

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

**MARCH
2019**

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

MARCH - 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, 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 (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

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

Santa Fe County Mobile Health Van

231-2382

Newsletter Production

Triston Lovato-Armstrong, Editor/Distribution

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SENIOR SERVICES PROGRAM INFORMATION

MARCH - 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 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 (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.

By Gino

A message from the Division Director



If you can believe Punxsutawney Phil, the most popular weather predicting groundhog, we are in for an early spring, which I'm sure most of you would welcome. However, if he is wrong, which he usually is, and more snow storms come our way, as some meteorologists predicted, we will be ready. I'm happy to inform you that we finished repairing and upgrading our roof at MEG last month. Gone are the roof leaks and water buckets that some of you might have seen, especially over at the cafeteria where Bingo is held twice a week. Thanks to the NM Aging and Long Term Services Department (ALTSD) for the funding we received last year. With this work, we were able to extend the roof's life by a minimum of six years.

This month we will begin renovating the cafeteria. We will be adding another 1,575 square feet of dining room space to the existing cafeteria to accommodate more people during congregate meals and other activities such as Bingo, physical fitness, Tai Chi, etc. that are held there. It will also allow a safer, more comfortable, and better maneuverable space for our wheelchair bound seniors. This project is also funded by ALTSD for \$200,000, and by the City GRT Bond for \$235,000. It is scheduled for completion within seven months.

Also, in this month, together with the members of the Division of Senior Services (DSS) Advisory Council, we will conduct a strategic planning exercise for DSS. By 2030, 33% of the people living in the City of Santa Fe will be 60 or older. This projected growth presents the City of Santa Fe Division of Senior Services with a very challenging future, and if we are to support the growing needs of seniors we need to plan. By next year, it is projected that the senior population will be larger than the youth population (ages 0-19), perhaps, for the first time in the City's history. The City's senior population is projected to be 25% of its total population by 2020. In the context of dwindling Federal and State funding for programs and capital outlay/infrastructure, Senior Services is facing a huge challenge that strategic planning can help address. In addition, this month we are busy preparing funding applications for eight capital outlay projects including vehicles, meals equipment and Senior Center renovations.

In light of the above, I thank all of you who took their time to go to Senior Day at the Roundhouse on February 22 and asked our legislators to support House Bill 545, "Senior Citizen Services."

One last bit of news for the Mary Esther Gonzales Senior Center; we are going to give composting a try in the Center. Please read the article about it on page 8 and get ready for a demonstration in April! 😊

NEWS & VIEWS

MARCH - 2019

Stewardship Santa Fe

If you want to give your wisdom and experience back to Santa Fe, then this program is for you! Stewardship Santa Fe is a program designed to give retired and senior citizens opportunities to make a meaningful difference in Santa Fe. Stewardship Santa Fe gives civic-minded people a vehicle for their community-oriented energies and provides access to retired and senior citizens who have made a difference in the community.

Join us for the Spring 2019 class of Stewardship Santa Fe. There are many benefits to joining the Stewardship Santa Fe Class, including:

- Personal interaction with retired and senior Santa Fe citizens who have made a difference in Santa Fe in business, government and the non-profit community;
- Unique networking opportunities with your class peers and people who have changed Santa Fe for the better;
- High level stewardship and community building training that will enhance your ability to listen better, see varied perspectives, be more understanding and compassionate, develop bonds with peers and work with them to serve Santa Fe.

For more details, including dates, cost, application process and contact information, please see the flyer on page 9.

Attention Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related expenses, food, clothing, etc., for their grandchildren. Eligible senior citizens (55 year of age or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive up to \$200.00 annually per grandparent/household for reimbursable expenses. For more information please contact Melanie Montoya at (505) 955-4761.

Respite Caregivers Available for your Loved One

Are you a caregiver of an individual diagnosed with Alzheimer's disease or a dementia-related disorder? Could you use some respite relief? The City of Santa Fe Division of Senior Services provides in-home respite. The intent of this program is to provide relief to primary caregivers that care for someone with Alzheimer's disease or dementia related disorders. Respite Care providers offer companionship, socialization, light meal preparation, minor non-medical personal care as needed, while also maintaining a clean environment. The providers are scheduled to work with each client on a weekly basis for three and a half hour visits. For more information please call Theresa Trujillo, In-Home Support Services Program Supervisor, at (505) 955-4745.

The Santa Fe County Mobile Health Van will not be out until further notice. For further information, call Patricia Boies, Health Services Division Director, at (505) 995-9538.

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!

Like us on Facebook



If you are on Facebook, please visit our page and follow/like us to see all the latest news, events, photos and daily menu!

www.facebook.com/santafeseniorservices

NEWS & VIEWS

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Family Caregivers Support Group

Sometimes the best medicine is just being safe to say what you are thinking and feeling without being judged or given unwanted advice. Listening to someone else can be a welcome break from your own situation and can offer a new perspective. As part of Comfort Keepers in-home caregivers, this support group is free and meets every 2nd and 4th Wednesday from 2:00–3:00 pm. The next dates are March 13 and 27. For more information contact Eileen Joyce, (505) 428-0670, ej@eileenjoyce.com.

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 first three Fridays of each month from 2:00–3:00 pm at 1301 Luisa St. Please contact David at (505) 310-9752 or david@memorycarenm.org for questions and to reserve your place as space is limited.

Support Group for Living with a Chronic Illness

The purpose of this group is to learn and share about: your illness, community resources, daily experiences (thoughts, feelings, complaints, and delights), helpful hints for caring for yourself and creating resilience. The group is sponsored by Berardinelli Support for Living Programs, and is free and facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The group meets every 2nd and 4th Tuesday from 2:00–3:00 pm. The next dates are March 12 and 26. Contact: Eileen Joyce, 505-428-0670, ej@eileenjoyce.com to reserve a spot.

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 Anna at (505) 988-2583.

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.

Senior Seeking Support Group

Do you or someone you know have Age-related Macular Degeneration (AMD)? Are you interested in sharing thoughts about living with AMD? If so, for support and companionship, please contact Nina Burton at (505) 474-5633 or ninaburton39@gmail.com.

Are you a reader, a writer, a horse lover? Horsetography: Writing your horse's story.

Explore your horse's power and majesty, authenticity and intuition on the page. Write from experience or memory, imagination or myth. Build a bond with your horse -- real or imagined - by writing his or her story using memoir, poetry, or fictional forms. The class takes place Saturdays, 1:00–3:00 pm, February 16 through March 23 at the Santa Fe Community College, Main Campus (room 410). Sponsored by the Santa Fe Community College Continuing Education; to register call 505-428-1676 or visit <https://www.sfcc.edu/offices/continuing-education/>.

Learn about Preventing Medicare Fraud and the NM Aging and Disability Resource Center (ADRC)

Presenters James Wurts and Krystal Armijo from the NM Aging & Long Term Services Department will offer tips to prevent Medicare fraud and offer information on how the ADRC can be of use to you. "The Senior Medicare Patrol (SMP) mission is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education." The presentation will take place on Thursday, March 7 at 9:00 am in the Mary Esther Gonzales dining room. Everyone is welcome to attend.

NEWS & VIEWS

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Income Tax Assistance for Senior Citizens

The City of Santa Fe Division of Senior Services does not coordinate or administer these tax organizations; rather, we provide their material for informational purposes to the senior community. If you have questions regarding your personal taxes, what documents to take for tax preparation, snow closures, etc., please contact one of the three different organizations below.

AARP Foundation Tax Aide

AARP Foundation Tax Aide, in partnership with the Santa Fe Community College, will host free income tax preparation. This year, the service will be available primarily on an appointment basis.

Dates: February 4 through April 15, 2019

Days: Mondays & Tuesdays, 8:00 am – 4:00 pm
Saturdays from 9:00 am – noon

Place: Santa Fe Higher Education Center (HEC)
1950 Siringo Road

Phone: (505) 946-3615

Website: www.sfcc.edu/taxaide.com

AARP Foundation Tax-Aide Santa Fe is taking appointments online or by calling 505-946-3615. To read more about the program and to access the online registration link visit sfcc.edu/taxaide.com. Those who do not have computer access can all (505) 946-3615. A volunteer will return your call.

Tax Help Santa Fe, LLC

Tax Help Santa Fe, LLC is providing tax services free for clients with only Social Security or SSI. Otherwise prices are based on your income.

Dates: Beginning January 31, 2019

Days: Monday through Saturday

Times: 8:30 am – 5:00 pm

Place: Santa Fe Place Mall next to Boot Barn

Phone: (505) 670-6835

Website: www.taxhelpsantafe.com

Tax Help New Mexico

Tax Help New Mexico is providing tax services for senior citizens 65 years or older with a household income of \$55,000 or less.

Dates: February 5 – April 12, 2019

Days: Tuesdays and Fridays

Times: 9:00 am – 1:00 pm

Place: Our Lady of Guadalupe Church Parish Center

Phone: (505) 465-9776

Please do not call the Our Lady of Guadalupe Church office. They will not have any tax information.



Educational Technology Note

Deadline Approaches



Your Educational Technology Note (ETN) mail-in ballot has been delivered in the mail. Even though the ballot says that the ETN creates debt, this is not a new tax but continues previously-approved educational technology funding in our schools. The ETN will benefit our students, teachers and technology in the classrooms. If you have not received your ETN ballot in the mail, please pick up a provisional ballot at the Santa Fe County Clerk's Office. Mail-in ballots must be received, not postmarked, by March 5. Just mark your ballot and return it by mail, postage-free. Make your vote count! If you have further questions, please call our ETN Hotline at 670-1290 or go to www.sfps.info.

Terrence G. Austin



Pilot composting program begins this spring at Mary Esther Gonzales Senior Center

Don't throw away those old vegetables, egg shells, coffee grounds and table scraps. Compost them!

The City of Santa Fe's Mary Esther Gonzales Senior Center on Alto Street is piloting a composting program, that if successful could be expanded to the city's other four senior centers. The pilot program is a partnership between the Division of Senior Services and Keep Santa Fe Beautiful.

According to the Environmental Protection Agency, between 20–22 percent of all waste that ends up in landfills or incinerators is food waste, more than any other single material in everyday trash.

"When we approached Gino (Rinaldi) with the idea of starting a composting program in the senior centers he was enthusiastic," said Carol Branch, Keep Santa Fe Beautiful Executive Director in the city's Environmental Services Division.

Branch noted that the pilot composting program fits the Keep Santa Fe Beautiful mission of "Leading the community to take greater responsibility for our environment," as well as Mayor Alan Webber's goal of making Santa Fe the most sustainable and eco-friendly city in the U.S.

"I think once folks get a feel for the process they will buy into the notion of composting," said Rinaldi, Division of Senior Services Director. "I remember my grandmother emptying food waste items into an old coffee can and either throwing it to the chickens, or pigs, or even into an area for compost. I hope we are successful in encouraging folks to realize this is a great idea and is something everyone can do to help the environment."

Compost is a nutrient-rich blend of decomposed organic materials that works wonders for plants. It's also a great way to recycle leftover or unwanted items. Not only food waste can be composted; garden clippings and dry leaves can be composted, though Branch said in this pilot composting program only food waste will be composted.

"Composting is a great way to demonstrate that small changes can have a big impact on the environment we will leave for our children and grandchildren," Branch added.

Do it yourself composting at home

To make compost you'll need a compost bin, which can be purchased at a local hardware store; remove tags and packaging. Or use an old trash can, but make sure it is thoroughly cleaned so that no old, non-biodegradable materials remain which could contaminate your compost.

- Once your old trash can-turned-compost bin is cleaned and dry, using a paddle bit:
- Drill a hole a few inches from the top of the lid;
- Drill another hole three inches from the first hole and then drill a series of holes to the bottom and on all sides of the bin;
- Thoroughly wash and dry the bin again.

Now you're ready to start composting in your backyard! Tip: locate your compost on a level, well-drained area and close to a back door if you plan to add kitchen scraps.

According to Better Homes & Gardens Magazine, good materials are the key to good compost. It recommends fruit and vegetable scraps, eggshells, coffee grounds, grass clippings, dry leaves, finely chopped wood, shredded paper, straw and sawdust from untreated wood. Bad materials can harm a compost pile, and eventually your garden. Don't try to compost anything with diseased plants, treated wood, animal feces, weeds that go to seed, or anything containing meat, oil, fat, dairy or grease.

Volunteers are needed to help with this project: Contact RSVP at 955-4760 to begin.

STEWARDSHIP SANTA FE

Retired and Senior Citizens
Making a Difference
in Community



Stewardship Santa Fe is a program designed to give retired and senior citizens opportunities to make a meaningful difference in Santa Fe. Stewardship Santa Fe gives civic-minded people a vehicle for their community-oriented energies and provides access to people who have made a difference in the community.

If you want to give your wisdom and experience back to Santa Fe, then this program is for you!

Stewardship Santa Fe gives particular focus to systems thinking, addressing community needs, and small group project skills.

There are many benefits to joining the Stewardship Santa Fe Class, including:

- Personal interaction with Santa Fe citizens who have made a difference in business, government and the non-profit community
- Unique networking opportunities with your class peers and people who have changed Santa Fe for the better
- High level leadership and community building training that will enhance your ability to listen better, see varied perspectives, be more understanding and compassionate, develop bonds with peers and work with them to serve Santa Fe

Program Summary

- Up to 30 participants attend a series of 10 half-day sessions. The program starts on March 22 and continues weekly, ending on May 31. (No session on April 19.)
- The sessions are on Friday mornings from 9:00 a.m. – 12:00 p.m.
- A typical day is as follows: civics is from 9:00 – 10:15 a.m. then a 15-minute break and then stewardship skills are from 10:30 a.m.–12:00 p.m.
- The sessions are held in the Los Alamos National Bank Community Room, 301 Griffin Street.
- Each participant is asked to create a possibility statement about the impact of his/her stewardship and have the opportunity to share it in the last class.
- Each participant commits to a collaborative project to address an issue or opportunity in Santa Fe and have a chance to share it at the last class.

Proposed List and Order Of Civics Topics* Spring 2019

| | |
|--|--|
| March 22: Opening Session | May 3: Arts |
| March 29: Local Governance/ Public Policy | May 10: Health & Hunger |
| April 5: Cultural Richness and Preservation | May 17: Beautification |
| April 12: Schools/ Education/ Youth | May 24: Public Safety |
| April 26: Environment/ Ecology/Water | May 31: Possibility Statements & Collaborative Project Presentations |

Cost: \$295

Facilitator: David Markwardt is the Executive Director of Stewardship Santa Fe and owns David Markwardt Consulting, LLC. He is the facilitator for many programs in Santa Fe, including The Executive Leadership Institute, The Essentials for Supervisors Program, The Public Servant Emerging Leaders Program, Santa Fe Chamber of Commerce's Leadership Santa Fe.

For More Information And To Register:

Please contact **David Markwardt** at (505) 204-8820
davidbmarkwardt@gmail.com

* subject to change

MARCH - 2019



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, celebrating 45 Years of meeting the needs of New Mexico's growing senior population through a united network of service providers; and

WHEREAS, seniors are significant members of our society; investing their wisdom and experience to help enrich and improve the lives of younger generations; and

WHEREAS, veteran seniors are honored for their commitment, sacrifice, and dedication for their service; and

WHEREAS, seniors and adults with disabilities are encouraged to remain active participants in their communities; to age with respect and dignity, to be protected from abuse, neglect, and exploitation and to have health equity; and

WHEREAS, seniors are a diverse population who continue to contribute to our state's social and economic well-being, as seniors are living longer healthier lives; and

WHEREAS, as our nation grows older, each community must strive to understand and address the evolving challenges and needs of seniors and their caregivers; and

WHEREAS, the opportunities and challenges that lie ahead require us to think differently; improvements are needed to strengthen our services and to work together to ensure that seniors can age healthy and with dignity; and

WHEREAS, the State of New Mexico wishes to celebrate and honor seniors, encourage partnership; to engage, improve, and strengthen the lives of older adults and community resources;

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of New Mexico, do hereby proclaim February 22, 2019 as:

"Senior Day"

throughout the State of New Mexico.

Attest:

*Done at the Executive Office this
11th day of February, 2019.*

Maggie Toulouse Oliver

Maggie Toulouse Oliver
Secretary of State

*Witness my hand and the Great Seal
of the Great State of New Mexico.*

Michelle Lujan Grisham

Michelle Lujan Grisham
Governor



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MARCH - 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.**

Senior Companions Needed

Are you ready to get out of the house and make a difference? The Senior Companion program is now recruiting volunteers to assist other seniors with activities of daily living, companionship and friendship. Along with the satisfaction of helping other, you may receive a modest tax-free stipend, mileage reimbursement, training and other program benefits. If you are interested, contact Melanie at 955-4761.

Love Being Involved with the Arts?

Join the team of volunteers and artists who will be hosting the 2019 Santa Fe Studio Tour Preview Gallery. The gallery will be open for two days, Saturday and Sunday, June 15 & 16. The gallery hours will be from 11 am to 4 pm both days. We are looking to have coverage for a minimum of two hours per volunteer slot, with a total of eight time slots to fill.

Volunteers will be asked to complete very simple duties such as greeting visitors, keep clicker count of number of visitors, answer questions, and provide potential buyers with the contact information of the relevant artist, a reference book will be available and if needed shadowing for the first bit will be available. Otherwise, your goal is to let visitors tour and muse on their own.

If you have an interest in helping out, please call Roberta Parry, SFST Artist, 505-982-1897.

NM Senior Olympics Indian Game Day Needs Volunteers

The 2019 Indian Game Day will take place at the Santa Fe Indian School on April 24-25. They are looking for reliable volunteers to assist with events, hospitality and set-up/tear down from 10:00 am-noon both days and 1:00-3:00 pm on 4/24. Please contact (505) 955-4760 or (505) 955-4743 if you are interested in helping!

CHRISTUS St. Vincent Auxiliary Looking for Volunteers

Are you looking for a rewarding volunteer opportunity in our community? If so, join with others who give their time and talents with the St. Vincent Hospital Auxiliary. The Auxiliary is currently recruiting volunteers for two areas – the gift shop and the hospital coffee cart. Volunteers in the gift shop work 3-hour shifts (gift shop hours are 9:00 am-8:00 pm Monday through Friday; 9:00 am-6:00 pm Saturday and Sunday) and the coffee cart operates Monday through Friday, 8:00-11:30 am. Volunteers can work as little as one shift per week. To learn more about St. Vincent Hospital Auxiliary and CHRISTUS St. Vincent, visit www.stvin.org/auxiliary. Call RSVP to enroll and begin with this partnering group!



RSVP Voluntarios

| | |
|------------------------|------|
| Stella Gonzales | 3/01 |
| Harriet Levine | 3/01 |
| Alfredia Quick | 3/02 |
| Lucy O. Trujillo | 3/02 |
| Carol Schwendimann | 3/04 |
| Howard Turner | 3/04 |
| Preston B. Ellsworth | 3/06 |
| Gloria P. Holladay | 3/06 |
| Jenny Mier | 3/08 |
| William A. Morrison | 3/08 |
| Andres V. Romero | 3/08 |
| Rita Cravens | 3/09 |
| Frankie C. Valencia | 3/09 |
| Suzanne A. Shaw | 3/12 |
| Terri C. Gonzales | 3/14 |
| Carole Van Valkenburgh | 3/14 |
| Patricia A. Chavez | 3/17 |
| Luggie Romero | 3/18 |
| Meri Frauwrth | 3/20 |
| Pamela Valdez | 3/20 |
| Anke Mihalas | 3/22 |
| Carolyn K. Robinson | 3/27 |
| Waldo Anton | 3/30 |

FGP/SCP Voluntarios

| | |
|--------------------|------|
| Michele Chrabot | 3/02 |
| Maria Montano | 3/08 |
| JoAnn Sena | 3/13 |
| Mary Lou Martinez | 3/14 |
| Della Spencer | 3/14 |
| Jane Sandoval | 3/21 |
| Bernadette Ramirez | 3/29 |

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

ONGOING ACTIVITIES

MARCH - 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 |
| 1:30 pm: Art class (3 rd & 4 th Monday) | 11:45 am: Grupo Cielo Azul (live music every other Tuesday) | | | 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 (3/5, 3/19) 1:30 pm: Nia Technique (1 st & 3 rd Tuesday) | 8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Quilting (1 st & 3 rd Wednesday) | 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, 10:00 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 | noon: 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 |
| 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 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

MARCH - 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:

- March 12
- April 9

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 can be found on the Ongoing Activities page.

Luisa: Tuesday, March 5 at 9:00 am

Ventana De Vida: Monday, March 4 at 9:30 am

Senior Olympics & Advisory Board Meetings

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

Senior Olympics: No meeting in March

Advisory Board: No meeting in March

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 in March.

Luisa: Friday, March 1 (10:30 am-noon)

Ventana: Friday, March 8 (11:00 am-noon)

MEG: Friday, March 15 (10:00 am-noon)

Pasatiempo: Friday, March 22 (10:30 am-noon)

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Senior Center on Monday, March 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.

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 on the following dates during the lunch hour:

- MEG: Wednesday, March 6
- Luisa: Friday, March 8
- Ventana de Vida: Wednesday, March 20

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG Senior Center will take place on Tuesdays, March 5 & 19 from 1:30-2:30 pm. Please join them for this enjoyable class.

UPCOMING ACTIVITIES

MARCH - 2019

Chi Gung Session at Mary Esther Gonzales Senior Center

Please join volunteer instructor, Rezi for "Chi Gung – energy medicine for health and harmony, embrace the universal forces of nature through sacred animal forms" at the Mary Esther Gonzales Senior Center dining room. The class focuses on slow, deliberate movements, meditation and breathing exercises to help your circulation, balance and alignment. The low-impact exercise session takes place on Thursdays from 10:00–11:00 am. For more information please call Rezi at (505) 992-1909.

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 instructors will be available during this time block; walk-ins are welcome!

- **Tuesdays:** (10:00 am–noon)
On Tuesdays, the instructor is available to assist with Android phones, Android tablets, Kindle tablets and computers.
- **Wednesdays:** (10:00 am–noon)

Teeniors Coaching Event

Teeniors, the tech-savvy teens and young adults who help seniors learn technology through one-on-one coaching will be back in Santa Fe in March. They will be at the Mary Esther Gonzales Senior Center (MEG), 1121 Alto Street on Friday, March 22 from 3:00–5:00 pm. If you want to sign up for assistance, please call Albert at (505) 955-4715.

St. Patty's Party at Luisa

Come celebrate St. Patrick's Day at the Luisa Senior Center located at 1500 Luisa St. (enter on Columbia Street). We will be serving sherbet and sprite on Friday, March 15 at 11:30 am. Don't miss out!



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 Senior Center**
Mondays at 10:00 am
(March 4, 11, 18, and 25)
- **Mary Esther Gonzales Senior Center**
Wednesdays at 10:30 am (March 13 and 27)
- **Ventana De Vida Senior Center**
Monday at 1:30 pm (March 11)
- **Villa Consuelo Senior Center**
Thursdays at 10:00 am (March 7 and 14)

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

Luisa Weekend Bingo \$100 Jackpot

The Luisa Senior Center at 1500 Luisa Street (enter on Columbia Street) will be hosting a weekend bingo on Sunday, March 3 from 1:00–4:00 pm.

Cost: Package \$12.00 (4 specials at \$1 each)
Blackout \$2.00 (\$100 jackpot)

There will be Frito Pies and a drink available for \$5.00. Everyone is welcome and please bring small bills. Don't miss out on a chance of winning!

Ash Wednesday at Luisa Senior Center

Deacon Montoya will be distributing ashes on Wednesday, March 6 at 10:00 am at the Luisa Senior Center (1500 Luisa Street – enter from the Columbia Street entrance).

UPCOMING ACTIVITIES

MARCH - 2019

Free Hair Cuts at Ventana De Vida

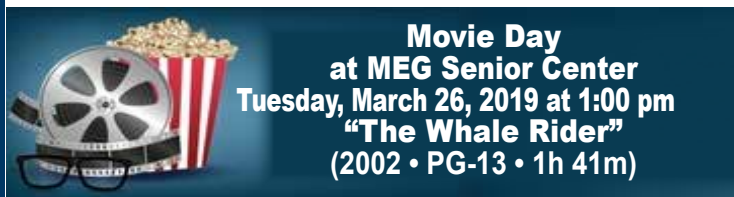
Senior Center volunteer Nancy Quintana, a licensed beautician, will provide free haircuts to seniors (on a first come first serve basis, 20 haircuts per day). She will be available on the first and third Tuesday each month starting at 10:00 am. The haircut sign-in sheet will be at the lunch check in table starting at 9:00 am.

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 March haircut is scheduled for the following days at 10:00 a.m.

- Thursday, March 7 at MEG
- Thursday, March 14 at MEG
- Wednesday, March 20 at Pasatiempo
- Wednesday, March 27 at Pasatiempo

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



Movie Day
at MEG Senior Center
Tuesday, March 26, 2019 at 1:00 pm
"The Whale Rider"
(2002 • PG-13 • 1h 41m)



Only males are allowed to ascend to chieftdom in a Maori tribe in New Zealand. This ancient custom is upset when the child selected to be the next chief dies at birth. However his twin sister, Pai (Keisha Castle-Hughes), survives. At age 12, she enlists the help of her grandmother (Vicky Haughton) and the training of her uncle (Grant Roa) to claim her birthright. But to break with convention, she'll have to do the impossible: win over her ultra-traditional grandfather (Rawiri Paratene).



Movie Day
at Ventana de Vida Senior Center
Wednesday, March 13, 2019 at 1:00 pm
"The Old Man and the Gun"
(2018 • PG-13 • 1h 33m)



Based on the true-life story of bank robber Forest Tucker, this movie tells the tale of his daring escape from San Quentin at the age of 70, and of his subsequent heists that confounded the authorities and enchanted the public. Starring Robert Redford (in his final film before retiring at age 82), Casey Affleck, Danny Glover and Sissy Spacek.



Movie Day
at Luisa Senior Center
Thursday, March 28, 2019 at 1:00 pm
"Bohemian Rhapsody"
(2018 • PG-13 • 2h 12m)



Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music. Queen cements a legacy that continues to inspire outsiders, dreamers and music lovers to this day.

UPCOMING ACTIVITIES

MARCH - 2019

Aging & Long-Term Services Department Adult Protective Services Division Community Outreach and Presentation

Steven Lovato, with the Aging and Long-Term Services Department Adult Protective Services (APS) Division, will be presenting information on the services APS provides to senior citizens. This will take place on Thursday, March 21 from 10:00–11:00 am at the MEG Senior Center. He will also be available to answer your questions and go over other services and resources offered through the Aging and Long-Term Services Department. Mr. Lovato will be conducting similar presentations at all the senior centers in Santa Fe throughout the 2019 calendar year.

Christ of the Desert Day Trip

Join us on a day trip to “Christ of the Desert” in Abiquiu with a return stop (for lunch) at Angelina’s in Espanola. The tentative date for this “day trip” is being planned for Wednesday May 8 with a departure from the Mary Esther Gonzales Senior Center at 9:00 am. The trip is coordinated by the Southwest History Book Club and they welcome all interested seniors to join them for this fun event! If you are interested in this day trip, please notify Albert (MEG Senior Center) at 955-4715 so he can reserve your seat on the bus. Please bring your \$5.00 for the bus ride on the day of the trip; you will be responsible for purchasing your own lunch at Angelina’s Restaurant in Espanola. Hope you join us!

Put Life Back in Your Life! Paths to Health, NM & CHRISTUS St. Vincent Presents a FREE Chronic Disease Self-Management Workshop

This six-week workshop will take place on Thursdays, March 7–April 11 from 1:30–4:00 pm at the Mary Esther Gonzales Senior Center (MEG), 1121 Alto Street. Session activities will include importance of sleep, dealing with difficult emotions, preventing falls/improving balance, relaxation, better breathing exercises, dealing with depression, positive thinking and weight management. For a full list, grab a flyer from the MEG Senior Center. Spaces are limited; call (505) 913-4256, option 2 to register.

Senior Olympics Spotlight – Let the Games begin!

Wednesday, March 13 marks the opening day of the 2019 Santa Fe 50+ Senior Olympics local competition events.

The March 2019 Olympic events are as follows:

- March 13 & 14 – Air Pistol/Air Rifle held at the County Extension Building
- March 26 – Basketball free throw held at GCCC
- March 27 – Pickle ball held at Genoveva Chavez Community Center (GCCC)
- March 29 – Pickle ball held at GCCC
- March 29-31 – Racquetball held at GCCC

Come support our local athletes! Spectators are welcome and encouraged to cheer on our senior athletes at any of the events!

Eligible Senior Olympic participants will be given a 15-punch pass (for 15 free visits) to the City of Santa Fe Recreational Center of your choice as follows:

- GCCC
- Ft. Marcy
- Salvador Perez

The cards will be issued in June.

On another note, I would like to personally thank the Senior Olympic Committee for the time and dedication they give to make the City of Santa Fe 50+ Senior Olympics a success. The first mission of the Senior Olympic Committee is to increase registration especially in the 50–60 age groups. Recently, the 50+ Senior Olympic Committee declared that the second important mission of the committee is to make the events both “fun and fair” while preparing athletes for National Competition.

If you have any questions regarding scheduled events, etc., please don’t hesitate to call me at 505-795-3817 or you may also e-mail me at cavilla@santafenm.gov.

Good Luck Olympians!
Cristina Villa, Program Coordinator

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.



Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

NUTRITION EDUCATION

MARCH - 2019

Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Switch from solid fats to oils when preparing food.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Enjoy your food but eat less.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Write down what you eat to keep track of how much you eat.

Be physically active your way.

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

Consult a registered dietitian nutritionist

if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you. Visit www.eatright.org to find a registered dietitian nutritionist near you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

March is National Nutrition Month - take some time this month to try out some of the tips above!

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.

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PUZZLE

MARCH - 2019

PUZZLE 67

ACROSS

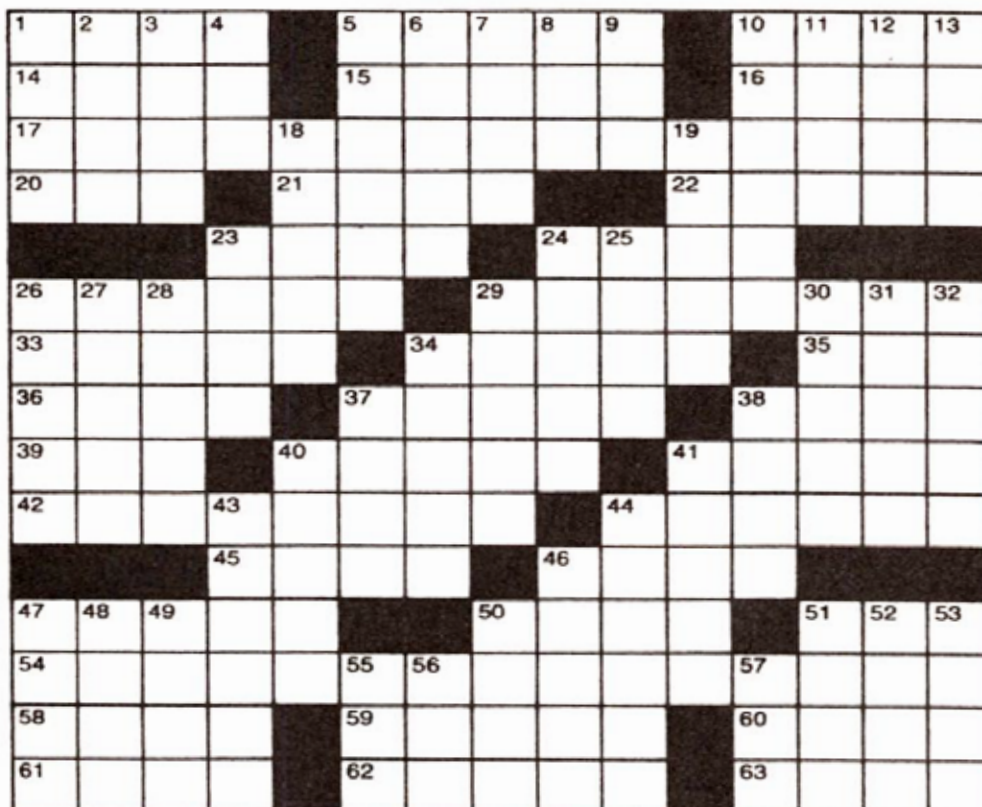
1. Strive
5. Mediter-ranean island
10. Ooze
14. Admit frankly
15. Assumed name
16. Light tan
17. Endure punishment: 5 wds.
20. Foxy
21. Extra small pup
22. Sarcasm
23. Greater amount
24. Carry on hysterically
26. Hallowed place
29. None too soon: 2 wds.
33. Perjurers
34. Desire ardently
35. Put on
36. Fairy-tale beginning
37. Identified
38. Soil
39. Lyric poem
40. Thirst quencher
41. Unattached
42. Something easy to do
44. Middle
45. Constantly
46. Smash review
47. Frighten
50. Metal thread
51. Playing card
54. Eat a meal: 5 wds.
58. Black, to a poet
59. Theatre passageway

60. Fitzgerald
61. Beaver structures
62. Parking device
63. Actress Tuesday

DOWN

1. Felines
2. Egg-shaped
3. Slow
4. Ram's mate
5. Full-grown
6. Isolated
7. Yarn fluff
8. Make lace
9. Etna's residue
10. Hidden
11. Feedback, of a sort
12. Emerald Isle
13. Undernour-ished
18. Arnie's clubs
19. Number on a black ball
23. Mud
24. Ohio or Red
25. Mellowed
26. Sailing vessel
27. Native of India, perhaps
28. Track events
29. Greek poet
30. Simpleton
31. Certain code
32. March into
34. Provide food
37. Church part
38. Finished
40. Interlaced

41. River embank-ment
43. Wading birds
44. Profession
46. Firearm
47. Hurried
48. Havana's locale
49. Potent particle
50. Occident
51. Competent
52. Summon
53. Mild oath
55. Scot's cap
56. Hasten
57. Morning moisture



Word Search for Adults

**NATIONAL
NUTRITION MONTH®**
MARCH 2019

Words may be horizontal, vertical, diagonal, or backwards.

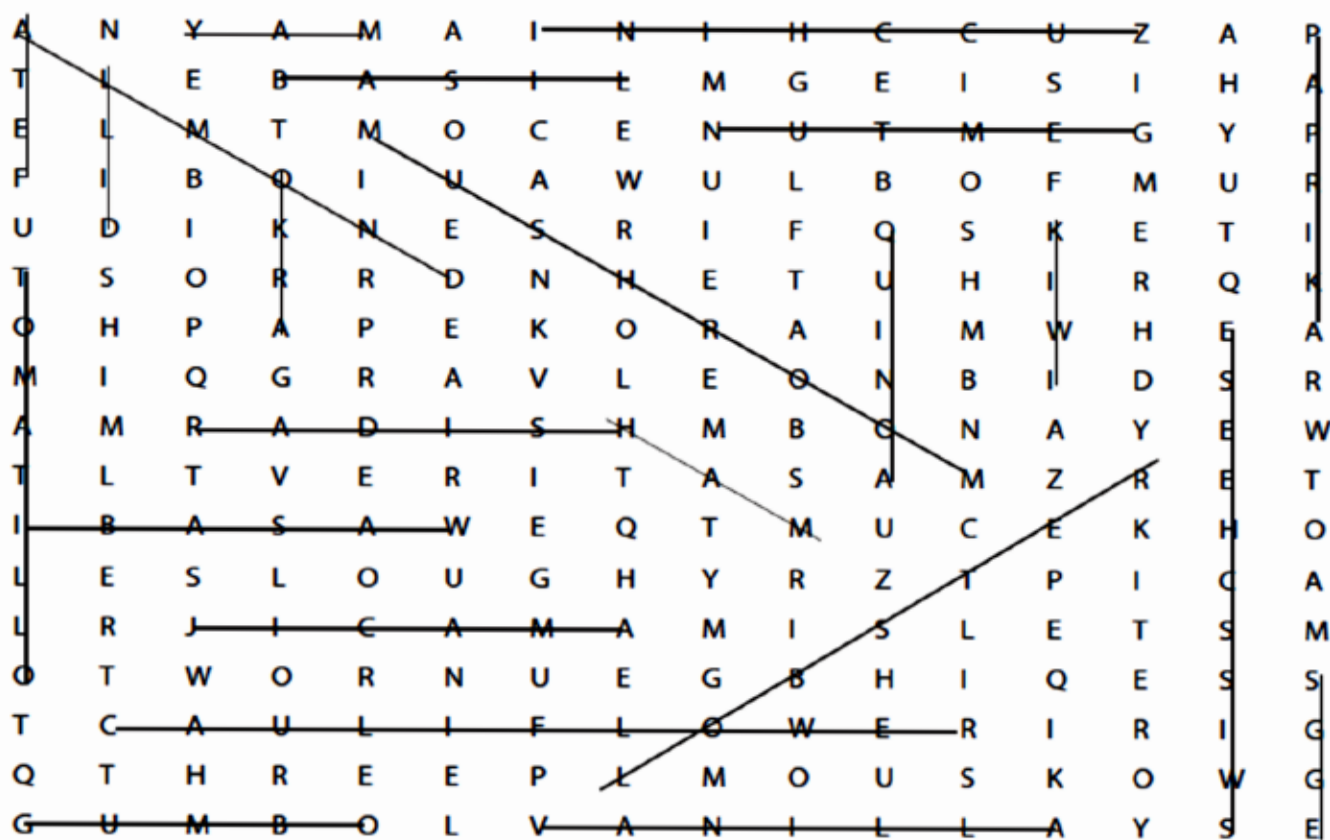
1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini

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

PUZZLE ANSWERS

MARCH - 2019

PUZZLE 67



BREAKFAST MENU

MARCH - 2019

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 \$1.00 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 |
|--|---|--|---|--|
| 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 Biscuit w/ Country Gravy Sausage Patty Orange |
| 4 Corn Flakes Apple Mini Muffin Tomato Juice | 5 Malt-O-Meal Ham, Egg & Cheese Croissant Apple | 6 Cinnamon Oatmeal Raisins Toast w/ Margarine Apple | 7 Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine | 8 Cheerios French Toast w/ Syrup, Bacon Sliced Pears |
| 11 Bran Flakes Waffle with Syrup Grilled Ham Chilled Peaches | 12 Malt-O-Meal English Muffin w/ Egg, Cheese, & Sausage Green Chile Mixed Fruit | 13 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice | 14 Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple | 15 Biscuit w/ Country Gravy Sausage Patty Orange |
| 18 Corn Flakes Apple Mini Muffin Tomato Juice | 19 Malt-O-Meal Ham, Egg & Cheese Croissant Apple | 20 Cinnamon Oatmeal Raisins Toast w/ Margarine Orange | 21 Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine | 22 Cheerios French Toast w/ Syrup, Bacon Sliced Pears |
| 25 Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches | 26 Malt-O-Meal English Muffin with Egg, Cheese & Sausage Green Chile Mixed Fruit | 27 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice | 28 Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple | 29 Biscuit with Country Gravy Sausage Patty Orange |



Healthy Breakfasts for Busy Mornings

Get the morning nutrition you need with these quick breakfast ideas.

- **Instant oatmeal:** Make it with fat-free or low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts. Or mix in ¼ cup unsweetened applesauce and sprinkle with apple pie spice or cinnamon.
- **Yogurt parfait:** Layer fat-free or low-fat plain yogurt with your crunchy cereal and blueberries.

- **Breakfast smoothie:** Blend low-fat milk, frozen strawberries and a banana.
- **Toaster waffle:** Toast and top with nut butter and apple slices.
- **Pita egg sandwich:** Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- **Banana roll-up:** Spread peanut butter on a whole-wheat tortilla. Add a peeled, whole banana and roll it up.
- **Bagel and veggies:** Spread hummus on a whole-grain toasted bagel. Top with sliced cucumbers and tomatoes.
- **English muffin:** Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

SENIOR CENTER LUNCH MENU

MARCH 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| | | | | 1 Meaty Lasagna Italian Veggies Tossed Salad Garlic Bread Bananas in Vanilla Pudding with Cinnamon |
| 4 Chicken Tempura Oriental Sauce White Sticky Rice Oriental Veggies Fortune Cookie Fresh Apple | 5 Meatloaf Potatoes Au Gratin Carrot Raisin Salad Whole Wheat Roll with Margarine Strawberry Yogurt | 6 Green Chile Salmon Enchiladas Pinto Beans Spanish Rice Tossed Salad Tortilla Mixed Fruit | 7 BBQ Beef Brisket Pork & Beans Carrots Coleslaw Garlic Toast Oatmeal Cookie | 8 Fish Sandwich Tartar Sauce Cucumber & Tomato Salad Mixed Veggies Hushpuppy Banana |
| 11 Ham & Cheese Sandwich Garnish Tater Tots Green Beans Pineapple | 12 Carne Adovada Burrito Garnish Refried Beans Chuckwagon Veggies Chilled Peaches | 13 Turkey Roast Turkey Gravy Bread Stuffing Asparagus Tossed Salad Whole Wheat Roll with Margarine Pumpkin Pie | 14 Corned Beef Steamed Cabbage Buttered Carrots Parsley Potatoes Whole Wheat Roll with Margarine Lime Jell-O | 15 Baked Tilapia Scalloped Potatoes Steamed Broccoli & Cauliflower Whole Wheat Roll with Margarine Fresh Orange |
| 18 Salisbury Steak Mashed Potatoes Brown Mushroom Gravy Spinach & Onions Whole Wheat Roll with Margarine Chilled Pears | 19 Baked Chicken Breast over Garlic Noodles French Style Green Beans Tossed Salad Whole Wheat Roll with Margarine Lemon Bar | 20 Green Chile Cheeseburger Garnish Ranch Beans Onion Rings Chocolate Chip Cookie | 21 Pork Posole with Red Chile Calabacitas Mixed Veggies Cherries in Cobbler | 22 Tuna Casserole over Egg Noodles Peas & Carrots Spinach Salad Crackers Tropical Fruit Salad |
| 25 Grilled Chicken Sandwich Garnish Celery & Carrot Sticks Potato Chips Fresh Pear | 26 Pork Chop Rice Pilaf California Veggie Whole Wheat Roll with Margarine Peaches in Cottage Cheese | 27 Red Chile Beef Enchiladas Garnish Black Beans Green Beans Tossed Salad Tortilla, Whipped Jello | 28 Chicken Fajitas Fajita Veggies Refried Beans Spanish Rice Mandarin Oranges | 29 Egg Salad Sandwich with Croissant Brussel Spouts Mixed Veggies Strawberry on Shortcake |

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)

Genoveva Chavez Community Center

