

THE SENIOR SCENE



Programs and Activities for Older Adults
Programas y Actividades para Adultos Mayores
Offered by: Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

SEPTEMBER - 2017

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, 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

Sadie Marquez, Receptionist

955-4741

FAX Machine - Administration

955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist

955-4722

Transportation Ride Reservations (page 3)

955-4700

Fran Rodriguez, Project Manager/ Dispatch

955-4702

Robert Chavez, Project/Fleet Manager

955-4702

Linda Quesada-Ortiz, Administrative Assistant

955-4756

Nutrition

Yvette Sweeney, Program Administrator

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 (M.E.G.), 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

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

Santa Fe County Mobile Health Van

231-2382

Newsletter Production

Triston Lovato-Armstrong, Editor/Distribution

955-4760

trlovato@santafenm.gov

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

SENIOR SERVICES PROGRAM INFORMATION

SEPTEMBER - 2017

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 e.g. meals, fitness activities, etc. For more information please contact Brenda Ortiz at (505) 955-4722 or bmortiz@santafenm.gov.

SENIOR TRANSPORTATION INFORMATION

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**
Ride reservations can be made up to five business days in advance.
Please specify if you require a wheelchair lift van.
To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office or drivers.
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Demand has increased and so has the wait time. We appreciate your patience.**
*** Temporary Notice: Rides for medical appointments must be requested at least five business days in advance of service, due to high-demand. Thank you for your patience.**
- SF County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

By Gino

A message from the Division Director



It doesn't seem all that long ago I was telling folks we were in for a hot summer and now it seems fall is coming. We will soon see the start of the Santa Fe Fiestas. I am for the first time, looking forward to learning more about this historic event. Please remember that the Fiesta Council will be joining you for lunch at the Mary Esther Gonzales Senior Center, there will be a Fiestacita at Pasatiempo with refreshments and fun, and finally the Fiesta Dance will take place on September 7 from 1-4 p.m. at the Eagles. I am also personally looking forward to the burning of Zozobra (for the first time).

Please take notice of the page with the list of Fiscal Year 2016/2017 Accomplishments for the Division of Senior Services. Since coming on board, I have said we have the greatest people doing great things every day. Well the list sums it up in one word, "incredible." I do want to point out a few items; check out the number of volunteer hours, which are 132,600! That is definitely an impressive amount of greatness bestowed on our wonderful city and its people. Every day we are blessed by the many services our volunteers provide and I want to say thank you for all that you do for us.

I also want to mention our In-Home Support Program, which is silently becoming one of our community's greatest services. By 2030, New Mexico will see approximately 33% of its citizens reach the age of 60 or older and the City of Santa Fe will be there as well. The fastest growing sub-group is the 80 and older population and they happen to be the primary age group of our In-Home Support Program clients. This group also happens to be the most challenging. The provision of over 9,400 hours of respite and caregiver support and almost 9,000 hours of homemaking services is an incredible accomplishment. If we are to achieve our mission of helping older adults live as long as possible in their community with a high quality of life, it will be with the support of our In-home Support Program.

As you can see from the list of accomplishments, we are meeting the challenge. Thank you for your support and Que Viva la Fiesta!

Division of Senior Services

Fiscal Year 2016/2017 Accomplishments



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.



Nutrition

64,289 nutritious **hot meals served** within five congregate meal sites.

137,226 meals delivered by Meals on Wheels to frail, home-bound seniors.



Registration & Outreach

15,612 senior citizens **enrolled** with Senior Services.

2,457 seniors received Health Promotion and Assessment Screenings.

Grandparents Raising Grandchildren provided **\$10,000** in assistance to grandparents for costs associated to raising their grandchildren.



Transportation



42,162 rides provided by the Senior Transportation Program.



Volunteers

20,933 hours of tutoring/mentoring provided to children with exceptional needs in public schools and Head Starts by **Foster Grandparent** volunteers.

76,588 hours provided by **RSVP** volunteers to 55 community partners in Santa Fe to address local needs.

35,208 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.



In-Home Support

8,969 hours of in-home service provided by Homemaker Program.

Family Caregiver Support provided training, support, counseling, nutritional supplements, medical equipment and other supplemental services **1,282** times.

8,192 hours of respite provided to caregivers by the Respite Program.



Activities & Fitness

30,416 sessions of education and training, physical fitness, nutrition education, recreation and arts provided through **Activities Programs**.

816 medals awarded to 294 athletes and event participants through the 50+ Senior Olympics.



MESSAGE FROM THE MAYOR

SEPTEMBER - 2017



Mayor Releases Statement on Race and Memory

A plan to move forward, initiate and lead a community conversation

Contact: Matt Ross, (505) 955-6045, mross@santafenm.gov

Santa Fe, NM – Mayor Javier M. Gonzales released the following statement in August, following up on a successful, 1,500-person Rally Against Racism with a plan to address Santa Fe's own complicated history with race and memory head on:

"Throughout Santa Fe's history of cultural conflict, we've seen a lot of pain to go along with the beautiful diversity we have today. We've seen Native people being oppressed and violently conquered. We've seen Hispanic people marginalized and oppressed by a new Anglo-centric government. And we still to this day see inequality and poverty in those communities as a result of that historic oppression.

As we put it in our Council-adopted cultural roadmap, *Culture Connects Santa Fe*, 'Santa Feans live in a place where joy and pain co-exist, and yet, here beauty and creativity hold transformative power for the entire community.'

In a few short weeks much of our community will gather for the annual *Fiestas de Santa Fe*, an event that reflects that sentiment well. It also reminds us that we have the responsibility to learn about – and learn from – the complex histories in our community, including that of the Fiestas and the Entrada itself; in doing so we can still show pride in our respective cultures and reflect on the positive contributions that have been made over time.

As we move forward we must do everything possible to start highlighting history where Native/Hispanic cultural traditions have contributed to the richness of our community and are part of our heritage. I don't think any government can lead or solve this alone. These conversations are difficult and require all of us to participate. In doing so will we can heal and grow stronger.

To that end, I will be moving forward to:

- Continue leader-to-leader dialogue to seek the counsel of Pueblo leaders. Our Pueblo neighbors are sovereign governments, with representatives whose voices must be heard.
- Instruct the City Manager to, within 30 days, deliver to the public and the Governing Body either a report or a timeline for a report that includes:
 - All City support for events or organizations that celebrate or recognize historic events or people, including financial and logistical support.
 - All City property that holds memorials, monuments, or markers of historic events or people.
 - A process by which the public may submit and comment upon events, memorials, monuments and markers that celebrate or recognize historic events or people for inclusion.

From there, I will ask the City Council to take action consistent with the findings of the Manager's Report. I believe we can be a leader in racial healing and transformation towards a more unified city, but it will take more than a mayor or city council. It will take our entire community coming together."

NEWS & VIEWS

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Congratulations to all the Senior Olympic athletes that participated in the State Games in July! Results will be posted in October.

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure/glucose, heart rate, general health information and immunizations. Schedule is subject to change so please check for the updates online at www.santafecountynm.gov or call (505) 231-2382. All services are free.

Dates for September:

01 – Van not out

02 – Van not out

03 – Santa Fe Recovery Center 9 am – 1 pm
(Nurse inside – no van onsite)

04 – Van not out

05 – Van not out

06 – Eldorado Senior Center 10 am – 2 pm

07 – Chimayo Senior Center 10 am – 2 pm

08 – Campo Alegria 9 – 11 am

Villa Alegre 11:15 am – 1:30 pm

09 – Van not out

10 – Santa Fe Recovery Center 9 am – 1 pm
(Nurse inside – no van onsite)

11 – Fort Marcy 9 am – 1 pm

12 – El Rancho Senior Center 9 am – 1 pm

13 – Santa Fe Community College 10 am – 2 pm

14 – Santa Cruz Senior Center 10 am – 2 pm

15 – Ventana de Vida Senior Center 10 am – 2 pm

16 – Van not out

17 – St. Elizabeth Shelter 9 am – 1 pm
(Nurse inside – no van onsite)

18 – Casa Rufina Apartments 9 am – 1 pm

19 – St. John's United Methodist 9 am – 1 pm

20 – Edgewood Senior Center 10 am – 2 pm

21 – Encino Villa 9 am – 1 pm

22 – Mary Esther Gonzales Senior Center 10 am – 2 pm

23 – Van not out

24 – Santa Fe Recovery Center 9 am – 1 pm
(Nurse inside – no van onsite)

25 – Pasatiempo Senior Center 9 am – 1 pm

26 – Luisa Senior Center 10 am – 2 pm

27 – Consuelo City Housing 9 am – 1 pm

28 – Casa Villita 10 am – 2 pm

29 – Genoveva Chavez Center 10 am – 2 pm

30 – Van not out

Services Senior Center Closures

Monday, September 4 – All City of Santa Fe Senior Centers will be closed for Labor Day; there will be no transportation or meal services this day. Centers will reopen on Tuesday, September 5.

Friday, September 8 – All City of Santa Fe Senior Centers will close at noon due to Santa Fe Fiestas. Transportation will operate from 8 a.m. to noon with last call of the day at 11:15 a.m. (*medical appointments only*). Meals on Wheels will be delivered and breakfast will be served as normal; there will be no lunch meal served in the centers.

Luisa Senior Center Open during Construction

The Luisa Senior Center (1500 Luisa Street) remains open during the housing unit construction. The main entrance on Columbia Street is now open again. Look at the Activities section for the latest event news and stop by!

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 we have many volunteer stations to choose from. Volunteers are especially needed in the Head Starts. We are also 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.

NEWS & VIEWS

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5th Annual Senior Resource Fair

Do you need a flu shot or blood pressure check? Or maybe you'd like information about legal resources, the farmer's market, nutrition or social security. This information and much more will be available at the Senior Resource Fair, taking place on Wednesday, September 20 from 9:30 a.m. to 1 p.m. at the Mary Esther Gonzales Senior Center. Screenings, prevention and information will be provided by participating vendors as well as FREE refreshments and door prizes. Please be prepared with your insurance card if you wish to get a flu shot, provided by Albertson's.

Are you 60 plus? Hike with us!



Are you interested in exploring the Santa Fe area through a group hike? Sign up for this month's hike to the Dale Ball Trails (North). The hike will begin at the trailhead leaving from the parking lot at the intersection of

Hyde Park Road and Sierra del Norte. It is an easy to moderate hike between four and five miles roundtrip with an elevation gain of 300-1200 feet depending on the route we take. Generally, we will choose the route with the most panoramic views. September is sometimes very hot and rainy, so please be sure to bring extra water and a light rain jacket just in case.

The hike will be led by a volunteer on Thursday, September 21. Check-in will be at 8:30 a.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street); the van will depart at 9 a.m. There is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, bring water and a snack or sack lunch, and it's recommended that you wear a hat, sunglasses and sun block. The maximum number of participants for this date is 13, so sign up now! Call Albert at (505) 955-4715 to reserve a spot. For cancellations, please call at least 24 hours in advance.

Pacifica Senior Living Santa Fe Fall Festival

Join Pacifica Senior Living (2961 Galisteo Road), on Saturday, September 23 from 11:30 a.m. to 3 p.m. There will be face painting, clowns, Frito pies, hot dogs, popcorn, cotton candy, nachos and more! For more information please call (505) 695-2906.

Let's Grow! Herb Harvesting & Propagation Saturday, September 9, 2017 from 9-11 a.m.

Location: County Fairgrounds Herb Garden
Join the Santa Fe Master Gardeners for this harvesting and propagation workshop. Bring your shovels and gloves for a morning of hands-on herb harvesting. Learn to propagate by division, digging out parts of established plants and replanting in pots that you can take home and enjoy. For more information please visit www.sfmga.org.

Comfort Keepers Presents Support Groups for People Living with Chronic Illness and for Family Caregivers

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
- 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.

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 – 3 p.m. The family caregivers support group meets every 2nd and 4th Wednesday s from 2 – 3 p.m. Please contact Eileen at (505) 428-0670, or eileenjoyce@comfortkeepers.com, to reserve your place and get directions to the convenient location in Santa Fe.

SFPS is Back to School!

A message from Superintendent, Dr. Veronica Garcia

I would venture to guess that you would agree nothing beats the excitement of a new school year! For the students, faculty, and staff of the Santa Fe Public Schools, it is a fresh start full of promise and hope. We commit to you that we will do our best to reinforce the love of teacher and learning. We want our schools to be happy places where our students will be both educated and nurtured. Bottom line, we believe by creating a positive learning environment, every student has the opportunity to succeed. SFPS is blessed to have thriving relationships with local government, our faith-based community and community partners who support our students and families. We are also fortunate to have many seniors who volunteer in our schools, lending the support of their talents, knowledge and wisdom. We invite you to join us on Saturday, Sept 23 from 11am-2pm at Franklin Miles Park for our Back to School Bash! Enjoy free food, entertainment and help us start the school year with community spirit and pride!

Veronica Garcia

Interested in volunteering?

Call Sabra Roybal at 505-467-2000 to learn about opportunities in our schools and how you can help make a difference!

Put Life Back in Your Life

Paths to Health NM and Christus St. Vincent presents a FREE chronic disease self-management workshop. It will take place every Wednesday, September 6 through October 11 from 1:30-4:30 p.m. in the Pacifica Senior Living Community Room (2961 Galisteo Road). Workshops will cover action plans to deal with difficult emotions, fall prevention, physical activity, pain/fatigue management, relaxation, health eating, weight management, positive thinking and dealing with depression (and much more). Spaces are limited, so please call (505) 913-4256 to sign up.

End Hunger Summit

The 2017 Summit will address challenges and solutions to ending hunger in New Mexico. Attendees will listen to keynote speakers and participate in group sessions to review and discuss the FY17-21 New Mexico Action Plan to End Hunger. The Summit will be on Tuesday, September 26, 2017 from 8 a.m. to 5 p.m. at the Embassy Suites (1000 Woodward Pl) in Albuquerque. Registration is \$35 per person and \$25 for seniors. To register, please visit www.endnmhunger.com.

SAVE THE DATE: October 21, 2017 "Knowledge is Power" Conference

The conference is hosted by the New Mexico Parkinson's Coalition, the state's only nonprofit organization exclusively dedicated to helping families affected by Parkinson's. It will take place at Sandia Resort & Casino, and is an opportunity to network and learn from leading healthcare authorities about how to help improve the lives of those living with Parkinson's. Who should attend? Persons Living with Parkinson's, Care Partners, Families, Counselors, Educators, Physical Therapists, Healthcare/Social Service Providers, & anyone touched by Parkinson's. To register and donate online, please go to www.nmparkinson.org. If you have questions please call (505) 219-5065.

Senator Tom Udall Open Office Hours

Representatives from U.S. Senator Tom Udall's office will be at the Mary Esther Gonzales Senior Center (1121 Alto Street) in Santa Fe on Friday, September 1 from 11:30 a.m. to 1 p.m. Office hours are for residents who need help with federal agencies (veterans, social security, passports, students). For more information please contact the Udall Santa Fe office at (505) 988-6511.

NEWS & VIEWS

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In Loving Memory



Rose Noriega retired from the SF County Assessor's Office, and enjoyed spending her day at home in Canada de los Alamos and was most happiest when at her cabin in Chromo, Colorado. She is preceded in death by her parents Anastacio and Dominguita Ortiz, and her husband Celestino Noriega.

She is survived by her six children, twelve grandchildren and fourteen great grandchildren, her brother Paul Ortiz, her sister Dora Sandoval, along with numerous cousins, nephews and so many other relatives and family. Rose was a regular at the Mary Esther Gonzales and Ventana de Vida Senior Centers, where she enjoyed watching the movies. She will be missed.



Elias "Benny" Gallegos passed away on August 11, 2017. He was one of the few among us born on Leap Year, February 29, 1948 in the Village of Agua Fria. He graduated from Santa Fe High School in 1966 and went on to graduate with his Bachelor of Arts from the College of Santa Fe. Benny completed

a tour of duty at the height of the Vietnam War and for two years he served as a Medic in the 1st Cavalry Division of the US Army. He married Mary Sanchez prior to departing to Basic Training for Vietnam, and enjoyed 39 years of marriage until she passed away in 2004. In addition, he retired from the Energy and Minerals Department of NM after 40 years of service. He was preceded in death by his parents Melisandro and Senaida Gallegos, and his beloved Mary Sanchez. He is survived by his children: Elias Gallegos, Lenore Gallegos and granddaughter Marijke; his brothers: Jimmy Gallegos (Toni Ann), Jerry Gallegos (Helen), Johnny Gallegos and Rubel Gallegos (Alice); his sisters: Connie Prada, Tessie Montano, Olivia Chavez (Salvador); and many nieces, nephews, god children, relatives and friends. Benny was big-hearted, always the life of the party, generous, kind, thoughtful, intelligent, and hard working. He had an infectious smile, was quick with his jokes, and always looked for ways to lend a helping hand which made him instant friends with everyone he met. He enjoyed riding his bike daily to stay fit, and had become a regular at the Chavez Center. He leaves behind many cherished memories, a life well-lived and a legacy of being a genuine, loving person.

Six-Week Grief Recovery Support Sponsored by Berardinelli Family Funeral Service

The purpose of this group is to learn and share in a confidential setting. Each week we will discuss grief and loss and how they affect work and relationships. Sometimes the best medicine is just being able to say what you are thinking and feeling without being judged or given unwanted advice.

Six Saturdays from 11 a.m. to noon starting September 30 at the McGee Chapel Living Room. The group is facilitated by Eileen Joyce, Grief Recovery Specialist, and is for those who have experienced the deaths of family, friends, or colleagues. Please contact Eileen at (505) 428-0670 or ej@eileenjoyce.com to reserve your space.

Merienda 2017

The Santa Fe Fiesta is a time to celebrate. Join La Sociedad Folklorica for a great afternoon fashion show of beautiful vintage clothing including: dresses, gowns, beads, lace, plumes, brides, and shawls dating back to the 1800s. This beautiful collection of clothing has been a major project of La Sociedad Folklorica since its beginning in 1935. It started that year with a few personal items of the members as a fashion show and merienda at the Sena Plaza. Throughout the years, members have collected several hundred items. Because of this large assortment, different outfits are presented every year.

Remember the Fiestas during the 40s and 50s when everyone would dress up? You will be seeing some beautiful fiesta dresses with lots of rickrack and braids. Children will be dressed in their fiesta clothes and there will also be a bride with her bridesmaids. A closeup review of some of the dresses will be displayed in the lobby and after the fashion show you are invited to a merienda of biscochitos made by the members and delicious chocolate.

La Merienda will be held on Saturday, September 9 at 3 p.m. at the James Little Theatre at the Santa Fe School for the Deaf. Admission is \$10. For more information please contact Gloria Kahn at (505) 983-7839.

Santa Fe Senior Activity Corporation

Presents a customized itinerary for: New Mexico & Colorado
October 1 - 5, 2017

**To reserve your spot, please contact Mercy at (505) 986-1416 or Corrine at (505) 986-1780. Double occupancy available at \$1,089.
A 10% cancellation fee and additional fees will apply.**

Itinerary

Day 1 – October 1 (Sun) – Depart Santa Fe, NM – Royal Gorge, CO – Colorado Springs

Join your traveling companions and Cosmos Tour Director for your tour departure. Leave Santa Fe and drive north to Colorado Springs, Colorado, stopping at the ROYAL GORGE BRIDGE en route. Walk across the world's highest suspension bridge and marvel at the rugged rock walls that plunge more than 1,000 feet down to the Arkansas River. Continue to Colorado Springs, home to the U.S. Olympic Training Center.

Note: Group will be picked up from one planned location, departure time should be no later than 8am.

Day 2 – October 2 (Mon) – Colorado Springs – Denver – Black Hawk

Take the PIKES PEAK COG RAILWAY up to the summit of 14,110-foot Pikes Peak, the place that inspired Katharine Lee Bates to write America the Beautiful. We then explore GARDEN OF THE GODS, featuring 300-foot towering sandstone rock formations against a backdrop of snowcapped Pikes Peak and brilliant blue skies. This afternoon, head north through Denver, and then it's on to the beautiful Colorado mountains for your overnight in Black Hawk. You are free to explore the many available casinos located in this National Historic District, truly a one-of-a-kind historic mining settlement. (Breakfast)

Day 3 – October 3 (Tues) – Black Hawk – Georgetown Loop Railroad – Glenwood Springs

This morning, stop at the MOTHER CABRINI SHRINE. The Mother Cabrini Shrine is a shrine in honor of the Sacred Heart of Jesus and St. Frances Xavier Cabrini. Originally a summer camp for the girls from the Queen of Heaven Orphanage, the property became a place of prayer, pilgrimage and devotion after the canonization of St. Cabrini in 1946. Have time to walk the The Gardens, explore the Museum, climb the 373 steps leading to the Sacred Heart of Jesus statue, and even purchase mementos of your visit to the Shrine in the gift shop. Next, board the historic GEORGETOWN LOOP RAILROAD, sit back and relax as you enjoy the beauty of the rugged Rocky Mountains plus views of Clear Creek Canyon. Arrive in Glenwood Springs for the evening. Unpack your swimsuit and head down to the HOT SPRINGS for a relaxing soak. These are the world's largest and have been welcoming visitors for over 125 years.

(Breakfast)

Day 4 – October 4 (Wed) – Glenwood Springs – Silverton – Rail Journey to Durango

Head south today through some of Colorado's most spectacular scenery. Arrive in Silverton, once a major mining town that owes its name to the bragging statement by an early miner: "We have no gold, but silver by the ton!" Board the DURANGO & SILVERTON NARROW-GAUGE RAILROAD for a scenic ride through San Juan National Forest. The legendary steam train hugs steep canyon walls as it winds its way through Rio de las Animas Canyon with vistas of snowcapped peaks. Arrive in Durango, a town born in the Gold Rush and silver-mining era. (Breakfast)

Day 5 – October 5 (Thurs) – Durango – Mesa Verde National Park – Santa Fe, New Mexico

This morning, visit MESA VERDE NATIONAL PARK, a UNESCO World Heritage Site. See Spruce Tree House, one of the best-preserved cliff dwellings. Also visit the museum that depicts the story of the people who once thrived on this 8,000-foot plateau, and stop at a great vantage point for pictures of Cliff Palace (one of the largest of the 700-year-old Anasazi dwellings). Return to Santa Fe for the end of your tour.

(Breakfast)

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

SEPTEMBER - 2017

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.**

*Feliz
Cumpleaños*



*Happy
Birthday*

Volunteers born in September!

RSVP Volunteers

Ginger Blackmar	9/01
Claudia Robbins	9/04
Carolyn McGinnis	9/05
Celedonio F. Lucero	9/06
Theresa M. Ortiz	9/06
Diane DeLuca	9/07
Corrine Vargas	9/07
Sandra Kendall	9/08
Roy Trujillo	9/10
Harry A. Caton	9/11
Elizabeth Hinds	9/13
Jane Gabaldon	9/14
Bruce H. Kidman	9/14
Kathy Powell	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
Lois M. Parkes	9/20
Claire Rodill	9/20
Mary Dunham-Day	9/24
Frances Gomez	9/24
Lucy R. Brown	9/25
Angie Quintana	9/26
Kathleen Wise	9/27
Kim Martinez	9/28

FGP/SCP Volunteers

Tommie Ortega	9/01
Pita Vasquez	9/05
Amelia Garcia	9/06
Gail Askew	9/15
Socorro Arroyo	9/19

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

Literacy Volunteers of Santa Fe Need YOU

Do you want to join a dedicated group of people who work to improve literacy in the Santa Fe area? Your knowledge of basic literacy skills, our training, and a commitment to tutor three to four hours each week for a period of nine to twelve months are all that are required to get started.

As a volunteer tutor in the program, you have a choice of two specialties:

- **Basic Literacy** program, tutors are needed to teach adults the fundamentals of reading, writing, or basic math. You may choose to tutor one, two, or all three subjects.
- **English as a Second Language (ESL)** program, English language skills tutors are needed to teach English language skills to students whose primary language is not English. It is not required for you to have proficiency in any language other than English in order to teach these students.

Tutor training is offered through ProLiteracy America and consists of 10 hours of training offered at the times noted below. Your literacy instruction will involve all language components: listening, speaking, reading, and writing. You will learn effective methods for teaching adults to acquire conversational English skills and to use those skills to meet self-identified goals such as job advancement, citizenship, and improved parenting skills. **Due to the intense nature of this training, attendance is required at all sessions, including the follow-up meeting.**

Basic Literacy Tutor Training

BL Orientation: Thursday, September 14, from 4-6 pm in room #503 in the Adult Education Department next to the library.

BL Training Day 1: Friday, September 15, from 9am-5pm in room # 489 in the Health and Sciences Building.

BL Follow Up Training: To be determined

ESL Tutor Training

ESL Orientation: Thursday, October 12, from 4-6 pm

ESL Training Day 1: Friday, October 13, from 9am-5pm

ESL Follow Up Training: To be determined

Call Triston at (505) 955-4760 to sign up.

ONGOING ACTIVITIES

SEPTEMBER - 2017

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: Sing along			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 9:30 am: Yoga 1:30 pm: Oil painting 9/12 and 9/26 1:30 pm: Nia Technique (1 st & 3 rd Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 10:30 am: DanceAbility 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique 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: Computer room hours (open use when classes not in session)				
*Computer class schedule: Basic – 11:30 am-1 pm; Intermediate – 9-10:30 am; Advanced – 10:30-11:30 am				

Pasatiempo Senior Center – 664 Alta Vista Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 12:30 pm: Bridge	8:30 am: Zumba 9:30-11:30 am: Guitar class 1 pm: Line dance (Advanced)	8:30 am: Yoga (one spot available) Noon: Sing along	9 am: Tai Chi 10 am: Zumba 10 am: Ceramics 1 pm: Line dance (Intermediate)	1 pm: Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10 am: Gentle beginning yoga 1:30-3:30 pm: Ceramics	1 pm: Art class	9:30-10:30 am: Spanish class 1:30-3:30 pm: Ceramics	1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am – 2 pm: Bingo	9:30 am: Ceramics		

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

UPCOMING ACTIVITIES

SEPTEMBER - 2017

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 to 5 p.m. but please arrive at 12:30 p.m. 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. Also, please 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. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Upcoming dates are:

- September 12
- October 10

Let's Celebrate Your Birthday

Each Senior Center will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place during the lunch hour on the following dates:

- Luisa: Friday, September 1
- MEG: Wednesday, September 6
- Pasatiempo: Wednesday, September 13
- Ventana de Vida: Wednesday, September 20
- Villa Consuelo: Tuesday, September 5



Fiestacita at Pasatiempo!

Join the Fiesta de Santa Fe celebration at the Pasatiempo Senior Center (664 Alta Vista) on Friday, September 1. Enjoy live music by Mariachi Diferencia from 11 a.m. – 2 p.m. and visit with Don Diego de Vargas and his Cuadrilla, and la Reina and her Princesas between 11:25 and 11:45 am. Refreshments will be served and as always this is a free event. See you there!

Fiesta Dance

Que viva la Fiesta! Join us at the annual Fiesta Dance on Thursday, September 7 at the Fraternal Order of Eagles (833 Early Street). The dance will be from 1 to 4 p.m. and admission is \$2. Live music will be provided by Camino Oscuro and the Fiesta Cuadrilla will drop by from 3:15 to 3:45 p.m. to celebrate! This dance is sponsored by the Ventana de Vida Senior Center.

Root Beer Floats at Luisa Center

Come cool off with a root beer float at the Luisa Senior Center! Join us on Friday, September 8 from 11:30 a.m. to 12:30 p.m. The cost is \$1 per float and all proceeds go the Luisa Senior Center.



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). The haircut days in September are as follows on Wednesdays at 10 a.m.:

- September 13 MEG
- September 20 MEG
- September 27 Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 8:30 a.m.

UPCOMING ACTIVITIES

SEPTEMBER - 2017

Movie Day at Luisa Senior Center Thursday, September 14th at 1pm.

"Before I Fall"

(2017 • PG-13 • 1h 39m)



Sam seems to have everything a teenage girl could want: popularity, a hot boyfriend, cool status, fun friends, loving family and seeming happiness. But beyond the superficial, Sam's life isn't so charmed. She is one of a clique of high school mean girls who make

life hell for those who are different. When Sam is killed in a car accident, she is forced to relive her last day on Earth seven times in order to get things right. She attempts to make sense of what befell her and gain a better understanding of herself and others. Based on the novel by Lauren Oliver.

Movie Day at the MEG Senior Center Tuesday, September 26, 2017 at 1 p.m.

"Going In Style"

(2017 • PG-13 • 1h 36m)



Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men

risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows at 1:30 p.m.:

- September 5
- September 19

Movie Day at Ventana De Vida Senior Center Wednesday, September 27, 2017 at 1 p.m.

"Crazy Heart"

(2009 • R • 1h 52m)



Actor Jeff Bridges won an Academy Award for his lead role in this film about a hard-living country music singer who's had too many marriages, too many years on the road and too many drinks too many times. In Santa Fe, New Mexico, he is interviewed by a young female journalist and his life changes. Filmed in Santa Fe, the city has never looked more beautiful. Starring Jeff Bridges, Maggie Gyllenhaal, Colin Farrell and Robert Duval.

Monthly Senior Services Committee Meetings

All meetings held at the MEG Senior Center.
(Posted pursuant to the Open Meetings Act)

Senior Olympics: Wed., Sept. 13 at 9:30 a.m.

Transportation/Nutrition: No meeting this month

*Next meeting is in October at 9 a.m.

Advisory Board: Wed., Sept. 20 at 9:30 a.m.

*Will be held at Pasatiempo due to Health Fair at MEG.

Travel Committee: Thurs., Sept. 21, 8:45 a.m.

SAC Board: Thurs., Sept. 21 at 10 a.m.

Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Please come and give us your input about activities in your favorite senior center. Senior center addresses are on the back cover of the newsletter or on the Ongoing Activities page.

- Luisa Center: Tuesday, Sept. 12 at 9 a.m.
- Pasatiempo: Monday, Sept. 11 at 1 p.m.
- Ventana De Vida: No meeting in September
- Villa Consuelo: Monday, Sept. 11 at 10 a.m.

Spanish Classes for Beginners

Do you want an introduction on conversational Spanish? Join Sister Jo in a class from 9:30 – 10:30 a.m. on Wednesdays at Ventana de Vida Senior Center.

UPCOMING ACTIVITIES

SEPTEMBER - 2017

State Fair Trip September 11-12

It's time for our annual trip to the New Mexico State Fair! We will be going on Monday, September 11 and Tuesday, September 12. The bus will depart from the MEG Center at 9 a.m. and return at 3:30 p.m. The suggested donation for the bus is \$5 and admission to the State Fair is \$7. Please call Cristina Villa at (505) 955-4725 to sign up. Spaces are limited.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, September 25 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

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

Attend an ICAN class at the Mary Esther Gonzales (MEG) Senior Center boardroom on Wednesday, September 6 at 11:30 a.m. For more information please contact Renee at (505) 471-4711.

Ylustre

Stop by the Mary Esther Gonzales Senior Center and enjoy a performance by Ylustre. She will be singing almost any kind of music you would like to hear. Come dance, sing and or just listen to her beautiful music on Wednesday, September 13 from 10:30 a.m. to 12:30 p.m. during lunch at the MEG



Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa Street) will be hosting a Bingo on Sunday, September 3, 2017 from 1 to 4 p.m. It is \$12 for a package, four specials at \$1 each and \$2 for jackpot. There is a \$100 jackpot guarantee and everyone is welcome! Please bring small bills. NO food will be served – ONLY soft drinks and candy.

Friday Bingo at Luisa \$100 Guarantee

Join us on Friday, September 22 at the Luisa Senior Center located at 1550 Luisa Street for \$100 guarantee. Don't miss out on a chance of winning!

Blood Pressure, Blood Sugar & Oxygen Level Tests 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 on the following dates.

Pasatiempo: Wednesday, Sept. 6	11 – noon
Luisa: Wednesday, Sept. 13	10:30 a.m. – noon
MEG: Wednesday, Sept. 20	11 – noon
Villa Consuelo: Tuesday, Sept. 26	11 – noon
Ventana De Vida: Wednesday, Sept. 27	10 – 11 a.m.

MEG Exercise Room

Please welcome volunteer trainer Gitte Mainland in assisting seniors in the MEG exercise room. She will be available on Thursdays from 10 a.m. to noon. She will be here Sept. 7th and 14th and won't be back till October 19th. If you would like assistance please join her.

Yoga at Pasatiempo

One spot is available in the Pasatiempo yoga class. If you're interested, please call Mary Ellen Duran at (505) 474-5570 to sign up (first come, first served and then all others will be placed on a waiting list.

UPCOMING ACTIVITIES

SEPTEMBER - 2017

The Medical Mystery Affecting Thousands of Hispanics in New Mexico: the Common Hispanic Mutation

Many people throughout the southwest are familiar with the story of the Camino Real and the promises of a better life and riches to the early settlers who traversed the 1500-mile trek. But few have knowledge of the impact of the medical mysteries that accompanied the travelers and settled itself into many modern New Mexican families.

One of these medical mysteries is called cerebral cavernous angioma or better known as the Common Hispanic Mutation (CHM). A cavernous angioma is an abnormal blood vessel in the brain or spinal cord, shaped like a mulberry that can hemorrhage or grow. It can cause stroke symptoms or seizure in both children and adults.

This mutation is found in Northern New Mexico Hispanic families more than anywhere else in the world. This mutation does not skip generations and each child of an affected person has a 50/50 chance of inheriting the illness.

Today there are tens of thousands of individuals related to the original founders who are now living with CHM. Most are likely undiagnosed. Each year more children are born with CHM because families go undiagnosed.

Angioma Alliance began the Baca Family Historical Project to find and connect descendants of Cristóbal Baca and Ana Maria Ortiz. It is a community outreach program designed to bring together families with the Mutation across New Mexico through genealogy, with the goal of creating a supportive community among this historical extended family.

To learn more about this medical mystery, how to get tested, and resources and referrals for you and your family, please join a discussion at the Mary Esther Gonzales Senior Center on Thursday, September 14, from 10 to 11:30 a.m. in the dining area.

Are you a Veteran?

Did you serve in World War II, Korea or Vietnam? If so, get your service experience filmed free of charge for a Veterans Oral History Project. One copy of your interview will be sent to the Library of Congress, one to the University of Texas, one to the NM National Guard Museum and one for you or your family. Call Albert at (505) 955-4715 and leave your name and contact information.

Salman Raspberry Ranch & Alpaca Victory Ranch

Please join us on Thursday, September 21 for a trip to the Salman Raspberry Ranch located in La Cueva, NM. The cost to pick raspberries is \$6 a pound or you can buy a half pint in the store for \$4.50 (cash or check only). There is also Café La Cueva available for lunch, offering sandwiches, Frito pies, tamales, beef dogs and several types of salads, soft ice cream drenched in homemade raspberry topping and fresh raspberries for dessert. They do accept VISA, Master Card and Discover credit cards. After this, we will then head over to Victory Ranch in Mora, NM to see the Alpacas and the yarn, rugs and various items they make out of the Alpaca wool. The cost for the tour is \$5 per senior. Don't forget your money; they have lots of gifts that you can buy your loved ones for Christmas. Also, don't forget to bring a water bottle, sun screen and a hat. The suggested donation for the bus is \$5. The bus will leave at 9 a.m. so please be at the MEG Center by 8:30 a.m. to check in. Call Albert at (505) 955-4715 to reserve your spot!

Concierto de Mariachi Matinee

Join us for Mariachi Matinee at the Lensic in downtown Santa Fe at 10 a.m. on Wednesday, September 6. We will have transportation service from the MEG Center to the Lensic and back. Vans will leave MEG at 9:15 a.m. There is a \$7 charge for a ticket and you must pay in advance when you sign up with Albert. No refunds will be given because tickets will need to be purchased ahead of time. Seats are limited, so call Albert to reserve one today! Call (505) 955-4715.

HEALTH & SAFETY

SEPTEMBER - 2017

September 22 is Falls Prevention Awareness Day

Did you know that falls are the leading cause of fatal and non-fatal injuries for older Americans? According to the National Council on Aging (NCOA), 1 in 4 Americans aged 65 and older falls every year, which can be costly to both the pocketbook and quality of life. However, they say that falling is not a certain part of aging and through lifestyle adjustments and partnerships in the community; the number of falls experienced amongst seniors can be decreased.

The NCOA suggests keeping the following tips in mind to stay safe and prevent a fall.

1. Find a good balance and exercise program to build strength, balance and flexibility. See article below about local Tai Chi class, which according to the Centers for Disease Control and Prevention, is an example of an exercise to help improve balance and leg strength.
2. Talk to your health care provider and ask for an assessment of your risk of falling.
3. Regularly review your medications with your doctor or pharmacist to make sure side effects aren't increasing your risk of falling.
4. Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe by removing tripping hazards, increasing lighting, making stairs safe and installing grab bars in key areas.
6. Talk to your family members and enlist their support in taking simple steps to stay safe – falls are not just a seniors' issue.

Tai Chi Class at MEG Welcomes You

Tai Chi Chuan (Yang Style) at the MEG is a modified program aimed at the senior level to enhance and learn basic coordinated body movements, breathing techniques, and how to improve balance.

The MEG Senior Center is fortunate to have an instructional staff for Tai Chi classes, which include Chi Quong as a warm up and prelude to beginning Tai Chi. Instructors include Gene Gerber (currently on sabbatical), Jolen Tolen, and assistants Tomas Niño and Joseph Martinez.



The three levels of learning are: Shu, Ha, and Ri.

- Shu: Basic level; it is slavish but you will grow beyond the discipline. It is lavish attention to technique; you do not question it, you do not change it, you do not improve it, you imitate what is put before you.
- Ha: Persevering the training and hints at something else within the structure. It is the element that is greater than the sum of the parts. Emphasis is on seeing something deeper in practice of basic ideas; it is not about a complicated technique.
- Ri: Refers to the essence of art. Situations never happen twice, there are infinite variations. This final stage of learning cannot be taught; it comes about when the absolute essence of the art is ready to emerge.

Quotation from Heraclitus, "You cannot step twice into the same river, for the waters are continually flowing."

So the class welcomes your curiosity to see what it takes to stimulate mind and body. Join them Monday through Thursday from 8:30 to 9:15 a.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street).

PUZZLE

SEPTEMBER - 2017

PUZZLE 43

ACROSS

1. Prance
6. Expert
9. Bungle
13. Fill with joy
14. ____ vivant
15. Employee's reward
16. Feathered friend
19. Actress Case
20. Billet
21. Nautical direction
22. Legal matter
23. Play the ponies
24. Summer treats
25. According to
26. Manuscript word

27. Stuff
30. Feathered friend
34. Fountain beverage
35. Haley work
36. Actor Herbert ____
37. Kind of energy
38. Diving birds
39. Feathered friends
41. Western Indian
42. Announce
43. Pitiful
44. Geologist's sample
45. Presidential initials

46. Garden feature
49. Bans
52. Discern
53. Butter replacement
54. Feathered friends
57. Yvonne's buddies
58. Heed
59. Jinn
60. Hang
61. Pianist Tatum
62. Counsels

DOWN

1. Juniper
2. Single
3. Pledges
4. Alcohol lamp
5. Iranian city
6. Around
7. Aquatic bird

8. Gridiron player
9. Actualities
10. Analogous
11. Consumer
12. Swiss city
15. Bowling-alley button
17. Cereal grain
18. Harness-race participant
23. "Gil ____"
24. Particulars
25. Statutes
26. "Tears for Fears" tune
27. Part
28. Writer Paton
29. "She's Gotta Have It" character
30. German title
31. Oaf
32. Beast's neck gear
33. Intimate
34. Thin rope
37. Slap
39. Equine
40. Krupp works site
42. Puddles
44. Singer Hart
45. Courage
46. Combination
47. Uncanny
48. Doctor's amounts
49. Nicholas, e.g.
50. High point
51. Kettle handle
52. Preeminent
53. Architectural molding
55. Chinese shrub
56. Farmer's abbr.



By George

59

Brothers George and Ira Gershwin collaborated on numerous Broadway musicals in the '20s and '30s. Their success made composer George Gershwin the toast of Broadway with unforgettable show tunes such as "Oh, Lady Be Good" and "Funny Face." He also composed concert pieces, the first being 1924's "Rhapsody in Blue."

☐ "AN AMERICAN
in Paris"

☐ "BABY"

☐ BROADWAY

☐ CAREER

☐ CELEBRITY

☐ COMPOSER

☐ COMPOSITIONS

☐ CONCERTS

☐ "DEAR LITTLE Girl"

☐ "DO DO DO"

☐ FAMOUS

☐ "FUNNY Face"

☐ IMPROVISATION

☐ JAZZ

☐ "MAN I LOVE,
The"

☐ MUSIC

☐ "OH, LADY Be
Good"

☐ ORCHESTRA

☐ PIANO

☐ POPULAR

☐ "RHAPSODY in
Blue"

☐ SCORES

☐ "SHOW ME the
Town"

☐ "SOMEBODY
Loves Me"

☐ SONGS

☐ "STRIKE UP the
Band"

☐ TALENTED

☐ TECHNIQUE

☐ "WHY DO I
LOVE You"

☐ "YANKEE Doodle
Blues, The"

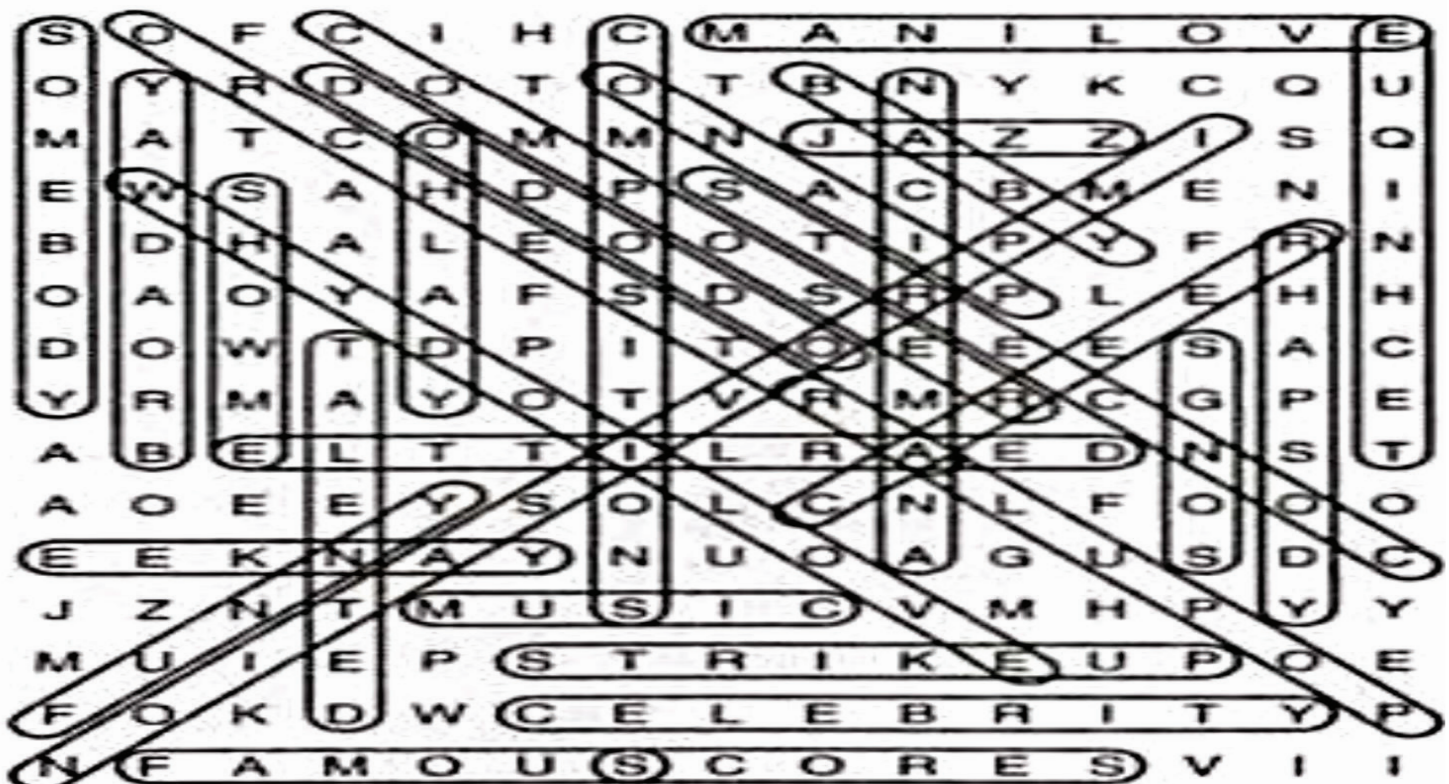
S O F C I H C M A N I L O V E
O Y R D O T O T B N Y K C Q U
M A T C O M M N J A Z Z I S Q
E W S A H D P S A C B M E N I
B D H A L E O O T I P Y F R N
O A O Y A F S D S R P L E H H
D O W T D P I T O E E E S A C
Y R M A Y O T V R M R C G P E
A B E L T T I L R A E D N S T
A O E E Y S O L C N L F O O O
E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

SEPTEMBER - 2017

PUZZLE 43



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BREAKFAST MENU

SEPTEMBER - 2017

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1 for seniors 60 and over and a fee of \$9.34 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
REMINDER: City of Santa Fe Division of Senior Services Meal Take Out Policy No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.				1 Scrambled egg Cheese, red chile Potatoes Margarine
4 All Senior Centers Closed for Labor Day Holiday	5 Boiled eggs Small roll, salsa Potatoes, toast Margarine	6 Sausage Chesse, red chile Small roll Jelly	7 Ham & cheese biscuit Salsa, jelly	8 French toast w/maple syrup Sausage Tomato juice
11 Grilled ham Cheese, red chile Small roll Jelly	12 Breakfast burrito w/scrambled egg, cheese, bacon Salsa	13 Pancakes w/maple syrup Sausage Tomato juice	14 Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	15 Scrambled egg Cheese, red chile Potatoes Margarine
18 Scrambled egg Cheese, bacon Grilled peppers Hash browns, toast	19 Boiled eggs Small roll, salsa Potatoes, toast Margarine	20 Sausage Cheese, red chile Small roll Jelly	21 Ham & cheese biscuit Salsa, jelly	22 French toast w/maple syrup Sausage Tomato juice
25 Grilled ham Cheese, red chile Small roll Jelly	26 Breakfast burrito w/scrambled egg, cheese, bacon Salsa	27 Pancakes w/maple syrup Sausage Tomato juice	28 Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	29 Scrambled egg Cheese, red chile Potatoes Margarine

NUTRITION EDUCATION

Healthy Weight (Source: National Institute of Diabetes and Digestive and Kidney Diseases)

Why is keeping a healthy weight important? As you age, you may notice changes in your body's makeup. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. So, you need to eat foods that are high in nutrients or are "nutrient dense." Keeping a healthy weight is crucial, but what is healthy varies from person to person. Ask your health care provider about what a healthy weight is for you. Among older people, being underweight is of concern and may be related to not having enough to eat, not eating enough foods that are nutrient dense, or having an illness or disease.

Being overweight or obese is also of concern as extra weight may increase your risk for heart disease, high blood pressure, type-2 diabetes, and bone issues. Eating wisely and being physically active to preserve muscle and bone may help you maintain strength and a healthy weight as you age.

What is a healthy weight for me? Two standard measures for seeing if you are at a healthy weight are these: the body mass index (BMI) is a measure of weight in relation to height. While a BMI score of 18.5 to 24.9 usually indicates a healthy weight for adults, the BMI is limited in how well it gauges body fat in older people or those who have lost muscle. Measuring around your waist may tell you if you carry extra fat. A waist circumference of more than 35 inches for women or 40 inches for men indicates increased risk for a number of health problems. Check with your health care provider if you have concerns about your weight.

SENIOR CENTER LUNCH MENU

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: City of Santa Fe Division of Senior Services <u>Meal Take Out Policy</u> No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.				1 Chicken Fried Steak Mashed Potatoes w/Brown Gravy Steamed Green Beans Whole Wheat Roll w/Margarine Apple Cobbler
4 All Senior Centers Closed in Observance of Labor Day Holiday	5 Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/Margarine Mandarin Oranges	6 Frito Pie with Pinto Beans and Red Chile Sauce White Cake Chilled Apricots	7 Green Chile Chicken Enchiladas Refried Pinto Beans Spanish Rice Jello with Mixed Fruit	8 <u>No Lunch at Centers</u> <u>Meals on Wheels only</u> Tuna w/ Macaroni Tossed Salad Saltine Crackers Pears
11 Baked Pork Chop Mixed Veggies Whole Wheat Roll w/ Margarine Baked Scalloped Apples	12 Chicken Fajitas w/ Garnish & Salsa Flour Tortilla (1) Chile Beans w/ Cheese Jello with Oranges	13 Salisbury Steak Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll Tropical Fruit	14 Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/ Cheese Cranberry Topping Jello	15 Spaghetti with Meat Sauce Green Beans w/Butter Green Salad with Dressing Pear Garlic Bread
18 Beef & Bean Burrito Supreme Spanish Rice Green Salad with Dressing Chilled Apricots	19 Stuffed Chicken Breast Asparagus and California Veggies Baked Biscuit Peach Crisp	20 Chicken Fettuccini w/ Alfredo Sauce Carrots & Peppers with Butter Garlic Bread Chilled Pears	21 Beef Tips over Rice Steamed Broccoli Green Salad with Dressing Whole Wheat Roll w/ Margarine Fresh Apple	22 Glazed Ham Mashed Potatoes Steamed Green Beans Whole Wheat Roll w/ Margarine Sugar Cookie
25 Chicken Provencal (w/ Veggie & Sauce) Steamed Rice Buttered Spinach Whole Wheat Roll with Butter Tropical Fruit	26 Red Chile Beef Enchiladas Pinto Beans Saltine Crackers Chocolate Pudding	27 Beef Pot Roast Mashed Potatoes w/ Brown Gravy Peas & Carrots Whole Wheat Roll with Butter White Cake	28 Baked Fish Fillet w/ Tartar Sauce German Coleslaw Mixed Veggies Hushpuppies Banana Pudding	29 BBQ Chicken Thigh Carrot Raisin Salad Green Beans Whole Wheat Roll w/ Margarine Strawberries

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

Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.34 --- Lunch \$9.34

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

Please print your name clearly on our meal sheets when eating at any of the centers.
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)
(505) 955-4721
1121 Alto Street

Pasatiempo
(505) 955-6433
664 Alta Vista Street

Ventana de Vida
(505) 955-6731
1500 Pacheco Street

Luisa
(505) 955-4717
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

Genoveva Chavez Community Center

