☐ DIRECT
- ☐ DUTIES
- ☐ EFFICIENT

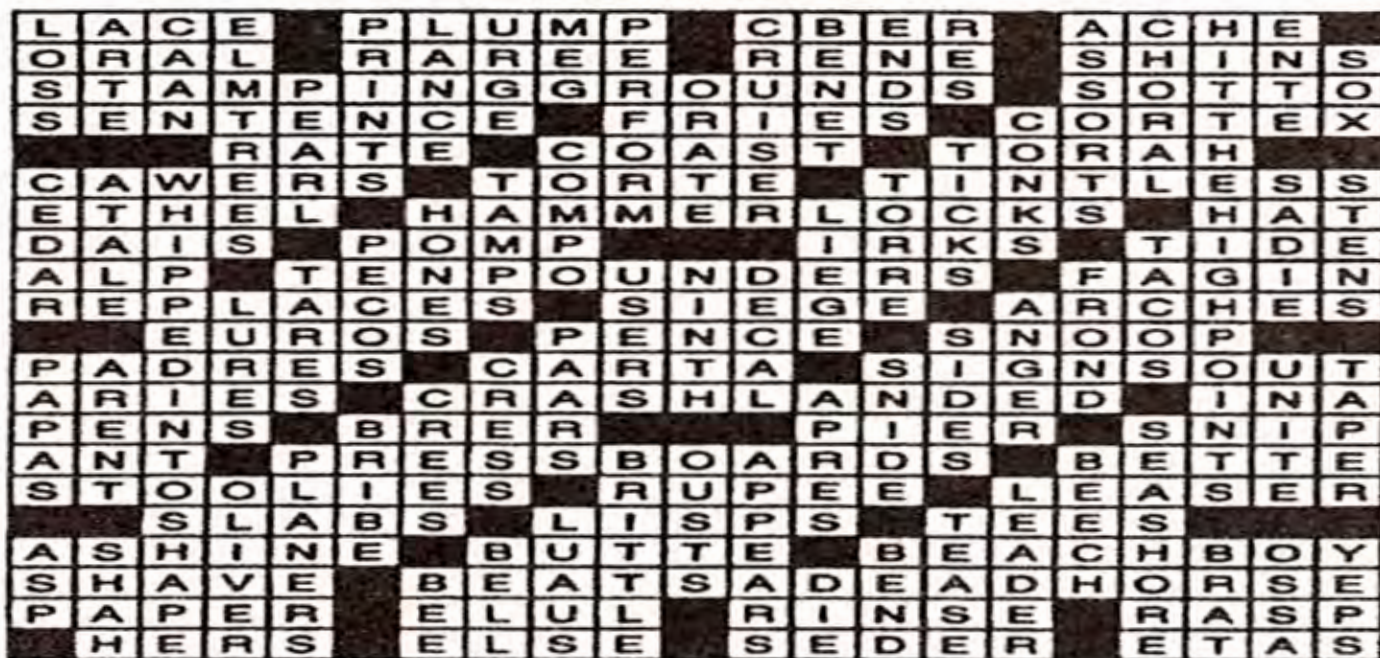
- ☐ FIRST AID
- ☐ FLEXIBLE hours
- ☐ FLIGHTS
- ☐ GREET
- ☐ GROUND
- ☐ INSTRUCT
- ☐ LANDING
- ☐ PASSENGERS
- ☐ PLANES
- ☐ PLEASANT
- ☐ PROCEDURES
- ☐ ROUTES
- ☐ SAFETY
- ☐ SERVICE
- ☐ TAKEOFF
- ☐ TRAVEL
- ☐ TURBULENCE



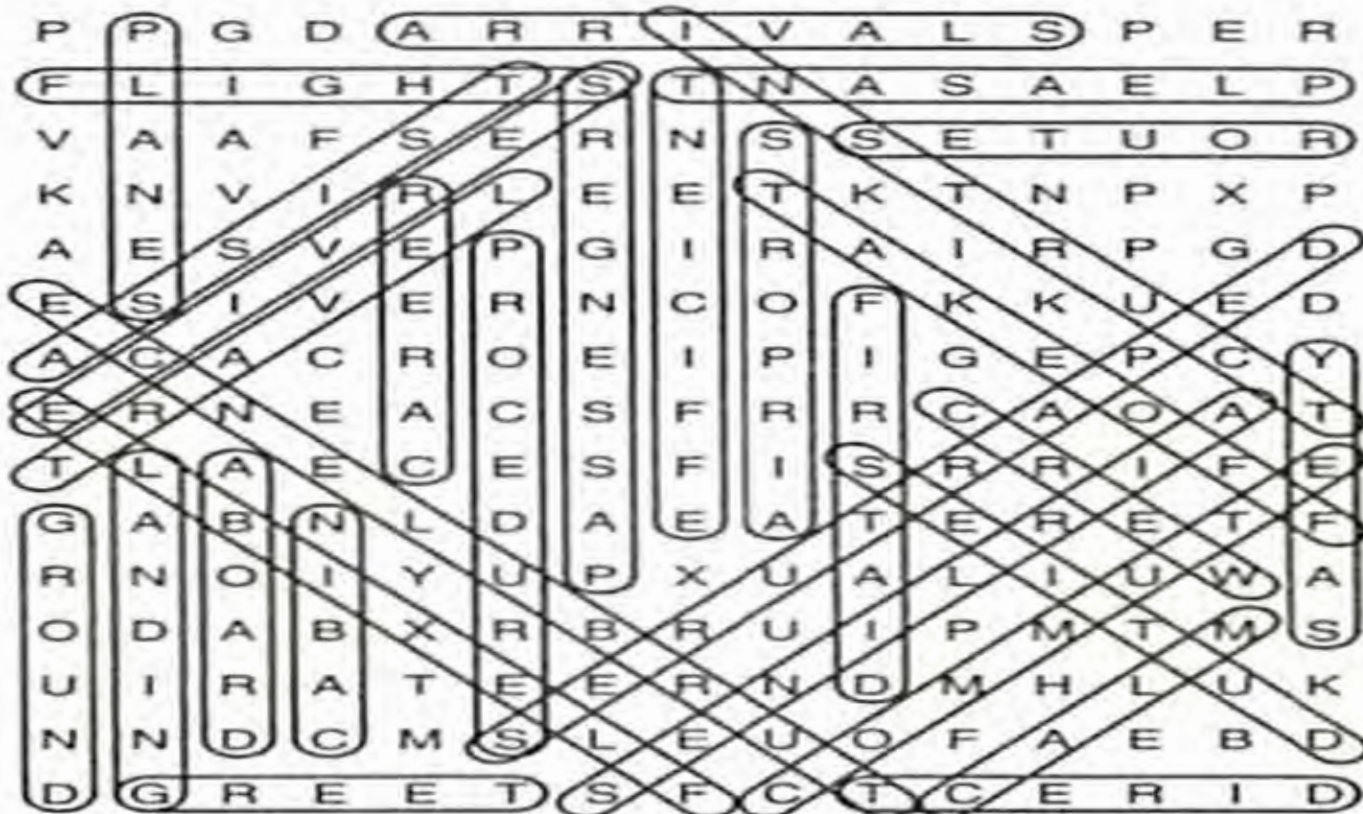
# PUZZLE ANSWERS

AUGUST 2019

## PUZZLE 97



54



# BREAKFAST MENU

AUGUST 2019

Breakfast is served Monday – Friday from 7:30–8:30 am at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1.00 for seniors 60 and over and a fee of \$7.00 for non-seniors (59 and younger). *\*Milk is served with each meal. Menu is subject to change.\**

Please print your name clearly on our meal sheets when eating at senior centers.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple	<b>2</b> Biscuit w/ Country Gravy Sausage Patty Orange
<b>5</b> Corn Flakes Apple Mini Muffin Tomato Juice	<b>6</b> Malt-O-Meal Ham, Egg & Cheese Croissant Apple	<b>7</b> Cinnamon Oatmeal Raisins Toast w/ Margarine Banana	<b>8</b> Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	<b>9</b> Cheerios French Toast w/ Syrup, Bacon Sliced Pears
<b>12</b> Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	<b>13</b> Malt-O-Meal English Muffin w/ Egg, Cheese, & Sausage Green Chile Mixed Fruit	<b>14</b> Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	<b>15</b> Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	<b>16</b> Biscuit w/ Country Gravy Sausage Patty Orange
<b>19</b> Corn Flakes Apple Mini Muffin Tomato Juice	<b>20</b> Malt-O-Meal Ham, Egg & Cheese Croissant Apple	<b>21</b> Cinnamon Oatmeal Raisins Toast w/ Margarine Orange	<b>22</b> Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	<b>23</b> Cheerios French Toast w/ Syrup, Bacon Sliced Pears
<b>26</b> Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	<b>27</b> Malt-O-Meal English Muffin w/ Egg, Cheese, Sausage Green Chile Mixed Fruit	<b>28</b> Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	<b>29</b> Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple	<b>30</b> Biscuit with Country Gravy Sausage Patty Orange

## Getting Enough Fluids (Source: [www.nia.nih.gov](http://www.nia.nih.gov))

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Remember, water is a good way to add fluids to your daily routine without adding calories.

### Try these tips for getting enough fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.
- Learn how to shift to healthier beverage choices.

# SENIOR CENTER LUNCH MENU

## AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>Teriyaki Chicken</b> Fried Rice Oriental Veggies Roll w/ Margarine Mandarin Oranges Fortune Cookie	<b>2</b> <b>Beef Fajita</b> w/ Peppers & Onions, Salsa Pinto Beans Fajita Veggies Mixed Fruit
<b>5</b> <b>Baked Breaded Fish</b> Scalloped Potatoes Mixed Veggies Roll w/ Margarine Banana	<b>6</b> <b>Baked Pork Chop</b> ½ Baked Potato Broccoli & Cauliflower Cheese Sauce Roll w/ Margarine Pears in Jell-O	<b>7</b> <b>Red Chile Beef Enchiladas</b> Refried Beans Salsa Corn Tossed Salad Cinnamon Sliced Apples	<b>8</b> <b>Chicken Fried Chicken</b> Garlic Mashed Potatoes Cream Gravy Asparagus Roll w/ Margarine Chilled Plums	<b>9</b> <b>Cheese Tortellini</b> w/ Meaty Marinara Sauce Italian Veggies Green Beans Garlic Bread Ice Cream
<b>12</b> <b>Swedish Meatballs</b> over Egg Noodles Buttered Peas Spinach Salad Garlic Bread Tapioca Pudding	<b>13</b> <b>Beef Tostada</b> w/ Garnish & Salsa Refried Beans Mexicorn Spinach Salad Fresh Apple	<b>14</b> <b>Cobb Salad</b> w/ Chicken, Cheese, Egg & Bacon Bread Stick w/ Margarine Brownie	<b>15</b> <b>Beef Burrito Supreme</b> Red Chile Sauce Garnish Spanish Rice Cucumber Salad Fresh Grapes <b>*Pasatiempo BBQ*</b>	<b>16</b> <b>Chicken &amp; Rice Casserole</b> Peas & Carrots Tossed Salad Roll w/ Margarine Applesauce
<b>19</b> <b>Polish Sausage</b> Sauerkraut Buttered Carrots Roll w/ Margarine Tropical Fruit	<b>20</b> <b>Chicken Fettuccini</b> w/ Alfredo Sauce Broccoli & Cauliflower Garlic Bread Bananas in Pudding	<b>21</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Oriental Veggies Green Beans Egg Roll Fresh Strawberries	<b>22</b> <b>Chile Relleno</b> w/ Green Chile Meat Sauce Black Beans Calabacitas Tortilla Chilled Apricots <b>*Luisa BBQ*</b>	<b>23</b> <b>Fish Sandwich</b> Tartar Sauce Cole Slaw Mixed Veggies Hushpuppy Peaches in Cottage Cheese
<b>26</b> <b>Baked Chicken</b> Mushroom Sauce Rice Pilaf, Corn Green Beans Roll with Margarine Chocolate Pudding	<b>27</b> <b>Salisbury Steak</b> w/ Brown Gravy Mashed Potatoes Asparagus Rolls w/ Margarine Cherry Cobbler <b>*Ventana BBQ*</b>	<b>28</b> <b>Baked Ham</b> w/ Pineapple Yams Vegetable Medley Roll w/ Margarine Pineapple	<b>29</b> <b>Beefy Lasagna</b> Italian Veggies Tossed Salad Garlic Toast Yogurt	<b>30</b> <b>Tuna Salad</b> Cole Slaw Cold Peas Crackers Chocolate Chip Cookie

**Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50**

**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.00 --- Lunch \$7.00**

**Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers  
11:00 am – 12:30 pm Monday through Friday**

**\*Please print your name clearly on our meal sheets when eating at any of the centers.\***

**Milk is served with each meal. Menu is subject to change.**

City of Santa Fe

# Senior Center Locations



## Legend

- City Senior Center Location
- Down Town
- City Limits

**MARY ESTHER GONZALES (MEG)**  
1121 ALTO STREET  
(505 955-4721)

**PASATIEMPO**  
664 ALTA VISTA STREET

**VENTANA DE VIDA**  
1500 PACHECO STREET

**LUISA**  
1500 LUISA STREET  
(entrance on Columbia St.)

**VILLA CONSUELO**  
1200 CAMINO CONSUELO  
(closed for renovation)

AUGUST 2011

